

Are you committed

Following are "examples" of what I believe commitment and change look like. It is important to remember that along the way to becoming great, change is necessary. But the amount of change is much less than the amount of commitment and most people have these two exactly opposite.

If you do these, you are committed to becoming great:

1. You arrive early or stay late for practice hoping to learn skills more than the next guy and learn from those capable of teaching you.
2. You have a plan for your practice time and do not just "show up for practice".
3. You constantly assess your programs and keep pushing yourself to improve even the smallest of details.
4. You thrive on constructive criticism and use it to make you better.
5. You are not worried about your "image" when it comes to practicing "the basics" or working on "the boring" parts of the game.
6. You read books or watch videos of other successful athletes on your own time.
7. You have a "master plan" (that does allow for revisions however) that will eventually lead you to performing great. You and others developed this plan on your "team" (coach, etc.)
8. You don't let one poor performance change your dedication or what you are working on. Your work ethic is unchanging.
9. One win is treated as a positive performance – not an indication that you have "made it" and can now back off.
10. One loss is treated as a negative performance – not an indication that a change must be needed.

If you do these, you are driven by immediate gratification and you are not as committed as you think you are:

1. You arrive just in time for practice and leave as soon as the last whistle is blown.
2. You just "show up for practice" without any idea of what you need to work on. You equate being there with getting better. (Not true!)
3. You overlook the small details and instead work on the ones you like.
4. You will not accept criticism, even when you know it is true.
5. You are more concerned about how you look when it comes to practicing than really getting better.
6. You have little or no interest in how other athletes become successful because you know your way is best.
7. You have no "master plan". Instead you follow a series of small plans, all or most devised by you and you alone.
8. You do let one poor performance change your dedication or what you are working on. You live from performance to performance.
9. One win is treated as an indication that you have "made it" and you subsequently slack off.
10. One loss is treated as an indication that "this isn't working" and a change must be needed.