

# BEST EFFORT DIAGRAM

Goal: To perform up to your potential one step at a time

How? Relentlessly, which comes from Motivation and Courage

## APPROACH

### Thinking

You're the most important coach you'll ever have!

## PERFORM

### Doing

Not Thinking!

## RESPOND

### Thinking

Talk to yourself with dignity and respect!

“Trust Your Stuff”  
“See It Big”  
“Just Do It”  
“Let It Happen”

## CREATE IDEAL STATE

### Attitude and Physiology

Attitude: **Get your mind right** by having effective thoughts  
Physiology: **Get your body right** by taking care of yourself, breathing deeply, and having exceptional body language.

### THE POWER OF POSITIVE THINKING

As I think, so shall I play:  
Emphasize the good and De-emphasize the bad.

Make your signals green for GO!

EXAMPLE:

Excited, Aggressive, Having Fun, Confident, and Relaxed

## COMMIT to a PLAN OF ATTACK

What are you trying to do on this play?

Make your answer specific, simple, and totally controllable.

## FOCUS

with Tunnel Vision on the Task At Hand

## ACCEPT WHATEVER HAPPENS and make LEARNING MOST IMPORTANT

### Adversity is good!

(If you want rewards that others won't get,  
you'd better think things that others aren't thinking.)  
Look for patterns.

### ASK:

What was I trying to do?  
What happened?  
What do I want to do next time  
(that I'm in a similar situation)?

Repeat what worked  
Change what didn't work

ALWAYS STRIVE FOR PERFECTION  
NEVER EXPECT PERFECTION

## RELEASE THE PAST

to play the game one play at a time

Forget it, and if that doesn't work:

## FORGIVE to FORGET

All Humans  
Make Mistakes

and your job now is to  
CREATE IDEAL STATE  
on the most important  
play in the game:  
THE NEXT ONE!

www.CoachTraub.com

Enjoy your job. Know your job. Do your job!