3 Dimensional Coaching™ Certification Worksheet

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ATTENTION: As you work to complete this worksheet over the remainder of this course, be sure to save this document regularly in a place where you can easily access it. You will submit this document at the end of the course to receive your certification.

The Funeral Topics

Forecasting Your Legacy: A eulogy is a speech or a piece of writing that praises someone or something highly. Typically, eulogies are written for someone who has just died or recently retired. A eulogy is an opportunity to reflect upon a life lived and highlight the character/passions of the subject at hand. While answering the questions below, base your responses on the relationships you **hope** to have possessed and the cause(s) you **ideally** gave yourself to during your career.

If you could write 3 sentences that were to be read at your funeral, what would they be?

Thank you all for coming to pay your respects, say goodbye, or even if you just came to say good riddance! Unfortunately, its very rare that we all get together like this, so it is my wish that you will all meet in the Montana mountains for a bonfire party, so that you may all enjoy seeing so many friends and family in one place. (feel free to make fun of the things we did or the times we had)

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?

Keith would do anything for his family and above all, his children.
Keith would help anyone with anything and would go out of his way to be good to others in need.
Keith was a loving, fun, person and left a positive mark on those around him that will last for a long time to come.

In 3 sentences or less, what are the types of things that you hope your former players will say about you at your funeral?

Coach always pushed us to be our best on and off the floor and in how we dealt with our mustang family
Coach was a friend and mentor of mine even as we got older, as we kept in touch through the years.
Coach was there for me whenever I needed him and always gave me the help I needed and deserved, which is why I ' ve named both my sons after him.

20/20 Foresight

Defining Your Core Values: We are all familiar with the famous adage "hindsight is 20/20." But does it have to be that way? Do we have to learn every lesson the hard way?

If we can look with 20/20 foresight towards a preferred vision of the future, we can seek to identify the core values that will help us navigate towards the end we are after. Identifying your personal core values is important because they are there to guide your choices and behaviors in everyday life. They act as guardrails to keep you on track and headed in the right direction.

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.

☐ Authenticity	☐ Balance	☐ Beauty	☐ Commitment
☐ Community	☐ Compassion	☐ Concern	☐ Courage
☐ Creativity	☑ Dedicated	☐ Determined	☐ Durable
☐ Empathy	☐ Enthusiasm	☐ Excellence	☐ Faith
☑ Family	☐ Fairness	☐ Freedom	☐ Friendship
☐ Generosity	☐ Genuineness	☐ Grace	☐ Happiness
☐ Harmony	☐ Health	☐ Honesty	☐ Hope
☐ Humor	☐ Integrity	☐ Innovation	☐ Joyfulness
☐ Journey	☐ Justice	☐ Kindness	☐ Knowledge
☐ Leadership	☐ Learning	☐ Love	☐ Loyalty
☐ Merciful	☐ Neighborly	☐ Noble	☐ Non-conforming
☐ Nurturing	☐ Objective	☐ Openness	☐ Optimistic
☐ Organization	☐ Original	☐ Peace	☐ Performance
☐ Perseverance	☐ Respectfulness	☑ Relationships	☐ Responsibility
☐ Security	☐ Serenity	☐ Serving	☐ Spirituality
☐ Stability	☐ Success	☐ Teamwork	☐ Togetherness
☐ Trust	☐ Truth	☐ Understanding	☑ Unity
☐ Victory	☐ Virtuous	☐ Wholeness	☐ Wisdom

*"The most important thing in life is to decide what is most important." – **Ken Blanchard***

Transformational Purpose Statement 1st Draft

Drafting Your Purpose: Whether you are writing a first draft or refining a previously written statement, it is important to get your ideas out of your head and onto a piece of paper. As you complete this exercise, keep in mind the following suggestions that will help you write an effective transformational purpose statement.

1. **Be Authentic:** This is your personal statement. Don't write what you think you're supposed to say, rather write something that you will actually use as a filter for how you run your program.

2. **Be Brief:** Try to write a single sentence that contains 25 words or less

3. **Be Deliberate:** What relationships matter to you the most? What is the cause you are giving yourself to? Be intentional about using words that will remind you of these two important issues.

4. **Be Structured:** Think verb, target, outcome. The verb describes how you most successfully interact with people according to your gifting. The target is the set of relationships you hope to impact. The outcome is the transcendent cause you are after, and should incorporate your highest core values.

Sample Transformational Purpose Statement: "To inspire (verb) coaches and athletes (target) towards the pursuit of excellence in sports and in life while enjoying the journey (outcome which incorporates core values)."

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."

☐ Act	☑ Coach	☐ Construct	☐ Create
☑ Demonstrate	☑ Develop	☑ Educate	☐ Empower
☑ Encourage	☑ Help	☐ Identify	☐ Initiate
☐ Inspire	☑ Lead	☑ Love	☐ Manage
☐ Mentor	☑ Model	☑ Motivate	☐ Manage
☑ Prepare	☐ Produce	☐ Recognize	☐ Relate
☐ Stimulate	☑ Study	☐ Teach	☐ Tell

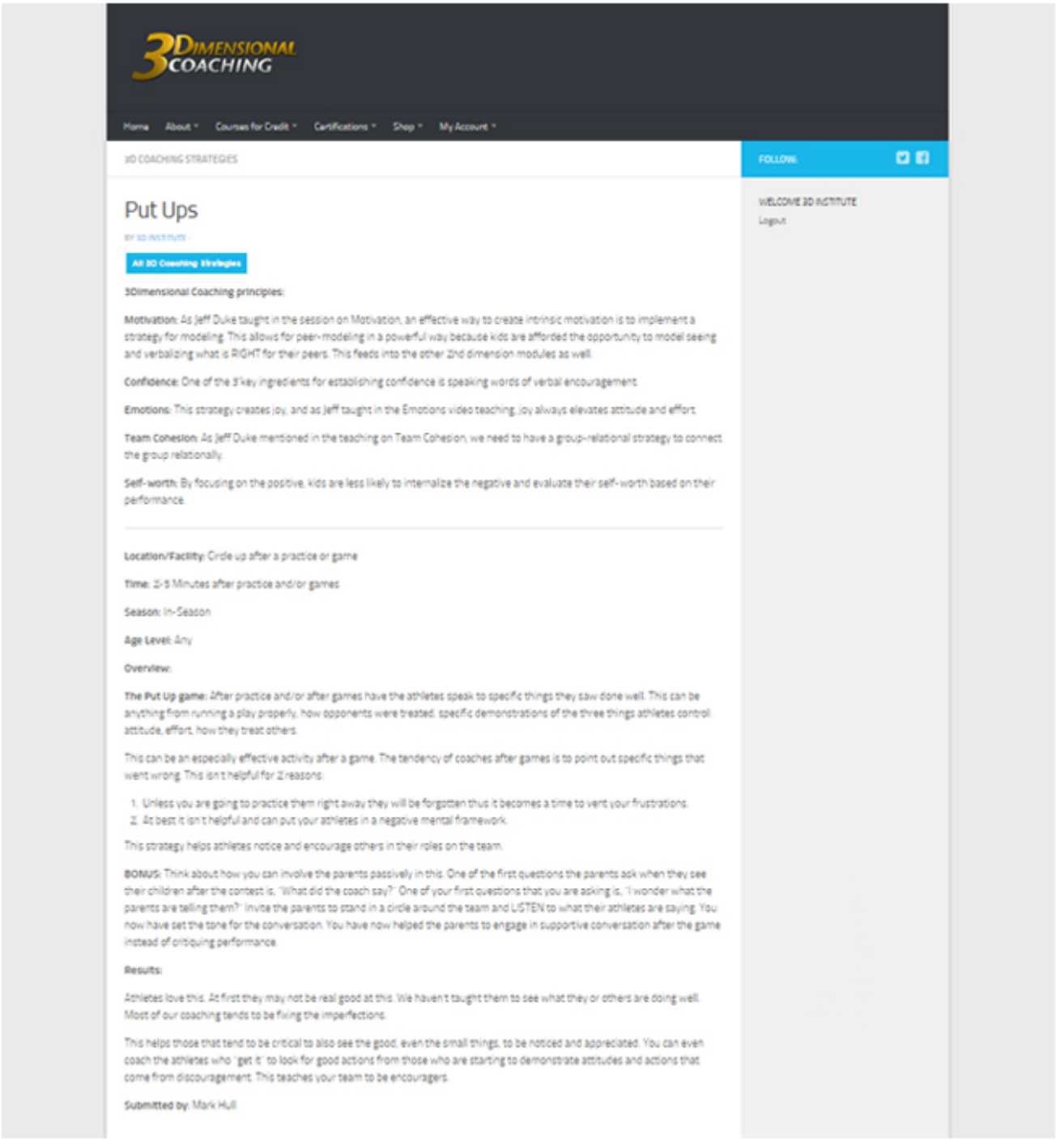
My Transformational Purpose in coaching is:

To create a basketball program built on respect, leadership, discipline, and pride where young men master the pursuit of excellence in sports and life.

Create a 3D Strategy to Fulfill Your Transformational Purpose

Just as all coaches should have a pre-season, in-season, post-season and off-season strategy to help athletes improve in the 1st dimension, a 3Dimensional Coach should have a corresponding year-round strategy in the 2nd and 3rd dimensions as well so that he/she can fulfill his/her Transformational Purpose.

Listed on the next page you will find various 2nd & 3rd dimension strategies that you can implement in your program. If you are connected to the internet, you can click on the name of the strategy to open up a web page (example below) that outlines the details about how to implement the strategy.



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All 3D Coaching Strategies

3Dimensional Coaching principles:

Motivation: As Jeff Duke taught in the session on Motivation, an effective way to create intrinsic motivation is to implement a strategy for modeling. This allows for peer-modeling in a powerful way because kids are afforded the opportunity to model seeing and verbalizing what is RIGHT for their peers. This feeds into the other 2nd dimension modules as well.

Confidence: One of the 3 key ingredients for establishing confidence is speaking words of verbal encouragement.

Emotions: This strategy creates joy, and as Jeff taught in the Emotions video teaching, joy always elevates attitude and effort.

Team Cohesion: As Jeff Duke mentioned in the teaching on Team Cohesion, we need to have a group-relational strategy to connect the group relationally.

Self-worth: By focusing on the positive, kids are less likely to internalize the negative and evaluate their self-worth based on their performance.

Location/Facility: Circle up after a practice or game

Time: 2-5 Minutes after practice and/or games

Season: In-Season

Age Level: Any

Overview:

The Put Up game: After practice and/or after games have the athletes speak to specific things they saw done well. This can be anything from running a play properly, how opponents were treated, specific demonstrations of the three things athletes control: attitude, effort, how they treat others.

This can be an especially effective activity after a game. The tendency of coaches after games is to point out specific things that went wrong. This isn't helpful for 2 reasons:

1. Unless you are going to practice them right away they will be forgotten thus it becomes a time to vent your frustrations.
2. At best it isn't helpful and can put your athletes in a negative mental framework.

This strategy helps athletes notice and encourage others in their roles on the team.

BONUS: Think about how you can involve the parents passively in this. One of the first questions the parents ask when they see their children after the contest is, "What did the coach say?" One of your first questions that you are asking is, "I wonder what the parents are telling them?" Invite the parents to stand in a circle around the team and LISTEN to what their athletes are saying. You now have set the tone for the conversation. You have now helped the parents to engage in supportive conversation after the game instead of critiquing performance.

Results:

Athletes love this. At first they may not be real good at this. We haven't taught them to see what they or others are doing well. Most of our coaching tends to be fixing the imperfections.

This helps those that tend to be critical to also see the good, even the small things, to be noticed and appreciated. You can even coach the athletes who "get it" to look for good actions from those who are starting to demonstrate attitudes and actions that come from discouragement. This teaches your team to be encouragers.

Submitted by: Mark Hull

A detailed overview of the complete list of strategies below can be found at http://3dinstitute.com/3d-coaching-strategies.

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	☐	☐	☐	☐	☐

If you have other strategies you plan to use that are not outlined above, chronicle those strategies below:

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