



Sunday, January 26, 2020

## “FOCUS, EFFORT & ATTITUDE”

- Ask yourself these questions:
  - If your coach is always on you about *hustle* and *energy*...ARE YOU A TEAM PLAYER?
  - If your coach is always on you about *attitude* and *body language*...DO YOU REALLY WANT IT?
  - If your coach is always on you about *effort* and *work ethic*...DO YOU HAVE A CHANCE TO BE SUCCESSFUL?

You won't always be the biggest, strongest and fastest player, BUT you can always control your **FOCUS, EFFORT** and **ATTITUDE**!

- You wouldn't plant a seed and then dig it up every few minutes to see if it has grown. So, don't keep questioning yourself, your hard work and your decisions. Have patience, stop over thinking and *keep watering your seeds*....TRUST THE PROCESS!