

Attitude Is Everything!

Issue #4 (of 34)

Great Dreams Produce Gigantic Results

There have been countless books written about coaching, but if you were to boil coaching down to its essence, I believe that great coaching is intrinsically linked to goal setting.

Those who set and reach their goals are the ones who vividly see their goals.

What does **VIVIDLY** mean?

It means that for the goal setters, their goals are:

crystal clear in their minds,
written down on paper, and
etched in their memory.

As a result, the goal setters are:

passionate,
determined,
tenacious about!

Your goals are to provide ***emotional fuel*** which will ***help you take control of your life and be what you visualize yourself being.***

Think about the physics principle, ***“For every action there is an equal and opposite reaction.”***

What does that mean?

Coaches who don't dream and don't visualize or expect greatness never produce greatness.

A hazy goal or dream produces a hazy result.

An indefinite goal produces an indefinite result.

A clearly defined and specific goal first created in a dream, then visualized, then put into writing, memorized with passion, and then acted up ... *will come to pass!*

It is impossible to plant a seed of thought in the brain and not have the plant produce the thought in life!

Top winners in **life** and in **coaching** have a quest:

- *They see themselves as winners.*
- *They think effectively as winners.*
- *They play the game one play, inning, quarter, or period at a time.*

How to fulfill your dreams one at a time:

- **Work hard on your mental game.**
- **If you have a failure, understand that it is part of the learning process.**
- **Discover that the potential of yourself as a coach depends primarily on your own attitude.**
- **Vividly imagine your goals as you pursue them.**

Over 100 years ago, William James said:

The one thing that will guarantee the successful conclusion of a doubtful undertaking is faith in the beginning that you can do it!

**Great Dreams Produce
Gigantic
Results!!**