

Coaches Have Lives Too!

Become a winner both on and off the field.

By Paul J. Meyer

No one would doubt the intense drive and dedication most coaches bring to their sport. They live it, breathe it, talk it, and play it with immense focus and enthusiasm. As Vince Lombardi, one of football's most accomplished and respected coaches once quipped, "If winning isn't everything, why do they keep score?" Coaches definitely want to win!

One of the potential down sides to having an intense all-consuming goal is that other areas of your life can become sorely neglected. No person is one dimensional; we all have other major areas of our lives that need attention. And when one or more of those major areas is left unattended, we become unbalanced and eventually unhappy.

Take a moment to imagine a wheel with six different spokes reaching out to the rim. Let's suppose that several of those spokes were broken off and couldn't support the wheel as it turned; it would be a very lopsided and ineffective ride! The same thing happens when our lives are not balanced in all the important areas; we become dangerously lopsided in our personal and even professional life.

Six Major Life Areas

Of course it's perfectly all right to have strong goals for yourself and your team as their coach and leader, but is it necessary to neglect your health or your family or your spiritual life as a result? Hopefully not! Truly great coaches recognize that in order to achieve their full potential they must strive for a balance in ALL six major areas of life.

#1 Family/Home: These goals define your commitment to your loved ones.

#2 Financial/Career: These goals reflect your earnings, savings, and investments and guide your choices about career advancements and charitable giving.

#3 Mental/Educational: These goals guide you toward intellectual pursuits and the joy of learning new things.

#4 Physical/Health: These goals deal with your overall health and fitness.

#5 Social/Cultural: These goals challenge you to interact well with others and accept and grow from new challenges and experiences.

#6 Spiritual/Ethical: These goals concern your relationship with your Creator and set your moral and ethical standards of behavior and conduct.

It's often tempting to say we are too busy to review and correct these important issues. But when you think about it, that feeling is extremely short sighted. After all, if your "wheel" is terribly lopsided, your actions will be inefficient. And over time a lopsided person will be passed by virtually everyone! The point is that sometimes you have to slow down in order to speed up.

Paul J. Meyer, best-selling *New York Times* author and founder of the Success Motivation Institute has written two dozen full-length programs plus numerous books on attitude, motivation, goal setting, management, leadership, and time management. In his highly acclaimed book, *Become The Coach You Were Meant To Be*, available at www.pauljmeyer.com, Paul shares the major goals of leadership that make you a winning coach.

Setting Your Goals

After you have assessed both your areas of strengths and weaknesses, you are ready to begin the next important step: *setting concrete goals* in each of the six areas of your life. You can have as many goals as you like under each heading, but since you cannot do everything at once, you will have to prioritize your goals according to their importance.

In order for your goals to be clear-cut and not merely vague wishes, they need to meet these criteria:

- **Goals must be written down.** Writing something down crystallizes your thoughts and crystallized thoughts motivate action. If you have only hazy goals, you will get only hazy results or no results at all.
- **Goals must be your own personal goals.** No one else can decide what you want to accomplish. Only you can determine what goals will generate the needed level of passion and desire.
- **Goals must be stated positively.** Your goals must create a vivid and exciting mental picture of you taking action. Goals should be stated in a specific and positive way, such as, "I will read 30 minutes each day in a business success book" rather than, "I will stop wasting so much time watching television."
- **Goals must be realistic and attainable.** Your goal must be something you are willing and able to work toward. Goals must be highly motivating versus mediocre and unexciting.
- **Goals must include personality changes.** You should have goals about becoming a better person, not just goals to attain. You must be willing to change.

Even if the action steps you take each day are small or seem inconsequential, *don't stop!* As you commit to move slightly forward each day, you will eventually reach every goal you have set. When your goals are clear, exciting, and attainable, you'll awake early, full of energy and vigor. You will be motivated to overcome even insurmountable odds!

As you work through each of your goals, your self-confidence will soar; you'll be able to extend true encouragement to others based on your first-hand experience. With all your best qualities at work, you'll be not only a great coach, but also an incredible role model for your team, family, and friends. You'll be a winner both on *and* off the field!

