

# 3D 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?

I am prayerful that I was able to help each of you @ some point in my life, especially my immediate family as they have given me so much. I am especially grateful to my wife who has shared a loving partnership for years through the good & the bad.

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?

I hope that people will say that I am of good moral character & that I treated them with respect. That I will be remembered for my empathy & compassion.

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

That I loved & respected them. That I inspired them to serve others & that I was fair.

## 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.**

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

<input checked="" type="checkbox"/> Act	<input checked="" type="checkbox"/> Coach	<input checked="" type="checkbox"/> Construct	<input checked="" type="checkbox"/> Create
<input checked="" type="checkbox"/> Demonstrate	<input checked="" type="checkbox"/> Develop	<input checked="" type="checkbox"/> Educate	<input checked="" type="checkbox"/> Empower
<input checked="" type="checkbox"/> Encourage	<input checked="" type="checkbox"/> Help	<input checked="" type="checkbox"/> Identify	<input checked="" type="checkbox"/> Initiate
<input checked="" type="checkbox"/> Inspire	<input checked="" type="checkbox"/> Lead	<input checked="" type="checkbox"/> Love	<input checked="" type="checkbox"/> Manage
<input checked="" type="checkbox"/> Mentor	<input checked="" type="checkbox"/> Model	<input checked="" type="checkbox"/> Motivate	<input checked="" type="checkbox"/> Manage
<input checked="" type="checkbox"/> Prepare	<input checked="" type="checkbox"/> Produce	<input checked="" type="checkbox"/> Recognize	<input checked="" type="checkbox"/> Relate
<input checked="" type="checkbox"/> Stimulate	<input checked="" type="checkbox"/> Study	<input checked="" type="checkbox"/> Teach	<input checked="" type="checkbox"/> Tell

**My Transformational Purpose in coaching is:**

*It is my hope to inspire student-athletes to be respectful & to serve others w/ integrity so that they can become positive & productive members of society.*



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	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A Question to Ask Every Parent	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
An "Extra Practice" - Clean Your Room	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Banquet Letters to Parents	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canoe Trip	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Captains/Leaders Training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cell Phone Ban (Used Strategically)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Codes of Conduct	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Contemplation Exercises	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cross the Line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FCA Camp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FCA Huddles (consider)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follow the Leader	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food Kitchen (consider)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helmet Awards	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home Visits (consider)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honor Calls	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Journaling	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lesson Plans/Theme of the Week	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch Room	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Masculinity/Femininity Issues (consider)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mission Trips	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Note Writing (consider)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nursing Home Outreach (consider)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put Ups	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slip N Slide	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spotlight Drill	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spring Clean Up (consider)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sticky Notes	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tag, You're It!	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Upside Down	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

We are considering also to give helmet awards to players for service to the community, E.P.A.

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