

### 3D Certification Worksheet

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<b>If you could write 3 sentences that were to be read at your funeral, what would they be?</b>	He cared about people. He helped people. He loved what he did.
<b>In 3 sentences or less, what are the types of things that you hope your family and friends will say about you at your funeral?</b>	He loved us. He would do anything for us.
<b>In 3 sentences or less, what are the types of things that you hope your former players will say about you at your funeral?</b>	He cared about us as people. He cared about more than just winning.
<b>Research indicates that if you truly want to impact behavior, no more than three or four core values should be emphasized. Look at the abbreviated list below and put a checkmark next to the core values that will best help you leave the legacy you desire.</b>	Authenticity Generosity Integrity Wisdom
<b>Identifying Your Gifting: What verbs listed below best describe how you most successfully interact with people? Use these verbs to craft your “Transformational Purpose Statement.”</b>	Create Develop Educate Empower Help Inspire Lead Mentor Model Motivate Study
<b>My Transformational Purpose in coaching is:</b>	I hope to inspire players and coaches to sincerely care for others and to have a positive impact the world around them.

Select at least one strategy for each season. Which strategies do you plan to implement and when?

	Not Implementing	Pre-Season	In-Season	Post-Season	Off-Season
3D Parenting Presentation	✓	-	-	-	-
A Question to Ask Every Parent	✓	-	-	-	-
An "Extra Practice" - Clean Your Room	-	-	✓	-	-
Banquet Letters to Parents	✓	-	-	-	-
Canoe Trip	✓	-	-	-	-
Captains/Leaders Training	-	-	-	-	✓
Cell Phone Ban (Used Strategically)	✓	-	-	-	-
Codes of Conduct	-	-	✓	-	-
Contemplation Exercises	-	✓	-	-	-
Cross the Line	✓	-	-	-	-
FCA Camp	✓	-	-	-	-
FCA Huddles	✓	-	-	-	-
Follow the Leader	✓	-	-	-	-
Food Kitchen	-	-	-	✓	-
Helmet Awards	✓	-	-	-	-
Home Visits	-	-	✓	-	-
Honor Calls	-	-	✓	-	-
Journaling	-	-	✓	-	-
Lesson Plans/Theme of the Week	-	-	✓	-	-
Lunch Room	-	-	-	✓	-
Masculinity/Femininity Issues	-	-	✓	-	-
Mission Trips	✓	-	-	-	-
Note Writing	✓	-	-	-	-
Nursing Home Outreach	-	-	-	✓	-
Put Ups	-	-	✓	-	-
Slip N Slide	✓	-	-	-	-
Spotlight Drill	-	-	✓	-	-
Spring Clean Up	-	-	-	✓	-
Sticky Notes	✓	-	-	-	-
Tag, You're It!	-	-	✓	-	-
Upside Down	✓	-	-	-	-