

Pyramid of Success

1st Tier of the Pyramid

Industriousness:

“Success travels in the company of very hard work. There is no trick, there is no easy way.”

John Wooden

What does this mean?

Why is this important?

All buildings that stand the test of time are built on solid foundations. Just like a building, you must do the same with your life if success is to be more than fleeting. It begins with the cornerstones.

There is joy in working. In doing a job well. In accomplishing what you set out to do. Find the joy in your work by pushing yourself to your limit each and every day.

Enthusiasm:

“Enthusiasm is the mother of effort, and without it nothing great was ever achieved.”

Ralph Waldo Emerson

What does this mean?

Why is this important?

Is it possible to excel in something that you are truly not devoted to?

What can we do to get motivated?

Friendship:

"No love, no friendship, can cross the path of our destiny without leaving some mark on it forever."

Francois Mcuriac

What does this mean?

How important is camaraderie? Why?

Cooperation:

“Have utmost concern for what’s right rather than who’s right.”

John Wooden

“If you want to be incrementally better: Be competitive. If you want to be exponentially better: Be cooperative.”

What do these mean?

How do you define cooperation? Working together for a common goal or factor

What can we do to cooperate better?

Loyalty:

“The greater the loyalty of a group toward the group, the greater is the motivation among the members to achieve the goals of the group, and the greater the probability that the group will achieve its goals.”

Rensis Likert

What does this mean?

What does it mean to be loyal?

How can you show your loyalty?

REVIEW TIER 1 - What have you done to be _____?

2nd Tier of the Pyramid

Self-Control:

“Intensity makes you stronger. Emotionalism makes you weaker.”

“If you let your emotions take over, you’ll be outplayed.”

John Wooden

What does this mean?

What does it mean to have self-control? Self Discipline & Keep Emotions Under Control

Ex – Bad Call by Ref, Celebrating a play

Alertness:

" I didn't see it coming."

- **Unknown**

What does this mean?

This means constantly observing what's going on around you. It means keeping an open mind. It means always being eager to learn and improve.

What happens when we are not alert?

Initiative:

"Initiative is key. Anybody who wants to be somebody is going to work as hard as they can to fulfill that dream."

- Unknown

What does this mean?

What happens if we fail to act?

Intentness:

"Stay the course. When thwarted try again; harder; smarter. Persevere relentlessly."

- **John Wooden**

What does this mean?

How does this apply to you, your sport, class, and weight training?

REVIEW TIER 1 & 2 – What have you done to be _____?

3rd Tier of the Pyramid

Condition:

“Ability may get you to the top, but character keeps you there – mental, moral, and physical.”

- **John Wooden**

What does this mean?

What if one of the components is missing?

How important is:

Mental Conditioning:

Moral Conditioning:

Physical Conditioning:

Team Spirit:

“The star of the team is the team.”

- **John Wooden**

What does this mean?

How do we show team spirit? No one stands out – Wearing SU clothing, no head phones, performing the lifting program to fullest.

Skill:

“What a leader learns after you’ve learned it all counts most of all.”

- **John Wooden**

What does this mean?

What happens if we stop learning or stop working on our skills?

How can you encourage Skill beyond whatever you currently do?

4th Tier of the Pyramid

Poise:

“Be like a duck. Calm on the surface, but always paddling like the dickens underneath.”

- **Michael Caine**

What does this mean?

If we can't stay cool, calm, and collective when the pressure is on what happens on the field/court?

Give some examples of having poise when competing.

Confidence:

“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”

- **Norman Vincent Peale**

What does this mean?

Confidence is earned – Have you gained the right to be confident? Have you prepared and left no stone unturned? How?

Preparation is the prelude to be at your best when your best is needed. You have then reached competitive greatness. Without all of the blocks in the Pyramid of Success, you have not fully prepared to reach competitive greatness.