



OWN
YOUR
THOUGHT
S



There is no growth in
your comfort zone.

There is no comfort in
your growth zone.



OWNERSHIP
VS
VICTIMSHIP

VICTIMSHIP:

1. DEPENDENT ON THE OUTCOME – MANY FACTORS OUTSIDE OF YOUR CONTROL
2. NEED A REASON TO BE HAPPY
3. HAS TO WAIT ON THINGS
4. BLAMES THE EVIL “THEY”
5. LIFE USES THEM
6. SHIFTS RESPONSIBILITY
7. EXPECTS THE WORST TO HAPPEN

“IF YOUR MIND IS LOOKING FOR SOMETHING, YOUR EYES ARE GOING TO SEE IT. “

IS IT BETTER TO BE GOOD OR SEEM GOOD?



OWNERSHIP MINDSET

1. INDEPENDENT OF THE OUTCOME
2. ALWAYS LIVES BY A CHOICE
3. BELIEVE IN SOMETHING BIGGER THAN THEMSELVES – HIGHER PURPOSE
4. TAKE RESPONSIBILITY
5. LOOKS FOR THINGS TO DO
6. CREATE AND OWN THEIR EMOTIONS
7. BELIEVE THAT COMMITMENT IS A DECISION

“CONTROL THE CONTROLLABLES”

WHAT ARE 2 THINGS THAT WE CAN ALWAYS CONTROL IN FOOTBALL OR OUR LIFE?



KEY TO SUCCESS IS YOUR THOUGHT PROCESS

ALL THESE OF PRODUCTS OF OUR THOUGHTS:

1. ATTITUDE
2. BELIEFS
3. WORLDVIEW
4. CHARACTER

ALL ARE ANALYZABLE AND UPGRADEABLE



WHY DO PEOPLE THINK UNPRODUCTIVELY? IT'S A HABIT – WE DON'T EVEN KNOW THAT WE'RE DOING IT.

1. RECOGNIZE
2. IDENTIFY
3. REWRITE

THE PROCESS: ANALYZING AND UPGRADING OUR THOUGHTS

1. RECOGNIZE – THE NEED TO REVISE A POINT OF VIEW
2. IDENTIFY THE TRIGGERS – THEN ASK YOURSELF 3 QUESTIONS:
 - A. DOES THE THINKING PROMOTE A SENSE OF HOPELESSNESS?
 - B. DOES THIS THINKING PROMOTE A NEGATIVE VIEW OF ANOTHER PERSON?
 - C. DOES THE THINKING LIMIT YOUR OPTIONS?
3. REWRITE