

10 Things That Require No Talent

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- ▶ Focus on the things you can control.
- ▶ Develop a routine.
- ▶ Fall in love with what you do (and how you do it).
- ▶ Take pride in your work.
- ▶ Be the best teammate.
- ▶ Be coachable.
- ▶ Think with a process orientation.
- ▶ Develop a positive attitude.
- ▶ Become unwaveringly confident in yourself.
- ▶ Have goals that scare you.

Focus on the Things You Can Control

▶ 5 E's

▶ Enthusiasm

- ▶ Am I engaged and excited about this event?

▶ Emotions

- ▶ Do I have a positive response to this event?

▶ Execution

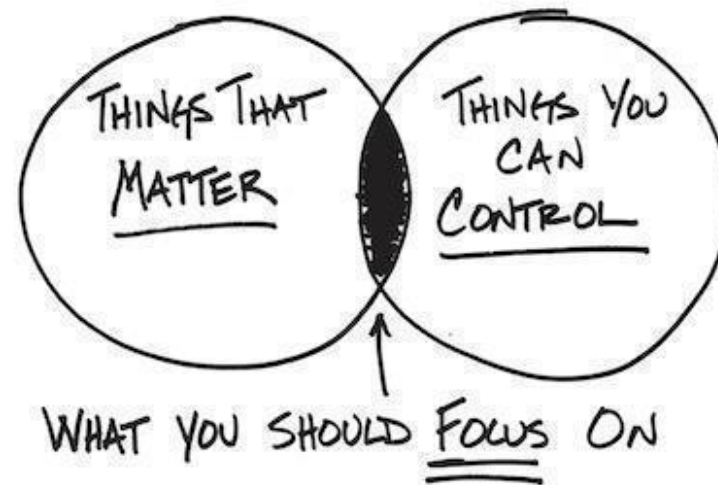
- ▶ Do I have a plan for this event?

▶ Effort

- ▶ Did I give it my all?

▶ Everyday (Training)

- ▶ Has my every day process given me the support to achieve these goals?



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Develop a Routine

- ▶ Have clear priorities.
 - ▶ Zen Buddhists:
 - ▶ Chop wood, Carry water.
 - ▶ When hungry eat; when tired sleep.
- ▶ Make the choice to pursue a goal and don't bring up the question again.
- ▶ “The fact of the matter is, if you want to be good you really don't have a lot of choices, because it takes what it takes.”
- Nick Saban

On Emily Infeld:

- ▶ “It would be easy, now that they are past, to quickly summarize those two tough years and say ‘she never gave up hope’ or ‘she never stopped believing in herself.’ That completes the story arc, but it is not the complete truth. There were, in fact, days when there was little hope to be found, when her belief in her abilities was gone. There were tearful heart to hearts with teammates and long, lonely days in the pool. When she was putting in three hour cross training days she did not, could not, know that she would eventually stand on the podium in Beijing. But each day she worked to become better, healthier than her last day, and those series of daily decisions have brought her to a place she could have scarcely imagined. She made those decisions in the face of her own doubts, and that is the complete truth to inspire us all.”

Fall in Love with What You Do

- ▶ Blessed, not stressed.
- ▶ “If you consistently lack motivation with your daily runs, I have a recommendation: Find something that you enjoy more.”
 - ▶ Keith Hanson, coach of Desi Linden (7th at Rio Olympic Marathon yesterday)
- ▶ Siena Basketball on Halloween

Take Pride in Your Work

- ▶ People who take pride in what they do don't quit.
 - ▶ Because it is about something bigger than themselves.
 - ▶ Take pride in what you represent.
- ▶ Whatever you start, make sure you finish.
 - ▶ Quitting is the worst habit you can develop.

Be the Best Teammate

- ▶ You can either get better on your own, or help everyone else get better with you.
 - ▶ Which makes a better team?
- ▶ Give everything you have to others.
- ▶ Why not me?
 - ▶ Use your failures to be a blessing to somebody else.

Be Coachable

- ▶ Communication.
- ▶ Provide Feedback.
- ▶ “The trouble with most of us is that we would rather be ruined by praise than saved by criticism.”
- ▶ Jerry Schumacher

Think with a Process Orientation

- ▶ Be in a rush to be excellent.
- ▶ Make good decisions for the day.
- ▶ Nobody has a straight path to success.
- ▶ Minimizing the effect of bad days is what will separate you.

- ▶ Rigor is a focus on process.
 - ▶ For the long haul

Develop a Positive Attitude


- ▶ Seeing life through a lens of positivity is a skill.
- ▶ Dwelling on negative moments will only slow your long term progress.

Become Confident in Yourself

- ▶ Confident runners talk positively to themselves.
- ▶ Expect things from yourself, don't want things for yourself.

Have Goals that Scare You

- ▶ Does your big goal scare you every morning?
- ▶ No Plan B
- ▶ No timelines
- ▶ First, develop a process that supports the goal

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- ▶ Live the simple life
- ▶ Meet as many people as you can
- ▶ Put your real life drama away for the week
 - ▶ AKA phones
- ▶ Redefine yourself, let loose
- ▶ Take advantage of your counselors and guests!