

# 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?

Coach was always wanted to help us all to become the best version of ourselves possible. He taught many that line will never be reached but the journey that puts you on leads to a magnificent life. He taught us all how to not only chase dreams but to run them down and vatch them.

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?

Andrew always set the example of trying to better himself through education. He acheived a lot while believeing in life balance. He was very significant in the moments in my life others thought were insignificant.

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

My parents made me play and coach made me stay. He never let me quit on myself whic has made all of the difference in my life. He really cared about my entire life not just what I could do on the field.

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

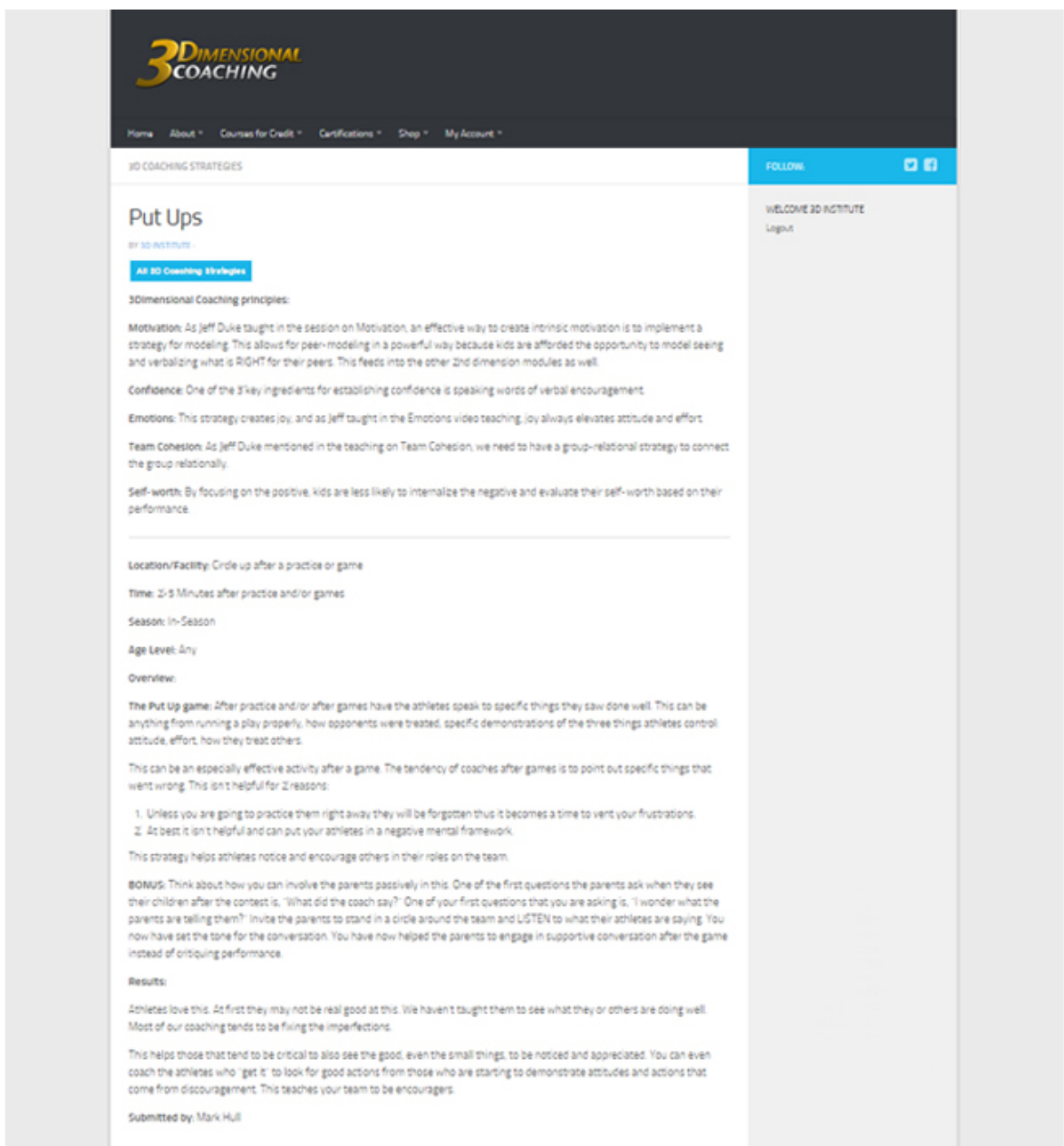
**My Transformational Purpose in coaching is:**

My visions is to inspire coaches and athletes to create the best version of themselves possible using a leadership program that involves continuing education to encourage consistancy living our core values with love.

# 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 1<sup>st</sup> dimension, a 3Dimensional Coach should have a corresponding year-round strategy in the 2<sup>nd</sup> and 3<sup>rd</sup> dimensions as well so that he/she can fulfill his/her Transformational Purpose.

Listed on the next page you will find various 2<sup>nd</sup> & 3<sup>rd</sup> 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.



The screenshot displays the '3D COACHING STRATEGIES' website. The header features the '3D COACHING' logo and navigation links: Home, About, Courses for Credit, Certifications, Shop, and My Account. A blue 'FOLLOW' button with social media icons is in the top right. The main content area is titled 'Put Ups' by '3D INSTITUTE'. A blue button labeled 'All 3D Coaching Strategies' is present. The text describes 3D Coaching principles: Motivation, Confidence, Emotions, Team Cohesion, and Self-worth. It then details the 'Put Up' game, its location, time, season, and age level. The overview explains the game's purpose and provides a bonus tip for involving parents. The results section states that athletes love this and it helps them see the good in others. The strategy is submitted by Mark Hull.

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**Put Ups**

BY 3D INSTITUTE

[All 3D Coaching Strategies](#)

**3D 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

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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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Banquet Letters to Parents	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canoe Trip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Codes of Conduct	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contemplation Exercises	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cross the Line	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FCA Camp	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FCA Huddles	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follow the Leader	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food Kitchen	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helmet Awards	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home Visits	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honor Calls	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mission Trips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Note Writing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nursing Home Outreach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Put Ups	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slip N Slide	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spotlight Drill	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spring Clean Up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Sticky Notes	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tag, You're It!	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Upside Down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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

I do a 5 part offseason leadership program with my coaches. I also require that they take eligible trainings from a list I put together every year in order to stay on staff. Since I work across a few coaching disciplines I get the m all together in the offseason as well as at least on breakfast for any particular staff. I take my kids to pizza every week no matter whether we won or lost, that applies to all sports I coach.

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