

Happy New Year everyone! I hope you and your families had a safe and enjoyable holiday season and expect that all players are back into the grind at this point. I have taken some time away to spend time with my family and had the wonderful opportunity to participate with my oldest son on a sport ministry trip to Cuba (I will share more about this trip and the takeaways from the experience over the next few weeks).

During my holiday and the travel time on planes and across time zones, I had the opportunity to read a fascinating book on performance coaching and teaching by Rasmus Ankerson called *The Gold Mine Effect: Cracking The Secrets of High Performance*. There are quite a few "nuggets" to gleam from the text, but I want to focus on one section in particular regarding **MOTIVATION**.

We all have our ways of motivating or being motivated and some work better than others to be sure. Some coaches yell while others use "tough love". Some players need music (something I use during training sessions and warm up with my team) while others need moments of "calm before the storm" to prepare. There are some very important facts about motivation that rang true with me while reading Ankerson's book, however, that I want to share with you today.

1. "Nothing beats a really burning desire. It is without a doubt the single most important predictor for world-class performance". In other words, you have to have a real heart beat for what it is you are doing and the process for which it takes to get there for success to be achieved.
2. "WHY is the most powerful psychological question to boost motivation. Much more important than WHAT. Any individual or organization must ask themselves WHY they do what they do, and what would happen if they didn't". Why are you training? Is it for you and the success you hope to have at the next level or is it for your parents? Do you want to be the best at your given sport and make your life's passion or are you doing it to satisfy some other person?
3. "Don't wait for the thunderbolt of passion to hit you. It's not going to happen on its own. Instead, start to act-engage and invest yourself in what you do and the passion will start to flow. Often it's perseverance that fosters passion, not the other way around". You have to work at whatever you want to do and it is from this work that often arises the passion for the sport and the process.
4. "Motivation is not just about doing more and pushing harder. It's also about building routines for how to manage our energy more efficiently and intelligently. It's a commitment to a lifestyle where you not only train as a champion, but also recover as a champion". Motivation is built and rebuilt by the systems and methods you employ. These

- systems and methods must have room to recover and resupply and cannot just be “full steam ahead” all the time.
5. “The form of motivation that brings a person or an organization to one goal will not necessarily bring them to their next. Often motivation has to be reignited, visions must be renewed and meaning deepened in order to maintain momentum.” To follow the same routine and methods/systems just because it helped you achieve one goal and expect it to consistently bring about success for other goals will ultimately lead to failure and frustrations.

If you have not read this book, I highly suggest it. It gives insight into what it takes to get to that next level and how people who got there did it. It's a New Year! Set new goals and go after them with renewed motivation and energy. Until next time.....

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