

TALKING POINTS

by POSITIVE COACHING ALLIANCE

WEEK NINE: RECOMMITTING TO MASTERY

- The watchword of a Triple-Impact Competitor® is “better.” A Triple-Impact Competitor is committed to getting better.
- This is the time in a season when people can get discouraged or just tired of working hard. The rest of our season depends on whether we commit to giving our best from here until the end.
- Remember the **ELM** Tree of Mastery where **E** stands for Effort, **L** for Learning and **M** for bouncing back from Mistakes. Research with Olympic athletes shows that athletes who focus on mastery win more medals than athletes who only focus on the scoreboard.
- Let’s talk about Effort. It’s not easy to give your best effort all season long. But that’s what it takes to be a Triple-Impact Competitor. Let’s remember how much we wanted the season to start before it did. Can we bring as much effort to the rest of our games as we did our first few games?
- And Learning. We talked about having a Teachable Spirit at the very beginning of the season. Sometimes people are eager to learn new things at the beginning of something but then they settle into a routine where they aren’t learning new things as the season goes along. Can we keep the Teachable Spirit alive and try to learn something new that will make us a better team every week throughout the entire season, right down to the last game?
- Mistakes tend to happen more when we are tired. That’s one reason we need to keep our enthusiasm and energy up. And, if we can remember to flush mistakes and bounce back quickly, it will help us end the season with a bang!

Discussion Points

- **Do you feel your energy getting lower as the season goes along?**
- **Do you think you can recommit to ending the season with the same level of commitment as you had at the beginning?**
- **Of the E (Effort), the L (Learning and improvement) and M (bouncing back from Mistakes), which one seems the most important for you to focus on?**

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