



### Building Your Own House Training Guide

With every decision you make, you are “building your own house.” Great teams take it upon themselves to hold each other to high standards. “Bad teams, no one leads. Average teams, coaches lead. But elite teams, players lead.” – PJ Fleck

1. What are three characteristic words that describe you that you want to continue to develop throughout the course of this season? Explain each with a sentence.

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2. What are at least two specific things that you have to sacrifice to be a part of your team?

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3. What are at least two specific things that are required of someone on your team?

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## Control the Controllables Training Guide

The purpose of mental training is to help you control the controllables in the toughest moments. Focusing on the small details of success instead of the potential outcomes is ridiculously hard. The training below will help you do that.

\*Being able to identify controllable and uncontrollable factors is a skill in itself that you will continue to develop with practice.

1. What are at least 8 uncontrollable factors that impact your journey? Circle the toughest for you to keep from focusing on.

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2. What are at least 8 completely controllable factors that impact your success?

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3. What was the toughest uncontrollable factor for you to overcome? Why?

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Throughout your season, continue to ask yourself and your team the most powerful question:

**“What can I/we control to make the best outcome possible?”**