

### 3D Certification Worksheet

<b>Submission Date</b>	2015-07-24 08:27:46
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<b>If you could write 3 sentences that were to be read at your funeral, what would they be?</b>	Brett was a caring and thoughtful man. He dedicated his life to helping others become the best people they could be. He will be missed.
<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>	Brett was fun, loving and a giving person. He loved life, and passed that joy and love on to all that knew him.
<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>	Coach was a passionate about his role in the lives of his athletes. He genuinely cared for the moral and physical wellbeing of all of his athletes. He had a joy for the sports he coached that he passed on to all whom he coached.
<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>	Compassion Empathy Family Genuineness Joyfulness Kindness Knowledge Love
<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>	Demonstrate Empower Encourage Inspire Lead Love Motivate
<b>My Transformational Purpose in coaching is:</b>	To empower players and coaches to be able to inspire others to be the best person they can be both on and off the court.

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	-	✓	✓	-	-