

BEARS BASEBALL – DAILY PROCESS GOALS

Goal #1 – BE PRESENT, NOT PERFECT

- Don't allow the past or the future to dictate your mindset in the present.
- Focus on being where your feet are – and control what you are doing in that moment.
- Expectations rooted in perfectionism are a recipe for disaster – learn to accept failure.

Goal #2 – WORK HARD WHEN NOBODY IS WATCHING

- There is no substitute for hard work – be known for having a great work ethic.
- Intrinsically motivated people do not need an external force to constantly push them.
- The harder that we work, the more we know that we deserve to win.

Goal #3 – CONTROL OUR THOUGHTS & EMOTIONS – TO BETTER CONTROL OUR RESPONSE

- There are several things that will happen in baseball – and in life – over which we have little-to-no control. What is often most important, however, is how we choose to respond.
- Maintain poise under pressure – show resolve and confidence in the face of adversity.

Goal #4 – COMMUNICATE IN PRODUCTIVELY POSITIVE WAYS

- Positive thoughts and words lead to positive energy, which leads to confidence, relaxed muscles, and smooth, coordinated, and (usually) successful performance.
- In the same way, we want to be honest with ourselves and with each other about the ways in which we can improve – as teammates, as players, and as people.

Goal #5 – COMPETE WITH ENERGY, INTENSITY, & EDGE

- Bring a high level of energy and intensity to the field every practice and every game.
- We want a team full of ballplayers who love to play the game of baseball
- In competition, it is important to play with an edge – key in to what sharpens your focus

Goal #6 – KNOW YOUR ROLE, ACCEPT YOUR ROLE, ATTACK YOUR ROLE

- Understand that role execution and team success depend on individual sacrifice.
- Find value and purpose in your role – there are many different ways to be impactful.

Goal #7 – PREPARE TO SUCCEED, THEN EXPECT SUCCESS

- Before we can execute effectively, we must have a mental and physical plan in place for how we are going to succeed.
- Physical and mental preparation are key sources of one's confidence

Goal #8 – EMBRACE THE IMBALANCE – ADAPT & ADJUST

- Seeking balance as a student-athlete at WashU is like trying to be on time to every pitch
- With continual adjustments and adaptations, we can function very well in a state of imbalance

Goal #9 – SERVICE BEFORE SELF – 'WE' BEFORE 'ME'

- We must maintain a collective mindset that the whole is greater than the sum of our parts
- Seek to serve before being served – show gratitude and appreciation for others

Goal #10 – VALUE THE PROCESS, ENJOY THE JOURNEY

- Every team wants to win their conference, advance to the regionals, and then go to the World Series – but what are they doing every day to get there?
- Take pride in being a Bear and in doing things the WashU Way – we build champions.