

TALKING POINTS

by POSITIVE COACHING ALLIANCE

WEEK EIGHT: HIGH ROAD OR LOW ROAD

- Being a Triple-Impact Competitor® means responding to problems with a positive attitude rather than whining or complaining.
- Whining and complaining actually take a lot of energy, energy that could be used to deal with the situation.
- When something bad happens, like having to play or practice in really bad weather, you have the choice to take the High Road or take the low road. If you take the low road, you see every setback as a problem. You lose energy wishing it would be different than it is. You feel sorry for yourself.
- As a Triple-Impact Competitor you see setbacks as something that you can use. “This is not working out for me, but I am going to use it to make myself better. I’m going to take the High Road.”
- When you take the High Road, you see the setback as a challenge. A Triple-Impact Competitor® embraces challenges and puts energy into figuring out how to deal with the situation rather than wishing it would go away.
- If you develop the habit of seeing setbacks as challenges, you will be much more successful than people who see them as problems. And you have more fun in life, because challenges can be fun.
- The key is taking the High Road and seeing setbacks as challenges rather than as problems.

Discussion Points

- **Everyone has things they would prefer to avoid. What are some aspects of playing your sport that are problems for you or things that you don’t like to have to deal with? (Note: Facing the things that bother you is the first step in turning them into challenges.)**

- **Do you think you can take the High Road and turn them into challenges? What do you need to do to do that?**

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