MOTIVATION --

Be Your Own Best Coach!

Great coaches are great motivators! Take a page from their playbook!

1. Dream big!

Coaches bring wins & championships in view. Create **“I want”** visions of a winning season. See the rewards! Be eager about gaining them!

2. Get a game plan!

Coaches map out a believable route to success. Build your own **“I can”** confidence with an action plan that leads from where you are to where you want to be!

4. Highlight the takeaways!

Coaches debrief. They view errors as temporary and as calls for renewed effort. Think of a miss as a sign to come up with a new action plan. And celebrate any progress you’ve made! Maintain your **“I am “** gains!

3. Embrace challenges!

Coaches take players to new heights with learning, feedback, & options for improvement. Develop your **“I will”** growth. Solve problems, try new approaches, praise yourself!

Tips from Motivation Matters Tutor - Coaching

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