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Glossary

Team: All the teammates

Leader: Coaches for preparing, performing, and evaluating the performance

Captain: Top level teammate who leads the team

Teammate: Person on a team

Role: Type of teammate

Education: Organized and managed learning

Training: Doing the education to learn

Skill: Specialty developed from education, training, and experience

Experience: Everything learned from performing

Idea: Thoughts

Preparation: Actions before performance

Plan: Ideas for the strategy

Strategy: Ideas for action

Execution: Doing the plan

Evaluation: Actions after performance

Goal: Something to do and win

Project: Doing something

Schedule: Organizing something

Unit: Something

Market: Giving and taking of goods and services

Performance: Everything from doing

Action: Doing

Performer: One who acts and performs

Event: Occurrence

Phase: Short-term event
Era: Long-term event
Offense: Being proactive
Defense: Being reactive
Score: Successful actions
Stop: Unsuccessful actions
Analytics: Sum of scores or stops
Win: Successful performance
Loss: Unsuccessful performance
Problem: Difficulty during actions and performances
Solution: Results for problems
Like: Interest
Dislike: Not interested
Understand: Positive reason
Don't Understand: Negative reason
Reason: Positive thinking
No Reason: Negative thinking
Live: Lifestyle
Work: Production
Produce: Create something
Physical: Tangible activity
Mental: Intangible activity
Praise: Acknowledging accomplishment
Frown: Not acknowledging
Fair: Within reason
Not Fair: Not within reason
Earn: Accomplishing something
Not Earn: Not accomplishing something
Priority: Importance

Level: Stage

Good: Positive

Bad: Negative

Give: Give something

Take: Receive something

Strength: Strong purpose

Weakness: Weak purpose

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Communication

An act or instance of transmitting. A giving or exchanging of information, signals, or messages as by talk, gestures, or writing.

Your team has teammates who help each other perform. While performing, you communicate to benefit each other. Verbal: Teammates, captains, and leaders speak before, during, and after a performance. Non-Verbal: Teammates, captains, and leaders communicate through hand gestures and body mannerisms. During this time, your teammates learn and apply communication skills, which help to improve the team.

Since your team relies on each teammate while performing, you communicate to benefit each other. Your communication contributes to your overall team goal. If your team does not communicate effectively, each teammate would not be able to perform their role. Thus, one teammate's inability to communicate affects another teammate's role. The performance of your team is impacted by communication.

Influence

The capacity to have an effect on the character, development, or behavior of someone or something, or the effect itself.

Influencing is the manner in which you create within someone a need or desire to obtain or seek something. Followers can be influenced to follow your team if your team satisfies or fulfills their need. If the team performs well or to the follower's satisfaction, the follower will be a forever follower of your team because their needs are being influenced by the quality of your team's performance. You, as the captain of the team, can also influence your team. By listening to your teammates, you can learn about their problems. Your empathy will help your teammates solve their problems and will help them be more effective team members.

Subtle influencing or inducing a follower is an important component of compelling their attendance at your events. You cannot simply twist their arm to attend; you must offer a high-quality service through great performance to attract your follower base. And remember, a happy follower will persuade others to become a follower.

Sacrifice

The act of giving up, destroying, permitting injury to, or forgoing something valued for the sake of something having a more pressing claim.

By focusing on your vision, you work on what contributes to reaching your goal. You sacrifice social activities, time, energy, and yourself to perform. When you get better, you must sacrifice more. You assume additional responsibilities; thus, you must give up more of what will not help you accomplish your goals. During performance, you give up a benefit for your own personal gratification to help the team.

To get to the next level, you must give up more and take on more responsibilities. When you sacrifice yourself for the betterment of the team, you are a team performer, but when you do not, you are a selfish person.

Relationship Builder

A person with the ability to connect and be involved, or associate with another.

Your team works together toward one common goal. A good team works great together because of personal chemistry. A critical component of team chemistry, which provides a strong bond on your team, is your relationship with your teammates. A relationship is built on trust. You and your teammates depend on each other to contribute your roles for the better good of the team. You follow through, which benefits a teammate and your team. In turn, your teammates trust you because you are responsible.

Because you depend on teammates to perform, building relationships is not an option: It's a requirement. You and your teammates work together in unity towards one common goal: winning. During performance, you pick up teammates, help each other succeed, and show gratitude amongst one another. While not performing, you develop a special bond by getting to know each other. In and out of performance, your actions build team continuity.

Teamwork

Work done by several associates with each doing a part but all subordinating personal prominence to the efficiency of the whole.

Your team acts as one unit. You may have several teammates, but each one of you contributes towards one goal: winning. No one individual is greater than the team. You contribute your role that includes a set of strengths, and your teammates contribute their roles that include a set of strengths. When you combine all of your roles, you have a cohesive team that works together in unison.

Your team is made up of teammates who rely on each other to individually perform. You and your teammates work together in unison producing shared results, which contribute towards the overall goal of the team. Because you and your teammates rely on one another while performing, no teammate can perform without the help of another. You like and dislike together, perform together, and win and lose together. In general, your team does everything together before, during, and after performing.

Spirit

Full of energy, animation, or courage.

Before a performance, you offer a high-energy pep talk to the team. The adrenaline energy you convey in your pep talk reverberates through your teammates. During the performance, when the going gets tough, they sense your energy and respond. Your teammates listen because they are influenced by being emotionally charged, and they make your spirit their own. This helps them realize winning is as much about qualities as it is skill and each team member must be filled with it. After the performance, your team shows spirit by celebrating the win together or supporting one another in defeat.

You perform because you love to perform. Your love is displayed by passion for the performance. You show passion for the performance by acting and talking about it. You also live a life around the principles of performance. You embody your love, passion, and energy for the performance and are a living testimony to it. You live it for teammates, captains, leaders, and followers. You truly believe in performance, and you direct all your energy toward it. Your energy transfers to others in the form of spirit.

Leadership

The ability to lead; to show the way to, or direct the course of, by going before or along with; conduct; guide.

You lead by example, and you encourage your teammates to sacrifice themselves for the greater good of the team. Your teammates listen to you because they respect you. They respect you because you exemplify your words. As a captain of your team, you provide a vision for the team with short-term and long-term goals. You show leadership by taking action in pursuit of your goals. With confidence, your teammates follow.

On your team, there are leaders and followers. Your leaders provide goals, motivate the team, set good examples, and take responsibility for your team. Because your teammates respect your leaders, they follow their lead. Without leaders, your team will be less likely to succeed. One, your leaders drive results on the team. Two, your leaders communicate to teammates, inspiring them to collectively strive towards one common goal. And three, your leaders take responsibility for winning and losing.

Encouragement

Something that gives courage, hope, or confidence to; embolden; hearten.

If you encourage a teammate, he or she will gain self-confidence and will be more inclined to success. By understanding a teammate's feelings, you can communicate in a heartening manner, which creates personal confidence in him or her. You encourage by understanding (empathy), which gets your teammates' attention. Once you have his or her attention, you can build his or her self-confidence. You instill confidence by helping your teammate learn from your failure. As he or she learns, your teammate can bounce back stronger with an optimistic attitude, which benefits your team.

Your team and teammates sometime fail. By encouraging a teammate, you show that you care by helping him or her grow stronger. You help each teammate through the good and bad times. If your team does not encourage one another, your team would not have any support for each other. You would be putting yourself before a teammate, which doesn't help your team succeed.

Dependable

That can be depended on; trustworthy; reliable.

On your team, you and your teammates depend on one another to fulfill your role. When you all assume your role, you contribute to the team, and your team performs in unison. Instead of viewing dependence as pressure, you contribute to your role by being responsible. Being responsible is about following through on your assignments. Your team, followers, and community depend on you. Your team depends on you to inspire and produce results. Your followers depend on you to entertain by producing results. In addition, your community depends on you to mentor and be a role model.

You set the example for your teammates. When you do, it helps by working together towards one common goal. For your followers, you must produce results during a performance by being proactive and reactive. From your efforts, they enjoy coming to see you perform. For your community, you must be a mentor and role model for people learning. Your positive action sets a good example for them.

Open-Minded

Having a mind that is open to new ideas; free from prejudice or bias.

Because you perform on a team, teammates, captains, and leaders question your ideas. They do not question you to oppose rather to understand. Your team changes from year-to-year with new teammates, captains, leaders, and followers. During a time of change, you keep an open-mind to learn how to become a better performer. You take advantage of what helps you grow stronger.

You have an open-mind because you perform together on a team towards one common goal: victory. You are not the only teammate; rather, you have many teammates. Thus, each of your teammates perform a role on your team. If you do not have an open-mind, you would not be a teammate. As a teammate, you listen, understand, and apply what you learned to your role. Your individual role contributes to the team goal. As a result, your team benefits because you have an open-mind.

Thankful

Feeling or expressing thanks; grateful.

You depend on each teammate to contribute his or her role. Because you work together, you sacrifice yourself for the benefit of the team. Your team benefits when you make a sacrifice. Without you giving up a personal benefit, your teammate would not have benefited. After your teammate benefits from your sacrifice, he or she shows gratitude to you for your efforts. Because he or she shows gratitude, you feel good about helping him or her. Thus, you are inspired to make another team sacrifice.

Thankfulness builds team chemistry. Without team chemistry, you would not work together as a team. You lose when you do not work together as a team. Thankfulness creates a positive team relationship. When teammates feel you appreciate their efforts, they will want to help you more. When they help you more, you benefit more. When you benefit more, the team benefits most. When you are not thankful, your teammates do not feel fulfilled after sacrificing for you, and they are not compelled to help you again.

Selfless

Devoted to others' welfare or interests and not one's own; unselfish.

When your team works together towards one common goal, you and your teammates are selfless. You are selfless when you give something up to help a teammate. In the end, you do not expect anything in return. You have no concern for self because your individual performance is not to help you stand out rather for your teammates to succeed. From your efforts, your entire team benefits. After your team benefits, each teammate wins.

By devoting your interests to serving others, you are a team performer. In your performance, your teammates rely on you to fulfill your responsibility. When you follow through, your team wins. When you do not follow through, your team loses. By serving others, you make them feel good. From fulfillment to trust, your teammates view you as a leader. Once you are a captain, it is all about serving others as a teammate served you before. Once you serve others, you help yourself, teammates, captains, leaders, and your team win.

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Ownership

The state or fact of being as owner.

You take ownership to fulfill your responsibility on your team. You understand that no one else will do it for you but yourself. After you win, your team takes ownership because you understood how you won. Winning does not come easy. Having pride after a win is your fulfillment of understanding what it took to win. After you lose, your team takes ownership because you defeated yourselves. You learn from the loss to bounce back stronger rather than placing blame on someone else.

Lacking ownership leads to careless performance. Careless performance results in leaving a gap for the competition to fill. When the competition fills the openings, they gain a competitive advantage. As they gain, you fall behind. Now, you have to catch up. As a result, whomever takes more ownership for preparing, performing, and evaluating wins. When you prepare to win, you perform to win. When you perform to win, you evaluate to win. When you evaluate to win, you prepare to win. Taking ownership is not just about performance rather about your lifestyle as a person. When you own it, you win it.

Responsible

Expected or obliged to account (for something, to someone); answerable; accountable.

Your teammates depend on you to contribute your role for the betterment of the team. Your captains, leaders, and followers depend on you to perform at the highest level. When there is dependence, there is responsibility. You take responsibility to fulfill their expectations of you. Others hold you accountable for your actions in and out of performance. In, the team expects you to perform at the highest level. Out, the team expects you to represent the team with pride. You take responsibility by following through with your actions.

Teammates, captains, leaders, and followers depend on you. When you take responsibility for you and others, you fulfill your duties. You are not doing anything more; rather, you are doing what you are supposed to do. When your teammates take responsibility, you work in unison towards winning. When you decide not to take responsibility, there are consequences for your actions. These consequences directly and indirectly affect the team and you.

Independent

Free from the influence, control, or determination of another or others.

You are independent while preparing and evaluating to perform. You prepare to perform by learning, managing, and applying skills. During this time, you do not depend on a teammate, captain, or leader; rather, you determine your preparation. Similar to preparation, you do not depend on a teammate, captain, or leader to evaluate you and your team's performance. You evaluate by analyzing. While you evaluate, you control your improvement with concentration and an open-mind. As a result, you learn what worked, what did not, and how to improve moving forward.

It is ultimately up to you to get the most out of your performance. Your teammates, captains, and leaders cannot prepare, perform, and evaluate for you. The more independent you are in performance, the more passion you have for your purpose. In the end, you will produce greater results. When you have no independence, you do not care. Thus, you concentrate less and produce fewer results.

Self-Reliance

Having confidence in and exercising one's own powers or judgment.

You perform as a team in complete unison. Therefore, one teammate's role affects another teammate's role, and one role never acts alone while performing. However, you are reliable for your own role, but because you all work together, your role is never solely responsible for winning or losing. You make your own decisions throughout a performance, which affects another teammate. You and your teammates have confidence in your own abilities to perform individually, which affects the team performance. By fulfilling your role, your teammates can fulfill their roles. As a result, your team performs in complete unity.

You have confidence in your abilities to perform individually because that is your responsibility on the team. When you do not, a teammate replaces you. When you do, you contribute your role, picking up a teammate along the way. You take it a step further by mentoring. You teach and train a less experienced teammate to become self-reliant in his or her abilities. In the end, the team benefits from self-reliance.

Accountable

Obligated to account for one's acts; responsible.

You are accountable because of being responsible and dependable and following through on expectations. You perform at a high or low level, so you control the level of responsibility. When you assume responsibilities, you set expectations to people. The more responsibilities you assume, the more expectations you set. The fewer responsibilities you assume, the fewer expectations you set. People depend on you to follow through with your responsibilities. You do not want to let your teammates, captains, leaders, and followers down, so you understand, everyone depends on you to follow through with your actions.

If others do not hold you accountable for anything, then you assume no responsibilities. The better you are as a teammate, the more accountable you will be to your team. If you desire to be a role player, your team will hold you less accountable. When your team wins, others hold you more accountable to win the next performance. When your team loses, others hold you less accountable to win the next performance. By taking responsibility, you follow through to fulfill expectations.

Resourceful

Full of resource; able to deal promptly and effectively with problems and difficulties.

When you are able to do more with less, others classify you as resourceful. You are resourceful while preparing and performing. While preparing, you are more determined because your purpose exceeds your dependence on a resource. From preparing resourcefully, you build character from doing more with less. You rely on limited resources to produce maximum results, which serve you well throughout a performance. While performing, you deal promptly with new situations or difficulties that arrive throughout an event. You do not have additional resources to counterbalance the difficulties; rather, you use what you have, just more of it.

Your team is able to produce greater results with fewer resources. While this happens, you and your teammates are more determined for your purpose. In the end, you build additional character that serves you well throughout your life.

Self-Development

The act or process of developing, growing, and progressing yourself.

You develop yourself physically and mentally. Over your entire life, you progress by learning, doing, and evaluating. Your mental development is two-fold while performing and while not performing. While performing, your actions may help you learn various things, such as working together as a team and handling adversity. Before the performance, you study. As a result, you have a better understanding of the performance. After the performance, you analyze your performance, and because of your actions, you understand your weaknesses to improve on them. You progress yourself throughout your life.

You start life on the same level as everyone else. You separate yourself from the majority by developing yourself. You work harder to get better, as you are not satisfied. When you fail, you learn and grow stronger from the experience. When you taste success, you remain humble but stay hungry for more.

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Focus

A center of activity, attraction, or attention; a point of concentration.

When you focus, you start with a vision. You have to know where to go. After you vision, you determine priorities. You have to know what will help you get to where you want to go and what will not. You use what helps and discard what does not. Once set forth, you block out all distractions that do not help you get to your destination. Your focus rubs off on teammates. You pick up teammates along the way. You beam concentration for the purpose to your teammates, which draws them into your tunnel of focus. Your teammates understand you are going somewhere, and they want to be part of something great. Now, you have a team of focused teammates, producing collective results for the purpose.

You focus to accomplish a goal. You have a high level of concentration that drives you to your goal. From having a purpose, you understand what you want, why you want it, how you will get it, and when you will get it.

Vision

Something seen in a dream, trance, or ecstasy; a thought, concept, or object formed by the imagination.

You dream because performance is your passion. Your passion turns into energy. Your energy triggers you to act. In turn, your mind tells you to move, thus you pursue your big dream. After you act on your vision, your dream may not come easy. Along your journey, you fail and fail again. Your dream pushes you through adversity. Your vision is your focus, and your focus drives you to your dream.

You accomplish goals because you have a vision. Your goals are your vision, and your dream is what causes you to pursue your goals. Along your journey, you remain focused to accomplish your dream. However, you also have a new vision, perhaps a new dream. Your dream expands because you see further. Without a vision, you have no purpose. You wonder aimlessly, which gets you nowhere. Your vision helps you meet and expand upon your potential. By starting with a vision, you at least get started in some direction.

Confidence

Firm belief; trust; reliance. The fact of being or feeling certain; assurance.

You formed confidence from earning it through hard work. You learned how to get better, and you performed to get better. After performing and analyzing, you produced results. While performing, you won and were excited and failed but learned. After learning from winning and losing, you grew stronger. You become more confident from more experience. Over the years, you settle any fear from taking action against it. You learn the reason of your fear to understand how to overcome it. Then, you face your fear with action. In the end, you produce results, which overcome your fear.

The opposite of confidence is doubt. If you doubt your performance, you will fail. After failing, you lose even more confidence. Now, you fear to perform because all you do is fail. You feel isolated and trapped with no way out. You think about how you will lose rather than win. When you think about it, you do it. The more you doubt yourself, the more hesitant you become while performing. Confidence provides you the courage to learn, perform, and evaluate because you believe in yourself.

Creative

Creating or able to create. Having or showing imagination and artistic or intellectual inventiveness.

Anytime there is a challenge there is an opportunity to use your inner creativeness to tackle the challenge. It comes down to doing things better. Anytime you find a way to do anything better while performing or your team you unleash your creative energy. You are creative because you believe in your abilities. Because you believe in yourself, you find a way to do things better. From belief, your creativity drives you to act by creating an opportunity or making one better.

Throughout a performance, you create an opportunity or react to a created one. Whomever created it saw an opportunity to act. As a result, his or her inner creativeness fueled him or her to act. If you are not creative during a performance, you will always act in reactive mode from creative performers. Those who see the opportunity first create by taking action to score on it. They score because of seeing the opportunity and capturing it.

Awareness

Having knowledge of something through alertness in observing or in interpreting what one sees, hears, or feels.

When you perform, you examine where your teammates and opponents are. From your awareness, you see openings in the defense or weaknesses in the offense to take advantage. Your awareness is a difference from winning or losing. Over time as you perform more, you might become more aware, which helps you become more perceptive, knowledgeable, and instinctive. From your awareness, you anticipate a great action to position yourself accordingly. You position yourself between the opportunity and result. By doing so, you own the future.

You not just see what is going on; rather, you perceive what is about to happen, along with what is going on. From your awareness, you can act beforehand to quickly capture the opportunity before anyone else. You sought the opportunity, and many times, you created the opportunity. You persevered through to turn the opportunity into a great action. Without awareness, you never create winning opportunities on offense or create losses on defense. You may lose to a more aware opponent.

Competent

Well qualified; capable; fit.

You learned the fundamentals of the performance early on and built upon the basics by learning, performing, and evaluating. By learning, you learned how to perform. You turned your learning into action by preparing. Both learning and doing prepared you to perform, and you evaluated your performance afterwards. By evaluating, you understood what worked and what did not, so you could improve upon your performance. You are competent in performance because you set out for a life of learning from a positive attitude. You learn from people, experiences, education, and more.

The only way to become a competent performer is to progress along with the skill level. What you knew when you started is not good enough for what you should know today. What you know today is no longer good enough for what you should know tomorrow. The performers who are not competent are the performers who do not progress. They do not perform at the same level as the performers who progress.

Intelligence

The ability to learn or understand from experience; ability to acquire and retain knowledge; mental ability.

While performing, you make quick, well-judged decisions, which in the end benefit your team. You are an abstract thinker by thinking why an action worked and why an action did not work. You reason by questioning your teammate about an action to understand his or her reasoning behind his or her actions. You plan by learning and communicating. You problem solve by moving from a given state to a desired goal while you perform. You communicate verbally by speaking and non-verbally by hand gestures and body mannerisms. Finally, you learn by acquiring new knowledge, behaviors, and skills each time you perform.

Without intelligence, the performance would pass you by. Because of your intelligence, you are able to perceive opportunities to score and make stops. A performance is fast, and your intelligence provides you the ability to make many well-judged decisions each action and performance.

Common Sense

Ordinary good sense or sound practical judgment.

You have been in a position where you are not fully prepared to handle. You had to use a sound judgment in the heat of the moment to make a quick, results-oriented decision. Because of your common sense, you are able to take on tasks without prior specialized training. It is also important to note courage helps you execute your common sense. Those who have common sense, but are afraid to take action from lack of training, miss an opportunity that one with courage tackles. You grow common sense by winning and failing, then learning.

The performers with common sense seem to know what is going on at all times. In addition, they can take on whatever action a teammate, captain, or leader asks. These performers just seem to make the performance look easy. They know where the opportunities are, how to turn the opportunity into a scoring opportunity, and how to score. It is more mental than physical. A person could be the most fit for performance but could also not know what is going on. Thus, these performers always miss opportunities to a more mentally sound person to tackle a challenge and score.

Emotional Intelligence

Describes the ability, capacity, or skill to identify, assess, manage, and control the emotions of one's self, of others, and of groups.

At some point in your life, you will be in a high-pressure situation when emotions are higher than normal. You are confident in your ability to perform under pressure. You do not allow a high-pressure situation cause panic; rather, you keep a focused and confident approach to handle any pressure situation. You thrive off challenges during a performance to separate yourself from your competitor. Because you are responsible, you understand not to allow a high-pressure situation distract your purpose. Your concentration is so strong all of your energy channels to your vision.

Emotional intelligence is the difference from performers defeating themselves or winning, and it is a key quality in separating two great competitors. You are both physically and mentally great; you both prepare and evaluate great; you both perform great; but what separates you is when it really counts. During this time, there is a small gap of opportunity, and you step up with confidence and focus to score the victory.

Optimism

Tending to take the most hopeful or cheerful view of matters or to expect the best outcome.

You compete because you hope to win. Along with hope, you add a few qualities, such as preparation and hard work, to turn your hope into reality. After you pursue your hope, you may fail, and then fail again. However to you, finishing never crosses your mind, rather improving substitutes finishing. With each failure, you win by rebounding back smarter and stronger.

You work hard to get better because you are optimistic about the future. You practice and evaluate because you believe it will help you get better. When you fail, you still believe in your yourself and team. From your experience of failing, you bounce back stronger because you learned why you lost. This helps you work on what needs to improve to get better. As a result, you improve because you are hopeful, and you work on the reasons why you lost. Without an optimistic view, you would not believe in yourself and team. Therefore, you would not prepare or evaluate to perform as an optimist would because you had no hope and reason. In the end, the optimist is more equipped to win.

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Prepare

The act of making ready, usually for a specific purpose; make suitable; fit; adapt; train.

You prepare to perform by learning and doing. By doing so, your team prepares to perform at performance speed, and your team simulates performance situations. You may prepare by learning the other team's actions and performers. You learn whom you are performing against. In addition, you learn the leader's plan, including the strategy.

When you prepare smarter and harder than the other team, you are one-step ahead of your competition. You anticipate actions happen before they do, and you have a greater purpose for your goal. Moreover, you demonstrate more desire than your opponent does. Preparation gives you an edge before actually performing. Anytime you spend more time and energy preparing for your performance, you have a sense of urgency going into the performance. Your urgency pumps aspiration through you and channels your focus even greater. You spent so much energy preparing originally; thus, you do not want to let your time and efforts go to waste while performing. By preparing, you set yourself up for winning, not losing.

Time Management

The management of time in order to make the most out of it.

You juggle numerous schedules for daily, weekly, monthly, and annual actions. During your life, your schedule is tighter because of performances. While resting, your schedule is not lighter but different. You are more responsible for how you use your time to your benefit. In order for you to make the best use of your time, you plan, organize, prioritize, and analyze your schedule. You plan by laying out the week ahead. You organize by setting goals and choosing your priorities. Your priorities are what help you accomplish goals, and you discard what does not. After the week is over, you analyze by examining what worked for you and what did not. By doing so, you manage your time more effectively for the next week.

Time is your most precious and limited resource. As a performer, you juggle more priorities than a typical person does. Thus, others hold you accountable to be more productive because you set higher expectations. In the end, it is about producing results. If you cannot manage time, you cannot produce results.

Strategy

The art of devising or employing plans toward a goal.

You develop a team and individual strategy out of performance. Team: You employ a plan for education, training, and projects. Individual: You develop a plan for individual projects. Your individual and team strategies help you accomplish individual and team goals for the year. During the year, you develop team strategies. Your team strategizes by developing a plan for performing. By doing so, you understand the opposition's strengths and weaknesses. In addition, you understand your own strengths and weaknesses. For each performance, your team develops new strategies for new competitors.

Your vision helps you understand where you are going. Your preparation and evaluation help you understand what works and what does not. You prepare to set yourself up for the best possible chance to win. You put the right people in the right job to use individual strengths in specific roles on the team. Then, you implement and improve while performing by adapting to the environment.

Goal

An object or end that one strives to attain; aim.

You set team and individual goals. Team: You strive for winning actions and performances. Individual: You strive to improve upon your individual contributions from the previous year. Within these long-term goals, you set team and individual short-term goals. Team short-term goals are set weekly, e.g., win two performances this week. Individual short-term goals are set weekly, e.g., contribute individually X amount each performance.

Each short-term goal accomplished positions your team to achieve your long-term goals. With extra effort on short-term goals, your team remains focused on your long-term goals. When you set goals, you reach for the stars. You dream of winning big, which makes you a big thinker. Others may think they are out of reach, but to you, they are not. The more steps you take towards your goal, the closer your goal comes within reach. You never reach your potential when you do not set big goals. Because you think big, you accomplish more along your journey than what you would have when setting no goals. You may not reach your top goal, but you accomplish more.

Evaluation

To determine the significance, worth, or condition of usually by careful appraisal and study.

You evaluate before, during, and after performing. Before, you dissect your proactive and reactive actions and performances. During this time, your team fine-tunes your efforts for the performance. During the performance, you make adjustments after evaluating your performance. You quickly adjust what is not working for the rest of the performance. The most evaluating goes on after performing. During this time, your team analyzes. If your team performed great, you find out how to improve for the next performance. If your team performed bad, you find out what you did wrong to correct for the next performance.

Evaluating is one of the most important reasons why your team improves each performance. By evaluating actions and performances, your team is improving on weaknesses. A team is only as strong as its greatest weakness. Your team evaluates your weaknesses, so you can make changes to improve. As a result, you grow stronger throughout your life accomplishing short-term goals, which ultimately helps you accomplish your long-term goals.

Meticulous

Extremely or excessively careful about details.

When you are at the top of your performance, you take excessive care of the small details before, during, and after performing. Before, you think about how you will perform. During, you focus on your performance. After, you evaluate your performance. During this time, you are very critical on the details. You understand the what, when, how, and why of your performance to improve upon moving forward. What: You know your strengths and weaknesses. When: You know the time of your strengths and weaknesses. How: You know what caused your strengths and weaknesses. Why: You know the reasons for your strengths and weaknesses.

Your meticulousness causes you to fine-tune the small details. The fastest way to progress your performance is to be as critical as possible about your performance. If you want to get to the next level, you will strive to improve upon every detail of your performance. Every small detail of your performance contributes to your big performances. A small fundamental will directly affect your individual performance. Your performance affects your team's performance.

Priority

Something given or meriting attention before competing alternatives.

You act on what will help you and your team. As a result, you understand priorities lead you to benefits and distractions drive you off course. Your priorities include everything that helps you. Your distractions include everything that hurts you. Time does not produce results; rather, action for your purpose produces results. Your vision channels your purpose to your goals. Vision for your goals and action for your purpose forms your priorities.

A key difference in your success is making sacrifices or not. A sacrifice, in this example, is missing a non-priority activity. When you prioritize, your responsibilities are in place to help you and your team succeed. The more responsibility you take on, the more you have to sacrifice. However, the more you sacrifice, the easier it is to sacrifice. Ultimately, your priorities drive you to your goals.

Analytical

Able to separate things into their constituent parts in order to study them, draw conclusions, or solve problems.

After your performance, you and your team study performance analytics. The results of your performance measured by quantity are quantitative analytics, such as scores. During and after your performance, others describe your performance. A qualitative measurement analyzes the qualities of your performance. An example includes describing you as a leader on your team.

Beginning at the start of your life, you analyzed your performance to learn the positive and negative results. Obviously, a positive analytic provides greater internal fulfillment compared to a negative one. However, the negative statistic offers an opportunity for improvement. The positive results also provide an opportunity for improvement. Perhaps, the gap for improvement is smaller, but still, you can always improve upon any performance. You understand how to improve after analyzing your performance.

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Integrity

The quality or state of being of sound moral principle; uprightness, honesty, and sincerity.

You hold a high level of integrity in and out of performance. In performance, you show sportsmanship to your teammates and competitors. In addition, you obey the rules of the performance. You are always honest with your communication and actions on your team. Out of performance, you show respect and obey the rules in life.

When you lack integrity, your teammates do not trust one another. Lack of integrity is disrespect on your team. Disrespect brings down spirit from negativity and trust from lying. A missing link in the chain disrupts your team's communication. As a result, the chain becomes weaker, and it affects the links closest to the missing link. The links closest to the missing link have greater tension because the missing link directly affects them. As a result, these links become weaker and cause greater tension to the links closest to them. Eventually, the link snaps, and the unity is broken. Living a life of sound moral principles causes your team to focus on priorities, which are set to reach your goals.

Role Model

A person who is unusually effective or inspiring in some social role or job and so serves as a model for another or others.

You are a role model around your community, since you provide inspiration, encouragement, and motivation in others. Your community holds you on a higher pedestal than the majority, and if you earned this post, you deserve it. However, others hold you accountable to act as a role model. You are a hero to the children of the community. In turn, the children live their daily lives trying to be like you. You have a big responsibility in the community, since your post can be lost immediately with any problems. Your community depends on you to give back and provide community service to set a good example for children. When the time is right and you feel you have something to offer, you have the opportunity to demonstrate your appreciation by giving back. You can give back a resource, such as money or goods, or you give back a service, such as actions, performance, and time.

You cannot hide your face while performing, thus the community knows you. As a role model, you demonstrate to children the importance of education, good morals, and more positive standards. You are an impact on their future.

Trust

Firm belief in the reliability, truth, ability, or strength of someone or something.

Trust for yourself and team starts something. You believe in yourself and others, so you can do it. Trust is built from learning and experience. Trust is confidence from learning and belief from experiences. After gaining trust with everyone, you are able to live and work together better than not having trust. Not having trust leads to errors and imperfections. From no trust, no one listens to you, they do not respond, and they do not act in your direction.

Trust is naturally developed. It cannot be attained from not doing anything. You and your team need to build your trust over time; this is continued effort. Trust is more than yourself; it's about everyone. Everyone strives to use trust for collective improvement. And the results from everything are at a higher level.

Professional

Of, engaged in, or worthy of the high standards of a profession.

You are a professional in and out of performance. In performance, you give praise to opponents after an event. You commend the other team for a valiant effort even though you won or lost. You also show respect to teammates for a team effort. On your team, no one teammate is responsible for winning or losing, and your team takes responsibility for your actions. Out of performance, you demonstrate respect and pride to honor your team and community you represent. You display proper mannerisms to others from your discipline learned in performance. From your team mindset, you believe no one individual is greater than another, thus you work in unison in all aspects of life.

Your performance is a direct reflection of your professionalism. Your actions reflect your behaviors, which affect your daily wins and losses. When you demonstrate professionalism, you respect yourself and others by caring for your purpose. To the contrary, you do not respect yourself and others by not caring for your purpose.

Respect

To feel or show honor or esteem for; hold in high regard.

Your team is respectful from the principles of your team. You respect others by serving, which provides personal growth or fulfillment. Value provided to others garners respect. After you provide value to a believer, he or she becomes a doer on your team. As a result, your team benefits from respecting your teammates. Others respect you from living up to your expectations. They gain confidence in you, and confidence leads to trust. In the end, you earn respect. After you earn respect, you do the small things for others that garner extra respect. If you lose respect from your actions, you are open and honest about it. When teammates feel what you feel, their respect for you grows stronger.

Respect on your team boosts productivity. Your team produces from working in unison; you rely on one another to produce results. Respect increases or decreases motivation to produce individually. Individual production affects a teammate's production. A teammate's self-respect affects team goals. Lack of respect causes the team to lose interest in attaining the team goal.

Humble

Reflecting, expressing, or offered in a spirit of deference; not arrogant.

After winning, you commend your opponent for a valiant effort. You also reflect on sharing your win amongst your entire team. Even if you had a great individual performance, you understand your performance depends on a teammate. After losing, you commend your opponent for winning. Because you show sportsmanship, you never talk bad about your competition. Similar to winning, the team shares a loss.

A humble winner understands the beauty of winning and losing. On your team, no one role is greater than another because each role has a direct impact on another role. Therefore, a humble winner recognizes the whole team rather than oneself. Similar to winning, a humble loser commends the other team and never places blame on another teammate. To the contrary, an arrogant teammate lowers morale on your team. This teammate puts himself or herself over your team. In turn, your teammates are not motivated to contribute their roles anymore. Humbleness is key to motivate your team to work together towards one common goal because your teammates feel appreciated.

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Change

To put or take (a thing) in place of something else; substitute for, replace with, or transfer to another of a similar kind.

Throughout your life, change occurs with new teammates and strategies. Teammates and team change by years, phases, and eras. The teammates who perform are the ones who have the best opportunity to win. Strategies change from understanding your team's strengths and weaknesses and also your opposition's strengths and weaknesses. Strategies change for preparation and performance, based upon what provides your team the best chance to win.

When change occurs, your team either embraces or unwelcomes change. Embracing change provides your team with more opportunities to win, as your team has an open-mind to what will help your team win. On the other hand, unwelcoming change may leave your team vulnerable to those who seek new plans, strategies, and execution to win. It's about getting better, and the only way to get better is to improve upon your plans, strategies, and execution.

Positive

Confident, optimistic, and focusing on good things rather than bad.

Your team prepares and evaluates with the hope of winning, which takes place during performance. While preparing, your team becomes optimistic about performing by preparing yourselves to win through learning, planning, and strategizing. After your performance, your team evaluates the good and bad of the performance. During this time, you learn which helps you improve while preparing. As a result, you become even more confident for your performance.

Confidence and optimism provide you with the ambition to prepare and evaluate, which provides you with every opportunity to win while performing. A positive attitude can make or break a performance. Those who believe in themselves—even though they may be inferior to the opposition—always put forth more time and effort while preparing, performing, and evaluating. Believing in oneself and having a positive attitude provides you with the courage and aspiration to compete against a superior or inferior opponent.

Strong-Will

Having a strong, resolute, or obstinate will.

Your willingness to participate, take on challenges, follow through on commitments, and endure pain and difficulties is a strong indicator of your will power. Never giving up when times are tough and raising your determination when times are good are a few more examples of your strong will in performance. The development of a strong will happens by never backing down while going after the inconceivable—going after the impossible until made possible through accomplishment.

In performance, it's not just about winning and losing, but it's also about what you learn from action and performing. Lifestyles are formed from performance. With this in mind, winning and losing strengthen your strong will. In turn, your strong will provides you with the resoluteness to persevere through struggle and thrive through victory. Both events are important to your individual and team goals, which direct a path to reality. Along your journey, your strong will helps you give it your all.

Courage

The attitude of facing and dealing with anything recognized as dangerous, difficult, or painful, instead of withdrawing from it.

While preparing and performing, teammates and opponents challenge you. In preparation, teammates challenge you to get better, which takes courage to overcome. In performance, opponents challenge you physically and mentally, which takes braveness and fearlessness to rise up to the challenge.

Courage provides you with the mental stability to take on challenges, which can arise without plan. When faced with a challenge, your actions speak louder than words, as your instinct is to take on the challenge rather than running away from it. If timid, the challenge defeats you, as your initial thought of what, how, why, when, and where arises after you're defeated. However if brave, your initial thought is put to action, and the result is created from you.

Fearless

Free from fear: brave.

Your braveness stimulates you to work for an opportunity and make high-pressure decisions. It's your instinct to act rather than to contemplate. As a result, you position yourself between the opportunity and the end result rather than allowing your shyness take over you. And many times, your fearlessness creates the result because you acted rather than thinking about it and watching the result being created.

When your mentality is controlled by questions of what-if, your actions are put on hold until your mentality changes to seeking results. After your mentality changes, you rise up to the challenge, seize the opportunity, and build even more fearlessness. Great actions are created from putting yourself out there, taking measurable risks, and going after what to others is impossible. Fearlessness turns thought into action before thought is challenged, which leads to results before increased internal and external challenges and competition.

Poise

Marked by easy composure of manner or bearing.

Poise is developed over years of learning and performing, which you develop an inherent ability to handle high-pressure situations, such as intense actions, unfamiliar challenges, or critical performances. For some people, poise may be developed stronger from learning through experience, whether it's losing and learning or succeeding and thriving. After poise is developed, you are able to control high-pressure situations by preparing for the moment rather than stalling during the opportunity. With preparation, you are ready to do the challenge and score.

Your aptitude for the situation provides you with the physical and mental ability to handle it. Many scoring opportunities will be lost if not acted on from fear, stiffness, or agitation. How you handle the mental aspect of the action will play a significant role on the physical aspect. In competition, your mentality determines your physicality, and poise plays an important role on your mentality.

Thrive

Grow or develop well or vigorously.

While you compete, you are faced with challenges during preparation, evaluation, events, and performances. Internal: You challenge yourself to do what perceived cannot be done. Perhaps, your courage provides you with the inspiration to act. External: You face competition from opponents during performances and teammates during preparation. During preparation, you thrive on challenges to overcome defeats and excel after wins.

In life, you are faced with challenges throughout your life. Both internal and external, these challenges surface in the event of competition by competing against yourself and others. It's how you handle this occurrence, which determines whether you win or lose. Thriving on challenges will help you with the small wins, such as scoring, and the big wins, such as winning. During a performance or event, thriving on challenges certainly makes a difference on the outcome.

Perseverance

Steady persistence in adhering to a course of action, a belief, or a purpose; steadfastness.

Your perseverance is displayed by your participation in performance. It starts with participating by having a purpose, and it follows with believing in your team and driving your purpose to success throughout your life. With belief, you portray the principles and values as taught by your captains and leaders. You are inspired to learn and train to get better and execute your strategy during performance. Even after defeat, you stay on course to your ultimate goal.

To persevere is a key edge before, during, and after competition. Before: It provides you with a purpose of belief and value to compete. During: It provides you with the dedication to follow through on commitment. After: It provides you with the resoluteness to learn from success and loss. Both success and loss are opportunities to improve in the mind of a performer.

Resilient

Marked by the ability to recover readily, as from misfortune.

In performance, the outcome displays winners and losers. Only in the mind of the losers are they defeated. Whether or not they are defeated is their level of resilience. If mentally defeated, they quit and show no desire to learn from failing to bounce back. If mentally stimulated from loss, they learn from what, how, and why of losing to work on specifically the reasons to improve. After improvement, their resiliency grows ever more, as they believe in the power of resilience.

Winning and losing are easily identified in performance because the score and results are known. Throughout an event, competitors lose numerous of times. How they react to these small losses ultimately determines the final outcome. When reacted with resilience, these competitors put the loss behind them, learn from the loss, and focus on the next win. And when reacted with rigidity, these competitors overly think about the loss, think about losing again, and prevent ways to lose. Their rigidity leads to losses after losses.

Reflective

Characterized by quiet thought or contemplation.

A moment of reflection takes place before and after performing. Perhaps after a win, you think about the small things that can be improved, or you think about how you lost after a defeat. Reflection is not just negative thoughts but also positive thoughts. Seeing yourself succeed beforehand is a strategy, which many people use to gain confidence. Performing and reflecting does not just happen before or after performances but also preparation. You might think about how to improve for an action or see yourself make an action before it happens.

Both negative and positive reflection is important during preparation, performance, and evaluation. Negative: You think about what you did wrong to improve for the next opportunity. Positive: You gain confidence by thinking about what you need to do to succeed. A few consequences for not reflecting are making the same mistake or not being mentally prepared. Reflection provides you with the understanding of mistakes and confidence before performing.

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Love

Intense feeling of deep affection.

A strong like for something is love. You may start with liking something and growing it to love. Love can be developed through actions and performances. Love for something is felt by sensation. You are feeling a deep desire to have it. The more you like something, the more you will gain love for it. Love is forever and can be thought of and reflected on. Love is a strong connection to have it, be there with it, and always want it. Your love for something will drive you to it, help you along the way, and make you get it.

Love can go up and down from strong likes and dislikes. More strong likes for something will increase your love, and more strong dislikes for something will decrease your love. The love is always there. Love needs actions through living and working. Living: You enjoy doing things with common interests. While doing, you like doing something, which builds your love. While working, you like producing something, which grows your love. Love forever is made stronger from always striving to live and work together in unison.

Passion

Having, compelled by, or ruled by intense emotion or feeling.

Your love for the performance is exemplified through your passion. You may be born with passion for performances, which is known through always thinking about performances. But you may also develop passion from preparing, performing, and evaluating. Over this time, you learn new things about the performance, which enlightens you. From curiosity to enlightenment, your passion for performances gradually increases, which only makes you more curious to learn more. As a result, you become a better individual and team person.

Passion stimulates energy, which is a necessity for performing. Energy is used for physical and mental activity before, during, and after actions and performances. More energy certainly correlates to more focus and motion while competing. It provides you with the alertness needed to see and create opportunities, which lead to scores. Passion for the events and performances is genuine, which in the long term always outcompetes those who are fake and just going through the motions.

Genuine

Sincerely and honestly felt or experienced.

Your actions speak louder than words, but words also portray your genuineness. By doing what you say not saying what you do, you are exhibiting this quality. It's about following through on commitments, but if you do not accomplish what sought after, you're honest with yourself and sincere with your team. Your leaders lay out team guidelines at the beginning of each year, which are carried out by your team. How you handle guidelines and rules reflect your genuineness.

Being genuine is important for yourself as a person and for the team as a teammate. Honesty and sincerity serve well throughout a lifetime, and your genuineness in performance gets you started on the right path. When you are dishonest with yourself, you dig yourself into a deeper hole by making a repeated mistake. Your teammates who are genuine see right through a dishonest person, so owning up to mistakes and setbacks is the best way to move forward as a person and teammate.

Instinctive

Prompted by natural instinct or propensity.

Having the ability to see an action before anyone else is a skill that someone is born with or developed through experience. To a performer who instinctiveness comes natural, he or she sees and feels things that no one else does. It's with these powers that he or she is able to create scoring opportunities, not react to them. Instinctiveness developed through experience is portrayed the same as having natural instincts for the performance, but it is developed through failing and learning. After learning, he or she is able to create by understanding what works and what does not.

A person with instincts has the ability to create scoring opportunities or make stops on defense. Performers have instincts, and observers—could be competitors—watch these instincts lead to a score or stop. There is no time to react because the performer's instincts saw and created the opportunity before the observer saw the end result.

Pride

Feeling pleasurable satisfaction over an act, possession, quality, or relationship by which one measures one's stature or self-worth.

Your pride is shown through your expressions after the result. These are expressed through your words and actions. When proud, you tend to smile from your happiness of understanding that all of your efforts and time paid off. It's not that you have a high ego; rather, you are fulfilled from knowing your hard work resulted in success. Through words, you make it known that it was what went into it that made the difference, not you were the reason for success. Pride is shared amongst the team and carried with a sense of responsibility.

Those who are not proud of their efforts, which lead to results, tend to understand that they did not put forth their best efforts. If they were proud, it usually is displayed through cockiness, which is never welcomed from others. Those who are proud by earning it are fulfilled from understanding the hard work was worth it. In turn, they are more compelled to work just as hard if not harder the next time around.

Empathy

The action of understanding, being aware of, being sensitive to, and experiencing the feelings and thoughts of another of either the past or present.

By being a part of a team, empathy is a quality that goes along with relationships and teammates. Relationships are discovered from empathy. When discovered, one teammate opens his or her heart to another teammate from expressing how he or she feels. In turn, his or her teammate openly listens, understands, and cares. This type of relation is real, and it bonds a team together. Empathy is a quality used more during failure and defeat, as it's one of the most genuine ways of dealing with loss for a team.

Empathy creates relationships, which are genuine. Teammates understand each other by understanding and feeling what their teammates feel. These types of relationships have a much more positive impact on how the team performs. When teammates do not show empathy to other teammates, there are consequences from their actions, such as miscommunication, insecurity, or misdirection. These consequences are not productive to the team's goals.

Compassion

Sympathetic consciousness of others' distress together with a desire to alleviate it.

From time to time on your team, teammates help teammates from their compassion by listening, empathizing, and understanding. It's during a time of distress, typically when one teammate feels hardship and another teammate provides compassion to remedy his or her pain. A few examples include providing compassion when a teammate is upset about a performance, training score, or teammate dispute. The teammate who shows compassion probably experienced what the other teammate is currently experiencing; he or she can genuinely relate.

Feelings play a role in your team's performance. When a teammate feels down, upset, or stressed, his or her feelings will have a direct impact on your team's performance. With compassion, you are able to alleviate his or her hardship, so his or her feelings do not impact the team's performance. Most importantly, you demonstrate care for a teammate through your compassion, and your good heart makes a sincere difference on the teammate's life.

Dignity

The quality or state of being worthy, honored, or esteemed.

Dignity follows hard work and performance. Before, during, and after performance, you put forth your best efforts. This happens during ideas, plan, strategy, and execution. The fulfillment of understanding you put forth your best efforts is your dignity shown through your verbal and non-verbal communication. Dignity is displayed after winning and losing. Winning: You are fulfilled knowing you did everything you possibly could to win. Losing: You are not fulfilled rather worthy of your opponent's performance. After winning and losing, you show dignity by commending your teammates' and opponent's efforts and performance.

Sportsmanship is part of performance. And sportsmanship is shown through dignity by commending teammates and opponents. Even though performance ends with a winner and loser in scoring, your attitude should never be hateful, negative, or rude towards others. True winners always show respect, courtesy, and dignity no matter the outcome.

Honest

Free of deceit and untruthfulness; sincere.

A value learned very early in your life, perhaps from a leader, is being honest. It is a foundation of your morals on your team. Honesty is reflected through your actions on the team. For example, when you make a mistake on an action, you are honest about it, so you and your team can fix it to improve moving forward. When you try to reason with a teammate or leader, honesty helps both parties understand each other's perception of the event.

Being honest with yourself and your team is one of the most important qualities to help your team grow and succeed. When you make a mistake and are honest about it, you and your team are able to correct the problem before it gets worse. On the other hand, when you make a mistake and are not honest about it, you and your team may face additional problems from the consequences of not fixing the original mistake. You and your team are not perfect and do make mistakes, and the quicker you realize this, the quicker you and your team can move forward to improve upon your mistakes only to grow stronger.

Sportsmanship

Fair conduct: conduct considered fitting for a person, including observance of the rules of fair play, respect for others, and graciousness in winning and losing.

Sportsmanship is developed while performing and afterwards. While performing, you and your teammates pick each other up. For example, when a teammate stumbles in performance, you hustle over and give him or her a hand to get back up. Also while performing, you respect the rules of the performance by performing in fair, e.g., no fighting. After performing, you demonstrate respect to your opponents for a valiant effort after winning and losing. For example, you may commend them on their great team offense or defense.

Sportsmanship is very important, because if you do not display sportsmanship, you may not perform. Abiding by the rules, having respect for others, and displaying graciousness after winning and losing are all part of performance. Through your development, you understand sportsmanship is a great quality out of performance. It provides you respect on your team, to other teams, in your family, and around your community.

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Problem-Solve

To find a solution to a difficult or complex question or situation; to engage in the actions or thoughts necessary to discover solutions to problems.

You solve problems before, during, and after performing. After making a mistake in preparation, performances, and evaluation, you try to understand the what, why, how, where, and when of the mistake to correct the problem. Perhaps, your leaders point out the mistake and the reason, and they show you how to correct. But after you learn and understand, it's up to you to solve the problem. You take action and the problem is solved. Along the way, a new problem may arise, such as a teammate or team problem, and you and your team analyze the problem, strategize a solution, and put your strategy to action.

Problems do happen. You and your team may seek to be perfect, but you do make mistakes during preparation, performances, and evaluation. When you solve problems, you improve your team. When you do not solve problems, your team gets worse. The quicker you solve problems, the quicker your team succeeds.

Decisive

Having the power or quality of deciding.

Performances can be fast, which demands decisions to be made quickly throughout a performance. After deciding, it's imperative that you act on your decision, or else, you may miss out on the opportunity to score or make a stop. A few examples include seeing an opening in the defense to make a quick action and seeing the opponent make an action to stop it. In both of these examples, you are aware and focused, which helps you make accurate decisions to act.

The ability to see an opportunity before your opponent and act on it can make a big difference on the outcome of your performance. Throughout an event, you and your teammates make decisions; some are small while others are big. But each decision impacts each offensive and defensive action, and each action impacts how you and your team perform. If you did not have the ability to make decisions, you and your teammates would always be reacting to opportunities that were created from your opponent's decisiveness.

Action-Oriented

Using practical methods, which involve doing things to deal with problems, not just talking about ideas, plans, or theories.

Starting from day one of life, you learn about planning for a performance, executing the performance, and analyzing the evaluation. Each stage is different, but while you are performing, you are exhibiting action-orientedness. You plan to perform during preparation, and you analyze your performance afterwards. During this time, ideas are thought about, plans are made, and strategies are put in place. All of these efforts lead up to your performance, which you and your teammates are action-oriented by executing your ideas, plans, and strategies.

To have ideas, plans, and strategies in life helps, but if your team does not execute them, you will probably lose to a team who does execute. Results are produced from execution, which requires you and your team to act on your ideas, plans, and strategies. In life, results are displayed with scores, wins, and losses and with your team's and opponent's final score.

Consistent

Constantly adhering to the same principles, course, and form.

Consistency in performances is developed in several ways. One, you and your team follow team guidelines, principles, and values. From this discipline, you and your teammates' actions in and out of performance are consistent. Two, you give it your best efforts to perform consistent in life. In this example, consistency refers to executing your actions and going on a winning streak. Your team may go on a run during a performance, and your consistent actions keep your run going and build momentum. Some performers are referred to as consistent performers, which mean performing at a high level each time they perform.

The fundamentals of life change, so individual and team performance provides you and your team a greater chance to win. What you planned for is being put into effect with little to no mistakes. Your execution during performance is consistent, which means you make so many stops in a row, score so many times in a row, or win so many performances in a row. All of which provides you and your team with a greater chance to succeed.

Efficient

Productive of desired effects; especially: productive without waste.

In performance, waste from being lazy leads to incomplete or irregular results. When this happens, your team is just going through the motions. These efforts are not efficient and do not produce significant results. They do not set your team up to succeed; each wasted effort builds on each other, which leads to a wasted action. On the other hand, when your team is effective from the right actions, your team is efficient. You and your team are executing with minimal waste, which leads to a successful action.

The difference of a successful action on offense and defense is impacted by the efficiency of your team's performance. Each inefficient action on offense and defense impacts another action, which ultimately determines the outcome of the action. Each teammate relies on each teammate, so it's important for each teammate to be efficient, or one teammate's inefficiency will cause another teammate to be inefficient.

Effective

Producing a decided, decisive, or desired effect.

Your decisiveness leads to your effectiveness, but your decisiveness does not determine your effectiveness. Your execution determines your effectiveness in actions and performance. A few examples include seeing an opening and acting (decisiveness), which leads to a score (effectiveness), and reading the offensive performer make a move and reacting to make a stop (decisiveness), which leads to your opponent not succeeding (effectiveness).

If you are effective in your execution, you produce results, such as activity, but if you are not effective in your execution, you do not produce results, such as inactivity. Individual effectiveness is important because it affects team effectiveness. When one teammate is ineffective but the others are effective, your team may not be effective because performance is about the team, which all teammates rely on each other to perform. Therefore, it's important for all of your teammates to be effective each possession.

Coachable

Able to be coached effectively; coach: to instruct, direct, or prompt as a coach; to train intensively.

You have leaders who instruct, educate, and train you. Your coaches are your mentors, leaders, teachers, and role models. You trust and respect them, as they are your coaches. Throughout your life, you listen, understand, and act on their instruction. After you progress in your life, you become more experienced in their instruction, which instills trust from your coaches to you. You and your team are able to execute their plans and strategies without as much instruction and guidance.

The role of a performer is much different from the role of a coach, and one of the roles of a coach is to provide guidance to help you and your teammates succeed. This guidance and leadership are not just meant for you to succeed in performance but also in your life. For example, this could be in your career, education, family, community, and health. When you are coachable, you learn from a mentor and role model, which guide you in the right direction. When you are not coachable, you do not learn from being narrow-minded and disrespectful, which guide you in the wrong direction.

Results-Oriented

Practical and driven by the purpose and results.

You are driven for the purpose and to produce results. You are determined for the purpose by working hard throughout your life in education, training, and performances. You prepare, act, and evaluate to produce results. Your purpose is shown through your determination and focus. You want results so bad that you do what it takes ethically to accomplish them. With purpose, results follow your performance. Results in performance are scores, such as points, test scores, and anything measurable, and actions, such as activity.

When you are determined for the purpose, which you are in performances, results seem to follow your actions. When you are not determined for the purpose, which is not good for the team, results seem to not follow your actions. It's important to realize that not just one performer should be results-oriented; rather, the whole team should strive to be. When each teammate is determined for the purpose and produces results, your whole team plays together in unison; each teammate fulfills their role, which benefits the team.

Execute

To carry out fully: put completely into effect.

In preparation, performing, and evaluating, you execute before, during, and after performance. Your execution leads to results, which can help your individual and team performance. You execute your role for an action, which helps the other teammates in performance execute their roles. When your team executes, good things tend to happen, such as making a score or stop. Specific examples for executing on offense include being proactive to score, and examples on defense include being reactive to stop.

It's great to prepare and evaluate for a performance, but the reason why you do is to execute during the performance when it counts. When you execute during actions on offense and defense, you produce results, which lead your team to winning. However, when you do not execute during actions, you do not produce results, which lead your team to losing. Therefore, executing what you prepared and evaluated for leads your team to victory.

Versatile

Embracing a variety of subjects, fields, or skills; turning with ease from one thing to another.

Life requires many skills to compete at a high level. These include skills learned from education, training, and experience. At the beginning of your life, you learn the fundamentals of performance from training as a team and on your own. As you train more, your skills get better. During performance, you develop versatility and the understanding of versatility through executing all of these skills. You may be great at one skill, but you also have a fundamental understanding of all the skills, which you have to execute during performance.

Performance is made up of many skills and fundamentals. If you are an offensive performer, your strength may be scoring, but you also have to understand how to defend. With understanding, your versatility provides great opportunities on offense and defense for you and your teammates to succeed. If you are not verse in a variety of skills, your inflexibility will impact a teammate, which negatively affects the team.

Flexible

Characterized by a ready capability to adapt to new, different, or changing requirements.

Your flexibility is exhibited through your open-mindedness and adaptability. You keep an open-mind to new ways that will help your team succeed. Before each performance, your team strategizes for each new competitor, which you are open-minded to learn about their strengths and weaknesses. In turn, your team adapts to new strategies while preparing and execution while performing. For example, your leader may use different teammates based on the current performance, which your team is open-minded about because your team understands the new strategy is meant to provide your team with every opportunity to win. Another example while performing: Your team may adjust your preparation from what you learned while performing; as a result, your team learns and executes, which provides your team a greater chance to win.

Because you are open-minded, you learn new ways that provide you with a great chance to win. And because you are adaptable, you take advantage of what you learned while executing, which provides you with an even greater chance to win.

Balance

A state in which various parts form a satisfying and harmonious whole and nothing is out of proportion or unduly emphasized at the expense of the rest.

Your priorities in life are everything that helps you win. To perform in life, it helps to have education, training, and experience; therefore, you must balance your entire life, like living and working. Your performance will reflect how you balance these priorities. When you spend more time and energy on one action, your performance on another action may suffer if you do not balance accordingly. Several best practices for balancing priorities that you learn from acting include time management and distinguishing actions. You understand what helps you and your team succeed, and you use your time on these actions accordingly.

When you balance actions, you are able to follow through on all of your commitments and expectations. When you do not balance actions, you may follow through on one of your commitments or expectations, but the others may suffer, which in the end may affect how you perform in all aspects of life.

Discipline

Conscious control over lifestyle: mental self-control used in directing or changing behavior, learning something, or training for something.

Having discipline as a performer is trained in and out of performance. In it, you understand what helps and what does not help you and your team succeed. In turn, you are disciplined to use what helps, and you discard what does not. Your discipline in performance reflects your discipline off it. From training to performance, you have self-control over your actions, which are spent achieving your wins. As a performer, discipline is not just about performance, it's also about preparing and evaluating. During this time, discipline is trained at an all-time high, as others may find this time and these actions are not important, but you realize this time and these actions provide that extra edge needed to succeed in and out of performance.

Discipline provides you the opportunity to get better when others who are not disciplined lose this edge. It's during this time, which your performance during an event will be determined. When you are not disciplined, even though talented, your performance may be inferior to a more disciplined performer because he or she worked to get better.

Perfect

The process of becoming or making something perfect.

You strive to perfect your performance during preparation. During this time, you and your team go through education and training in hopes of making your individual and team performance perfect. From perfect preparation to the performance, your team tries to execute what you perfected in preparation. For example, your team flawlessly executed your offense and defense while training. But during the performance, your actions may not have been executed as perfected in training. In turn, you evaluate with attention to every detail, which you and your team break down the mistakes to perfect your actions. After the performance, you evaluate your actions with meticulousness in order to prepare with perfection for the next performance.

By seeking perfection, you and your team reach a level that would not have been reached if you sought average. Even though you do not reach full perfection, your level of preparing, performing, and evaluating is raised.

Progress

To develop to a higher, better, or more advanced stage.

Throughout your life, you progress your education, training, and skills. At the beginning of your life, you learn and develop the skills of the performance. For example, you learn how to act and perform. But after you understand the skills, you progress your understanding of each skill by learning specialized skills, which are developed from current skills. Your skills help your performance from beginners to advanced level. As your skills progress, you build upon the skills learned very early in your life with more specialized skills.

When you progress, your performance develops to a more competitive level, which provides you and your team success. If you did not progress from what you learned the first time you performed, you would not be able to compete with the performers who progressed.

Candid

Characterized by openness and sincerity of expression; unreservedly straightforward.

In performance, decisions have to be made quickly, or else, opportunities will be lost from not acting. You and your teammates communicate with candor. As a result, you quickly and collectively act on scoring opportunities or create ones. For example, you see an opening for a teammate to score, and you eagerly encourage to do it. As a result, your teammate makes it happen and scores on it.

Candor prepares your team to succeed. Opportunities are created and reacted to throughout a performance. During these times, candor provides quick, clear, and collective communication, which prepares your team to create or react to scoring opportunities. When you and your teammates are not candid, your communication may be confusing. This might delay your team execution. As a result, scoring opportunities are lost.

Hard Work

Habitually working diligently for long hours.

You work hard in and out of performance. In it, you work hard before, during, and after performing. Before: You prepare many hours to perform a limited amount of performance compared to how many hours you spend preparing. During: You work hard while performing because you understand all of your hard work before and after performing is meant to pay off while performing. After: You work hard while evaluating your performance because you understand it helps you prepare to perform. In turn, your hard work puts you and your team into a better position to win. All of your hard work adds up over time with intentions of it benefiting you and your team while performing.

Even if talented, those who work hard preparing, performing, and evaluating always get better. Performers simply do not get better by not working to get better. When you do not work hard and if talented, your laziness will eventually catch up with you, as someone whom is just as talented and works harder will outcompete you when the opportunity presents itself.

Productive

Having the quality or power of producing especially in abundance.

In performance, your production is measured by scores and analytics. A few include points, tallies, and scores. Execution in performance leads to your production. Ways to execute are through action. Your individual production impacts your teammates' production. When you combine you and your teammates' production, team productivity can be measured. This includes offensive and defensive team analytics. Most importantly, individual and team production lead to winning or losing. Life teaches you how to produce through preparing, performing, and evaluating. Each phase of life is important for producing results, as each phase impacts your individual and team performance.

Each teammate's production leads to your team's production, and team production is measured in wins and losses. When you win, your production is greater than when you lose. If you desire to win, you will need to execute, which leads to stats—the measurement of performance production.

Determined

Firmness of purpose, will, or intention.

You are determined while preparing, performing, and evaluating. While preparing, you are determined to get better for performance. You work on education and training. From preparation to performance, your strong will increases, as you do not want to let your preparation go to waste. Therefore, your determination helps you execute what you prepared, and it leads to producing individual and team scores and analytics. While evaluating, you remain determined, as you want to learn how to improve.

Your determination keeps you focused on your individual and team purpose. Your purpose is driven by your goals, which you work hard to reach. Throughout your life, you and your team may be knocked down, but your individual and team determination get you back up, as your purpose was never knocked down. Ultimately, determination keeps you on track to reach your goals during the good and bad times of your life.

Purpose

Something set up as an object or end to be attained.

Your individual purpose is aligned with your team one. Your team purpose is set at the beginning of the year with goals. These may include winning so many events and performances. Each teammate on your team has a purpose that is aligned with the team one. This is defined as having a role on the team. Your role along with your teammates' roles contribute to the overall team goal. Your purpose remains concentrated while preparing and evaluating, because you understand during these times, the level of your purpose determines how you perform when it counts.

Your individual purpose determines your team one. Because you perform on a team, your teammates must have a purpose, which is similar to everyone's purpose. Your purpose is driven to reach team goals, and team goals are the reason why you perform in life. When you are purposeful, you are driving towards your goals.

Follow Through

To press on in an activity or process especially to a conclusion.

A performance are actions over a course of time, like quarters, years, or halves, which you and your team act through all of them. Each action is just as important as the last or next one. Therefore, you strive to compete and perform your best during each action, which leads you to perform with the same energy during the whole performance. Your leaders, captains, and teammates expect you to perform your role. Your role is just as important as your teammate's role, and you understand that each teammate needs to follow through on their roles or expectations to win.

Because you perform on a team, your teammates depend on you to follow through on your role. They depend on you to perform, so they can perform their duties. When you follow through on your role, they are able to follow through on their roles. And when you do not follow through on your role, they are not able to follow through on their roles. Following through is important for the whole performance, not just part of it.

Endurance

The ability to withstand hardship or adversity; especially: the ability to sustain a prolonged stressful effort or activity.

Your endurance improves with each level of performance. Your endurance is not as great the first day of performance as it is the last; your physicality and mentality were broken down and made stronger throughout the years, phases, and eras. A few examples include training and the ability to handle adversity; both of which are improved. You develop endurance by pushing your physicality and mentality to another level than what they were before. By pushing yourself, you develop additional skills at a greater level than what you would not have if you never pushed yourself.

If you want to perform at a higher level, perhaps the top level, your endurance and skills will have to increase. For example, you will have to work and live faster than what you did last year. In addition, your character (qualities), will have to increase, as your team and individual performance will demand it.

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Motivate

Desire to do; interest or drive.

Your motivation is developed during preparing, performing, and evaluating. It takes motivation to just show up and participate. After participating, your passion for performance develops more motivation. You want to learn more about the performance, and you want to put your knowledge to action to get better. Some events that motivate you include seeing yourself succeeding and being challenged. Starting with a vision and going after it motivate you to stay on course to victory. And being challenged motivates you by fueling a fire from within or learning and growing strong from losing.

Your motivation helps you participate, compete, and handle adversity. With passion, you participate in performances because you love the performance. From a fire within, you compete against opponents, putting forth your best effort and picking up teammates along the way. After losing, you are motivated to learn from the loss to come back stronger.

Compete

To strive consciously or unconsciously for an objective; be in a state of rivalry.

You compete against yourself and others. Yourself: You try to get better in order to get to the next skill level. For example, when you make a mistake, you break down what happened, learn from it, and prepare to improve those weaknesses. Others: You prepare against your teammates; all the while, you make each other better while competing. For example, you may not want your role taken from a teammate; therefore, you compete during education and training for your performances. During performances, you compete against opponents, which in the end, there is a winner and loser. Your competition dictates the outcome.

By competing, you strive to win. In performance, there are winners and losers, and the winners always outcompete the losers. From competition, you get better in preparation, and you outcompete opponents in performance. When you succeed, your competition drives you to the next level: You are not complacent. When you lose, your competition drives you to learn, prepare, and get better from the experience. When you are knocked down, you get back up.

Innovate

New and creative, especially in the way something is done.

In times of change, your team is innovating to get better. For example, when a teammate needs replacement, you think of how you will replace him or her, and you adjust your strategy. You do not want to give up; rather, you think of ways how to improve from the event. Another example, each year your teammates change—new teammates replace teammates—and your strategy changes based on your team resources, e.g., teammates. During the year, you and your team are proactive by preparing differently for each performance. You understand that your opponents present different ways to compete, and your strategy is created with the understanding of how to win.

Throughout your life, change is rapid. How you handle change will play a significant role on your success. From strategies to teammates to opponents, innovation provides you and your team with the opportunity to take advantage of new opportunities to succeed, whether the opportunities are waiting or ready to be created.

Eager

Marked by enthusiastic or impatient desire or interest.

Eagerness is displayed on different levels by everyone, but it's pre-dominantly shown before the year, before the first performance, before the next performance after losing, and before the biggest performance of the year. Before the year: All of your hard work while preparing for the next year or phase gets you excited. You are very enthusiastic and impatient for preparation. Before the first performance: All of your preparation before the first performance get you prepared to compete during performances, and the first one is always marked by a high level of enthusiasm to perform, as you have not experienced loss and you are very optimistic about the phase. Before the next performance after losing: You may have made a few mistakes and lost. But your competitiveness drives you to perform better, and you cannot wait to wipe that loss away with a win. Before the biggest performance of the year: This performance may be at a high level, or it may be against your biggest opponent.

Eagerness is positive energy, which drives you to be enthusiastic while preparing, performing, and evaluating. Both of these forces help you stay focused and execute throughout a phase or year.

Persistent

Tenaciously or obstinately continuing despite problems.

Problems, challenges, and losses do happen in performances not just once, but they happen quite often. They can be as small as an error on offense or can be as big as losing so many performances in a year. But no matter the magnitude, you are persistent by pushing through the challenges, problems, or losses. This happens by learning from the occurrence, practicing to improve, and giving it your best shot next time. And, if you lose or face another challenge again, your persistence drives you to never, never, never give up.

Persisting through victory is easy, but persisting through problems, challenges, or losses is hard. Winners and losers are usually determined from whom pushes through despite facing this adversity. When all hope is about lost, your persistence pushes you to fight through. You and your team seek better ways to do things in order to improve. While persisting, new strengths are formed, new relationships are developed, and new opportunities are created.

Dedicated

Devoted to a cause, ideal, or purpose.

Starting early on in your life, you are devoted to yourself and team. Over the years, as you become more committed, your devotion becomes stronger; your dedication grows. Team: You are devoted to the values, morals, and principles on your team. In addition, you are committed to giving it your best efforts in and out of performance for the team. Yourself: Dedication starts with you believing in your individual and team purpose. With belief, you work hard, show respect and integrity, and are committed. An example of team dedication includes training 5 days a week when others are out having fun and not working. An example of individual dedication includes staying longer to learn and train your skills.

Dedication provides you and your team an edge. It's that little extra something that makes a big difference when it counts. When each teammate is dedicated to the team and its purpose, your team morale is high, believes the unexpected is attainable, and comes together to perform as one unit.

Aggressive

Vigorously energetic, esp. in the use of initiative and forcefulness.

Opportunities in performance are either created or reacted. When you see an opportunity, your decisiveness provides you with the awareness to act, and your aggressiveness puts your thoughts to action. On the other hand, when you react to an opportunity, your aggressiveness provides you with the skills to catch up; perhaps, your aggressiveness puts you into a better position.

Aggressiveness provides you with the opportunity to act on your thoughts. If your thought is quick but your action is slow, you might miss a scoring opportunity; whereas, if your thought is quick and your action is quick—from aggressiveness—you may create opportunities to score.

Admire

Regard (an object, quality, or person) with respect or warm approval.

Admiring something is wanting to be like it. Admiration starts with learning about it and being interested in it. After understanding it, you either like or dislike it. If you like and want it, you strive to do it. Along the way, you may like it more or less. More, you continue in your efforts. Less, you change path and do something else.

Admiration can be positive and negative. Positive: You are excited to learn and do it. Your positive energy is good and contagious. This drives you and brings others towards it. Negative: You are not interested anymore; your interest may lead to jealousy or envy from being inferior; you may bring others down with you; and you and others may waste time. Admiration may get followers from them wanting to be like you. It's a responsibility and can be gained or lost.

Energetic

Operating with or marked by vigor or effect.

You are energetic by displaying a high level of energy in and out of performance. A healthy lifestyle, which helps you think and reason, develops you into a healthy person. Your health, both mental and physical, provides you with the energy to make good decisions in and out of performance for success. In it: Your energy helps you make decisions by thinking clearly and act on your thinking with confidence. Off it: Your energy helps you learn in education and training. Even though a high level of energy is exhausted during performance, your great health through a healthy lifestyle provides you with a higher level of energy outside of performance.

Energy provides you with the opportunity to think, act, and reflect. And physical fitness and exercise provide you with a higher level of energy compared to not having exercise a part of your life. When you are sluggish, your performance will be impacted by the amount of energy put forth.

Hope

A feeling of expectation and desire for a certain thing to happen.

Hope is wanting something to happen, which makes you inspired to learn and do. From hope to love, you are excited to turn your desire into reality. You live and work for it. Everything in your lifestyle is focused on your hope, so you are able to achieve it. A few ways of having hope are wanting something and trying to be something. Wanting: You inspire and desire to have something that you do not already have, so you live and work for it. Trying to be: You want to be like something or someone, so you learn about it and make yourself like it.

After your hope turns into reality, you feel accomplished knowing your interest and strong feelings toward it became real. This develops your confidence to hope for something again or make your dream bigger. Now, you feel like you can achieve your inspiration, and you're readier to do it from what you learned and your confidence from making it real.

Risk Taker

Someone who risks loss or injury in the hope of gain.

By participating in performance, you are taking risks, as you do not know the known. The known is yet to be determined from you and your team. The risk is failing because performances end with winners and losers. You risk losing by performing. Individually, you devote time and energy toward a performance, which can be devoted to something else, such as something else in your life. What you risk is wasting your time and energy from not gaining anything from performance. But, if you do not gain tangible results, such as awards, you still gain invaluable skills that impact your life. In addition, these skills can improve more of your life. During performances, you put yourself out there by trying, which is a risk. The risk is time and energy, and the gain is succeeding for the team.

Taking risks is a necessity in performances, as you risk losing during action and before and afterwards. Failing does happen, but the effort put in before, during, and after performing is worth taking the risk. And it can be used in the future.

Proactive

Acting in anticipation of future problems, needs, or changes.

Before each performance, your team prepares while training. What you are doing is acting on what is about to come. And what is about to come is your performance against an opponent. During performance no matter how proactive you are, there always seems to be minor problems or changes that you did not prepare. A performance is fast with many changes, needs, and problems large and small throughout an event. And you and your team anticipate these to turn them into opportunities to succeed. A team example: Your opponent starts to succeed, and the leader analyzes their performance. During the reflection, you develop a different strategy, which prevents your opponent becoming more successful. An individual example: You work on your actions while performing because you made a few mistakes and you are preventing this to happen again.

Being proactive prepares you to succeed. When changes, problems, or needs are created, proactiveness prevents these events from turning into bigger issues, which if not dealt with might swing the outcome.

Driven

Propelled or motivated by something.

Your drive starts from your passion for performance. With passion, you devote many hours and exhausting energy to get better, both as an individual and a team. You may set goals during your life. Goals help you establish what you want, and you are driven to accomplish them. Along your journey, your path may have a few turns; what you planned for did not go as planned. But your direction remains concentrated, seeking to reach or exceed your goals. Drivers are motivated by something. Team: Motivations include winning so many actions, performances, and events. Individual: Motivations include fulfilling your role and improving your offense and defense.

As your skill level develops, your drive develops as well. Your drive helps you develop skills, which are vital to success in performance. As you progress, your drive grows to another level; you now have an understanding of what it takes, and you respect the benefits of drive. Those who are not driven yet talented will eventually learn the importance of drive and impact of it on success.

Excite

Cause strong feelings of enthusiasm and eagerness in someone.

Similar to how your drive is developed, your excitement is developed from your passion for performance. If you did not have interest for the performance, your feelings would show; they would be lackluster to say the least. By performing, you demonstrate a passion for the performance, thus you develop enthusiasm for it. A few examples of your excitement for performance include showing energy before each performance—it's what you work hard for—and showing excitement after a win—winning is fun, especially after earning it through hard work.

Excitement fuels positive energy, which is used to succeed in and out of performance. In it: Your positivity causes you to work hard while preparing and evaluating because you believe in yourself and your team. Out of it: Your positivity causes you to work hard in education and training, as you know, if you do not succeed while learning, you will not have the chance to succeed in performance. Your positive energy is good for your general well-being, i.e., being happy and healthy.

Fun

Enjoyment, amusement, or lighthearted pleasure.

Each performance is a new adventure for you and your team. You are doing and learning new things, taking on new difficulties, and growing stronger as a teammate and team. It's your curiosity to learn how to do something new, and it's your ambition that puts your thoughts to action. When your leader asks you to take on a new role, it's your commitment to do before thinking about it. A few examples of how you are fun include enjoying life and work, entertaining people to excite them, and making events memorable to do again.

Fun helps you and your team stay excited to be interested in life and work. Interest drives you and your team to do, which leads to a goal. After reaching your goal by having fun, you are interested in doing again or pursuing similar actions, performances, and events. Fun is likeable. The more fun you have, the more likeable you are. People view fun as positive that is attractive and desirable.

Commit

Devoted to somebody or something such as a cause or relationship.

You are committed to education, training, performances, events, your team, and yourself. Education: You understand that education is a top priority, because if you do not make great scores, you may not be qualified to train and perform. In addition, education and training prepare you for life outside of performance, not just performance. Your team: You share a strong devotion with your team spending hours upon hours of time and an abundance of energy with them doing something what you believe in and giving it your best efforts to accomplish team goals. Yourself: You respect others first by respecting yourself from demonstrating a high level of integrity and ethics in and out of performance. Performances: Performance is a commitment. There are many sacrifices that have to be made, and your commitment helps you make good choices.

All four aspects of commitment are critical to succeeding in and out of performance. When you are committed to one or two, your lack of commitment for the rest will eventually impact your success in performance.

Desire

A strong feeling of wanting to have something or wishing for something to happen.

Winning and losing are part of performance. Both winners and losers start with a desire, as your motivation to start is generated from being positive. But along the way when hardship is inevitable, the winners' desire never falters because their determination drives them to success. After losing, your desire motivated you to learn from defeat, grow stronger, and come back fighting for a win next time. A desire in performance is displayed by working hard at preparation, giving it your best effort during performance, and learning from both success and failure after performance. It's your desire to not get complacent and to bounce back from defeat.

Desire helps you grow from a win and loss. Win: You desire to learn and win from success; perhaps, you find a few weaknesses, which can be improved upon. Loss: You desire to learn and win from defeat; perhaps, you understand why you lost to prepare on how to win.