

3D Certification Worksheet

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Full Name:	Jonathan Griffiths
E-mail:	jonathan.griffiths@windermereprep.com
If you could write 3 sentences that were to be read at your funeral, what would they be?	Jon showed character and passion throughout his life for his family and his jobs. He build many professional and personal relationships. He loved making a difference in everyone's life.
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?	That I was friendly, funny, positive, made a difference to their life.
In 3 sentences or less, what are the types of things that you hope your former players will say about you at your funeral?	Taught them lessons on and off the field, both player and coach was respected, made a difference to their life
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.	Commitment Leadership Relationships Respectfulness Responsibility
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.”	Prepare
My Transformational Purpose in coaching is:	To prepare coaches and athletes towards the pursuit of excellence in sports and in life while enjoying their journey.

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	✓	-	-	-	-