Character Building Week 28 Be here

Video link-  https://www.dropbox.com/s/voys7sisyooilgo/S1%20W28%20BE%20HERE.mp4?dl=0

QUOTE OF THE DAY

MONDAY: “Don’t let yesterday take up too much of today.” - John Wooden

Before the school year starts, we’ve got all kinds of goals in place to make this the best season ever. We don’t expect our team to be in the kind of condition they will need to make those goals happen, though. We know that the team in preseason is not the same team we’ll see by the end of the season. Before we can get to the finish line, we have to be firmly planted at the starting line. That means understanding where our team is, where they could go, and doing the work today to get them there tomorrow.

 Our goal is to equip them, inspire them, and lead them, day by day, down the path of growth. It’s all too tempting to try and make our team something they aren’t, or to rush them to a stage they’ve not yet grown to. We have to look at the players standing in front of us without superimposing an image of the players who graduated after last season or the type of player we hope to get with the next freshman class. That means we have to be present with the team we have right now. Not where they were last week or where we expect or want them to be next week.

Answer the questions below with what you think is accurate. Then, download a screen-tracking app (for example, there’s one for Android and iOS called Moment) and use it for a week. Or, keep a written log of your phone/computer usage. At the end of the week, return to the questions and see if your answers have changed.

How often do you use technology in general every day?

How often do you use a smartphone?

 What do you use your phone for most often? What about your computer?

 Does your screen time have a purpose or are you just killing time?

What could you do with that time instead? How does your phone usage affect your relationships with friends and family?

3/24/2020

Week 28- Be here

TUESDAY: “Do you know what my favorite part of the game is? The opportunity to play.” - Mike Singletary

Life is a journey. That’s more than just a saying we see plastered on pictures of sunset beaches and snow-covered mountains. We move through life in stages, just like the legs of a round the-world cruise or a cross-country road trip. If we’re taking an amazing vacation, we can’t focus on how much we wish we were back at home or how much we’re looking forward to the next destination. Doing that misses out on all of the cool new sights and experiences around us.

 In the same way, we can’t focus too much on our past or our future. We have to be here. In this moment. Otherwise, we’ll miss out on all of the great experiences that make life worthwhile. The past is gone, and the future is a mystery. The best things aren’t yet to come. They’re already right here. This day. This hour. This moment.

 It might not seem like we’re in the best moment already when we’re daydreaming of playing in the pros or moving into our own place. When we’re in the middle of running suicides, right here doesn’t feel like the best moment ever, and we only keep doing it for the future results. When we’re down 20 points in the 4th quarter and the clock just keeps ticking away any chance at redemption, right here doesn’t feel like somewhere we want to be at all. But that thinking misses the point of being present in the moment.

 We may only be running suicides to build the endurance we need tomorrow, but we can’t reach that tomorrow without learning the pain and the strength of those suicides today. We may hate the feeling of being in a game we can’t win, but that feeling and what we’re learning from the experience, will feed our drive and hone our skills for tomorrow. We can’t reach our goals tomorrow until we put in the work today. It’s always good to look ahead and dream big. It’s even good to look to the past to learn from our successes and failures. But, if our heart is stuck in the future, and our mind is locked on the past, how are we supposed to guide our feet? Be where your feet are. Be here.

3/25/2020

Week 28 Be here

WEDNESDAY: “I’m not concerned with tomorrow, but with what goes on today.” - Mark Spitz

It’s important to be present in general, but as a leader, it’s particularly important to be present to the situations happening around you. Situational awareness is a good skill to develop for anyone. For leaders, it’s imperative. As a leader, you aren’t just dealing with the surface level problems waltzing in front of you. There are lots of micromovements beneath the surface that cause the dancers to twirl. You need to be able to recognize and deal with the minor causes as much as the big problems. Otherwise, those minor causes will continue to wreak havoc later. Cultivating situational awareness means asking lots of questions and actually listening to the answers. As the saying goes, if you were supposed to talk more than you listen, you’d have two mouths and one ear. You want to be quick to listen, and slow to speak. That way, when you do speak, you will be speaking to the right things.

Questions:

 1. Do you find it easy or difficult to listen more than you speak? Why?

2.  How can you become a better listener?

3. Why is it important for a leader to be a good listener?

4. Situational awareness requires more than just listening. What other skills do you need to be present and aware of the situations around you?

3/26/2020

Week 28 Be here

 THURSDAY: “The most generous thing you can do for your future is go all in on your present.” - Coach Mackey

Everything you do should serve some purpose. You work out for the purpose of being a better athlete. You go to school for the purpose of gaining an education. You hang out with friends and family for the purpose of strengthening your relationships. Even things you do just for fun have a purpose. They reduce stress or keep you grounded.

The things we do for fun can also serve other purposes. Watching a movie or reading a book is fun, but it also teaches you something about the world and encourages empathy. You also do these things in moderation, otherwise the purpose starts to fade. If you binge-watch a full season of a TV show in one evening, it starts to lose its purpose. You pass the point of stress reduction and enter the realm of “Did I really just do that?” Your mind starts running over the things you could have or should have done instead.

THE BEST FIVE MINUTES OF THE WEEK

Questions for your parents

 What does being present for your kids mean to you? What does it mean to them? Sometimes being present means being physically and emotionally there.

 What are some situations where your children have needed you to be physically and emotionally present? Sometimes being present means being emotionally supportive from afar.

What are some situations where your children have needed your emotional presence, but not your physical presence?

 Being present is important for our kids and for us. What are some things that get in the way of being present with each other?

How can you lessen those obstacles?

3/27/2020

Week 28 Be here

FRIDAY: “You don’t have to be great to start, but you have to start to be great.” - Zig Ziglar

Cell phones have become so integral to most people’s lives that they can’t imagine leaving it at home for even a few hours. That constant need to be connected begins to make it hard to use technology to relax, which steals even more purpose from it. Everyone has heard the news stories and read the blog articles by this point about how technology is making us less connected rather than more, but those aren’t just stories. The reality is that the way most of society uses technology robs it of purpose. There’s nothing wrong with enjoying Facebook or Instagram or YouTube or whatever it is that you like doing online. The issue is when you have to be everywhere online all the time, so you stop being present in the real world of the here and now. That’s when those things stop serving a purpose and start killing your time.