

FILLING TANKS

TANK-full people have plenty to give. They do four things consistently. They thank people when they deserve it. They ask others how they are doing. They notice people's accomplishments and they are consistently kind.

TANK-full people are a reliable source of support, inspiration, and love. We cherish their presence in our lives, and most of us aspire to be like them. These special people have so much to share because they feel that they already have so much.

When was the last time you checked your tank? Is it full or on empty? Take the road test...

Do you continually fill your tank and others tanks with enthusiasm? The very best realize that enthusiasm can be highly contagious, so they look to spread it around at every opportunity. There's no doubt about it, a super charged, enthusiastic approach to life will motivate and inspire those around you.

Do you fill your tank and others tanks with positive energy all day long? Winners regularly fill up with **24 Hour Positive Power** and so should you. Only this type of super charged, super excited, super fired up outlook on the life can provide the eternal energy that will keep you and others going through thick and thin.

Do you fill your tank and others tanks with a constant supply of optimism and encouragement, always exhibiting an unfaltering can do spirit? Winners believe they can do it and their energetic approach gets others around them to believe they can do it as well.

Do you fill your tank and others tanks with a sense of self confidence to those around you? A winner's quiet self confidence reassures one and all that he or she is in total control.

How did you do on the test? Are there full tanks around you? If the tanks are not full then, maybe it is high time that you stopped sputtering and filled up on some high octane energy. Then once the tank is full you will still need to make sure you are "Filling Tanks" before they hit empty.

When you gas up with this routine, the engines will roar with enthusiasm, energy, optimism and confidence for years and years to come.

THE FENCE

There was a young man with a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, to hammer a nail in the back fence. The first day the young man had driven 37 nails into the fence.

Then it gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the young man didn't lose his temper at all. He told his father about it and the father suggested that the young man now pull out one nail for each day that he was able to hold his temper.

The days passed and the young man was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same.

When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say 'I'm sorry', the wound is still there."

Fill your teammate's tanks with words of encouragement each day for one day you will need the same!

IMPOSSIBLE

Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it.

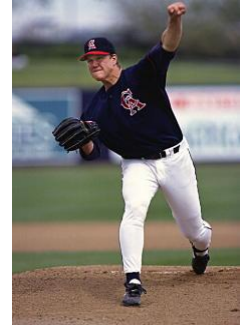
Impossible is not a fact. It's an opinion.

Impossible is not a declaration. It's a dare.

Impossible is potential.

Impossible is temporary.

Impossible is nothing.



Jim Abbott pitched for Major League baseball teams such as the Yankees, Angels, Brewers, and White Sox. Jim was born September 19, 1967 in Flint, Michigan. In 1989 Jim was in the starting rotation for the Angels. Abbott won 12 games with a 3.82 ERA in his rookie season. ERA stands for Earned Run Average. In 1991 his ERA was 2.89. He won 18 games for the Angels. Jim also made the United States Olympic team. Jim had to beat out everyone with two hands to pitch. Jim had a big disadvantage!

Jim wasn't an amazing hitter, but he was a great pitcher! While he was playing for the Yankees in December of 1992, he pitched a no-hitter. Jim only had two hits out of his 23 at bats. Everyone was shocked he even got two hits.

Jim Abbott is a great role model because he teaches us to always try my best and never let anyone discourage me. He teaches us to never look passed people with disabilities and always play them as hard as I would play someone without a disability.

"There are millions of people out there ignoring disabilities and accomplishing incredible feats. I learned you can learn to do things differently, but do them just as well. I've learned that it's not the disability that defines you, it's how you deal with the challenges the disability presents you with. And I've learned that we have an obligation to the abilities we DO have, not the disability."

- Jim Abbott, one handed professional baseball player

THE MOUNTAIN STORY

A son and his father were walking on the mountains. Suddenly, his son falls, hurts himself and screams;

“AAAhhhhhhhh!”

Suddenly they hear another “AAAhhhhhhhh!”

Curious, he yells: “Who are you?”

He receives the answer: “Who are you?”

Angered at the response, he screams: “Coward!”

He receives the answer: “Coward!”

He looks to his father and asks: “What’s going on?”

The father smiles and says: “My son, pay attention.”

And then he screams to the mountain: “I admire you!”

The voice answers: “I admire you!”

Again the man screams: “You are a champion!”

The voice answers: “You are a champion”

The boy is surprised, but he does not understand. Then the father explains: “People call this ECHO, but really this is LIFE. It gives you back everything you say or do. Our life is simply a reflection of our actions.

If you want more love in the world, create more love in your heart.

If you want to become better at what you do you must practice at becoming better.

This relationship applies to everything, in all aspects of life;

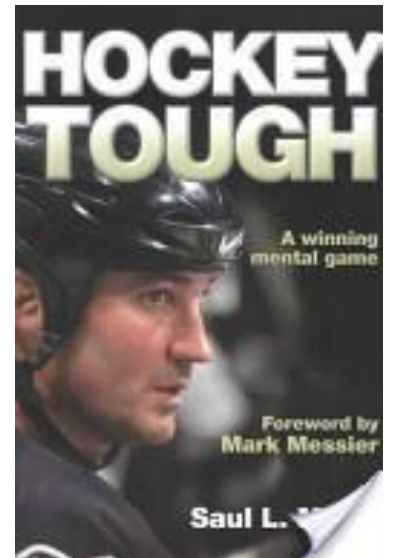
Life will give you back everything you have given to it.”

YOUR LIFE IS NOT A COINCIDENCE. IT’S A REFLECTION OF YOU!

ATHLETIC SUCCESS PROFILE

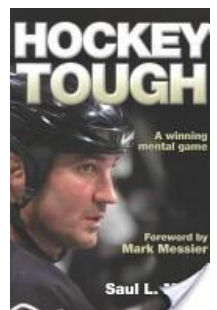
Do you have a match with successful professionals?

1. Drive
2. Determination
3. Leadership
4. Emotional Control
5. Coachability
6. Trust
7. Aggressiveness
8. Responsibility
9. Self-Confidence
10. Mental Toughness
11. Conscientiousness

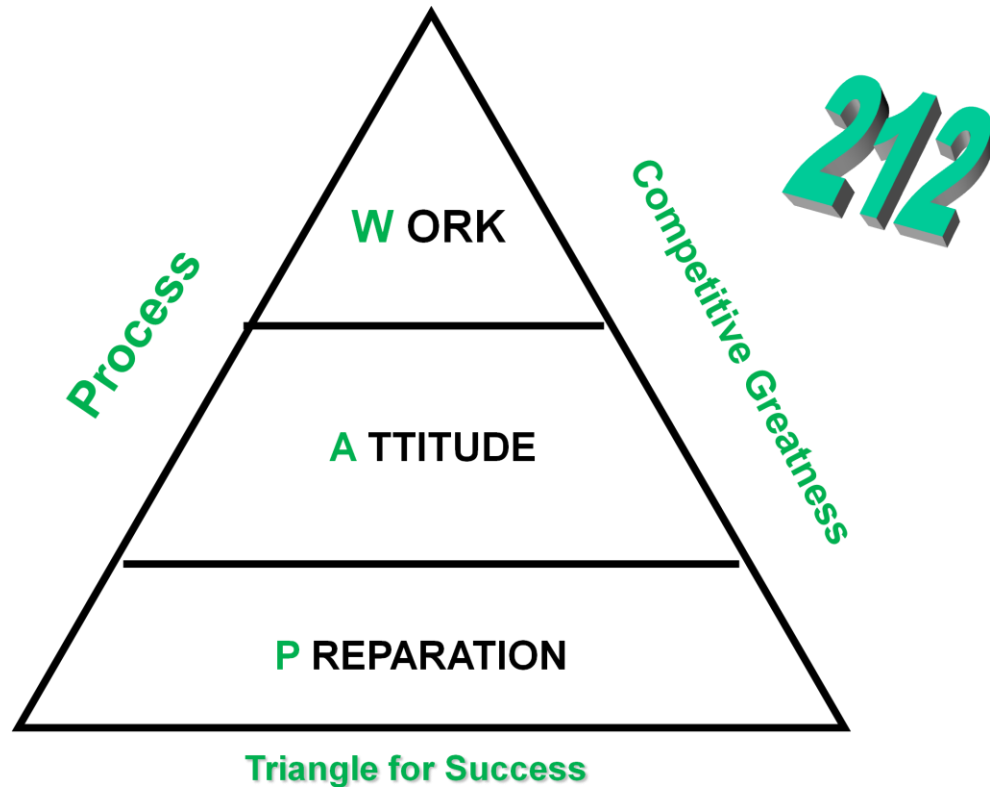


HOCKEY TOUGHNESS IS MENTAL TOUGHNESS

- *It's knowing what to do and working hard to make it happen*
 - *It's the ability to deal with pressure and mistakes and not lose confidence or heart*
 - *It's being prepared*
 - *It's playing hard and putting the team first*
 - *It's respecting your teammates*
 - *It's having discipline and control*
 - *It's skating away from an enticement to retaliate*
 - *It's blocking shots or making the big save*
 - *It's winning the puck on the boards with a bigger player bearing down on you*
 - *It's going for the pass in front of the net knowing a defenseman is about to cross-check you*
 - *It's being relentless*
 - *It's pushing yourself to be the best you can be*
 - *It's going the extra mile, even when you are tired*
 - *It's battling back from injury*
 - *It's focusing on solutions and not complaining about problems*
 - *It's an unwillingness to ease up when down by two goals or up by two goals*
 - *It's tuning out, parking it, changing the channel on what's negative*
 - *It's playing like every shift will decide the outcome of the game*
 - *In a close game, down by a goal with the man advantage, when someone cheap shots you, instead of retaliating (and possibly losing a power-play opportunity), it's staying focused on working to generate a scoring opportunity for your team.*
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- ***It's staying focused on the goal – winning the game....what kind of a difference will you make?***



P.A.W. TRIANGLE for SUCCESS



PREPARATION

What you do before the game - Rest, proper nutrition, Stretch, Warm-up, Review Systems, "Me Time," Personal Game Plan, Dress, Towel Time, Positive Checklist, Coach's Talk – "Game (Show) Time"

ATTITUDE

Positive Attitude about yourself and your team (**Togetherness, Trust** in one another, **Belief** in Yourself, **Belief** in your teammates, **Respect** for yourself and Others, **Fun**, Staying **positive**, "**Filling Tanks**," **Supporting** one another, **Discipline**)

WORK ETHIC

Working to the very end, Compete every single shift, No Short Cuts, Whatever it Takes, One Shift At A Time, Pride