

3D DIMENSIONAL COACHING +TM 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?

We remember Christi Musser for her willingness to give to others. We remember the way she lived her life as a role model always putting the needs of others ahead of hers.

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 a loving and faithful servant to Christ. That I helped people smile and could bring light to someone's life. That I invested in others for their gain, not mine.

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 was someone who encouraged them to achieve things they never thought they could. That I cared about them as people, not just athletes. That I made positive impact on their life spiritually, academically, athletically and emotionally.

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 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 checked="" 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 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 type="checkbox"/> Act | <input type="checkbox"/> Coach | <input type="checkbox"/> Construct | <input type="checkbox"/> Create |
| <input type="checkbox"/> Demonstrate | <input type="checkbox"/> Develop | <input 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 checked="" type="checkbox"/> Lead | <input 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 |

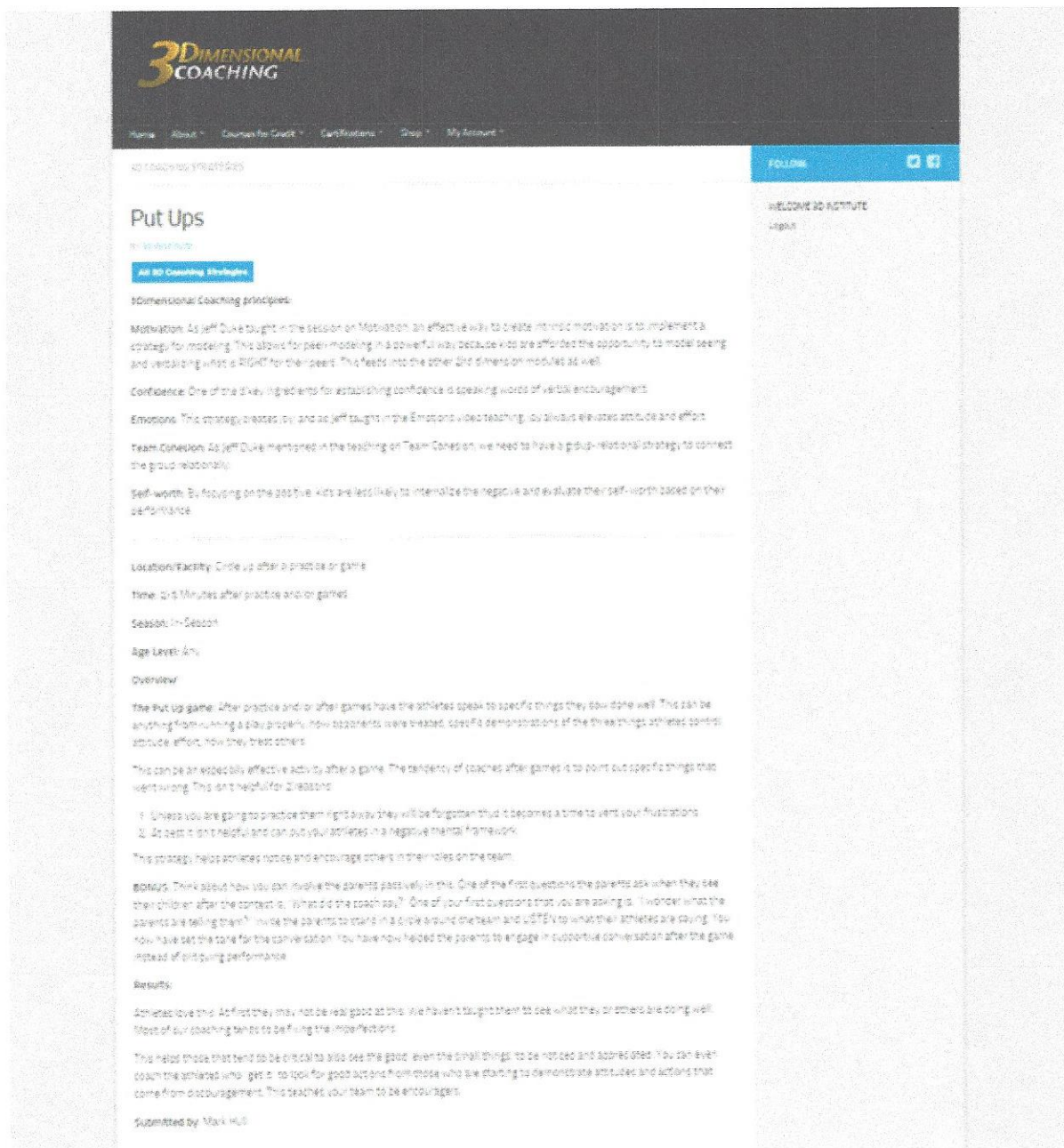
My Transformational Purpose in coaching is:

To encourage student athletes to become leaders on the field and in their communities by inspiring them to utilize their talents and gifts given by God.

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.



The screenshot displays the 3Dimensional Coaching website interface. At the top, the logo '3D DIMENSIONAL COACHING' is visible, along with navigation links: Home, About, Courses for Coaches, Certification, Shop, and My Account. The main content area features a 'Put Ups' strategy page. The page includes a 'FOLLOW' button with social media icons, a 'WELCOME 3D INSTITUTE' message with a 'Logout' link, and a 'Put Ups' title with a 'Put Ups' button. The page content is organized into sections: '3Dimensional Coaching principles', 'Motivation', 'Confidence', 'Emotions', 'Team Connection', 'Self-worth', 'Location/Facility', 'Time', 'Season', 'Age Level', 'Overview', 'Put Ups', 'Results', and 'Submitted by Mark Hull'. The 'Put Ups' section describes a strategy for coaches to use after practice or games to help athletes improve in the 2nd and 3rd dimensions. It includes a list of steps: 1. Unless you are going to practice them right away they will be forgotten thus it becomes a time to vent your frustrations. 2. Accept it isn't helpful and can put your athletes in a negative mental frame of mind. The strategy helps athletes notice and encourage others in their roles on the team. The 'Results' section states that athletes love this strategy and that it helps them to see what they or others are doing well. The page is 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	<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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
An "Extra Practice" - Clean Your Room	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Banquet Letters to Parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Canoe Trip	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Captains/Leaders Training	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input 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 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 checked="" 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 checked="" type="checkbox"/>
FCA Huddles	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" 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 checked="" type="checkbox"/>
Food Kitchen	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Helmet Awards	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home Visits	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honor Calls	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Journaling	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lesson Plans/Theme of the Week	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch Room	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Masculinity/Femininity Issues	<input checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nursing Home Outreach	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>
Sticky Notes	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tag, You're It!	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Upside Down	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input 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:
