



CARRIDE CONVERSATIONS

EXCELLENCE

If you want to do something excellent, you have to invest in excellent habits.



Video: Kobe at Alabama

THE PROCESS

- Do the habits you possess today support your goals for tomorrow?
- What contributes to building confidence daily. Consider the work ethic and perseverance with daily tasks and routines.
- Are you able to appreciate the journey to get the results?

Excellence is a choice. You may not be excellent every day, but you can choose to adopt habits and routines that contribute to an excellent process.

"The process of loving the daily grind of it all & putting the puzzle together. This generation seems really concerned with the end result of things, versus understanding and appreciating the journey to get there. The trials and tribulations are the best part that comes along with it...there are successes and failures that are all part of the end game."

-Kobe Bryant

TOOLS AND TIPS

...for the car ride home

Consider the habits for the day and if they are inching you closer to your desired outcomes. Seek to be aware of the tensions of your day---lean in!

- Have open dialogue around what it means to LEAN into the tension that is felt when adversity and failure hit. Working on the edge of your capacity will result in failure and adversity, find ways to sit with that feeling and use it for good.
- To build effective habits, first identify what doesn't work (i.e. scrolling on social media or pressing the snooze button), then replace those habits with a power action.
- Introduce a daily edit at day's end with an objective evaluation. "What did I do well today? What can I do better tomorrow? How (what is the action) leading to better performance?"
- When things start getting difficult, remember the routines and habits you have built. That hard work is meant to pay off in these moments of struggle. When the process becomes overwhelming, break routines and habits down into simpler and smaller steps.

Complete Family ID and the appropriate documentation for Spring Sports on our athletics website!

Save the date:

6 March
Spring Sports Begin

Registration for
Summer Camp is Live!

14 August
Fall Sports Begin