

**Full Name: Marty Edens Course Username: Marty Edens**

**Email Address: martyedens.RN@gmail.com**

**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 upload 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?***

*Always have a dream and never stop reaching for it. Believe in yourself and stay away from those who don’t believe in you too. Surround yourself with people that make you laugh and push you to be better.*

*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?*

*Marty’s life revolved around her husband Jimmy and her two precious girls Rylee and Adyson. She was their number one fan and wanted to protect them no matter what.*

***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 Marty cared about me as an athlete and as a person. She taught me how to encourage my teammates and believe in myself.*

**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.

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| 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 |
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| **“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.”

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| 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 |
| Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
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**My Transformational Purpose in coaching is:**

To inspire athletes towards the pursuit of empowering one another, offering grace, and respecting themselves, their team, and our gym.

**Creating a 3Dimensional 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 below you will find various 2nd & 3rd dimension strategies that you can implement in your program. Check marks have already been placed in the boxes to indicate the suggested time of year to implement these strategies, but you may check or uncheck any boxes you want to create *your strategy*.

A detailed overview of the strategies listed below can be found at [www.3dinstitute.com/3d-coaching-strategies](http://www.3dinstitute.com/3d-coaching-strategies/).

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| **3D Parenting Presentation**  **2nd Dimension**   * Motivation * Confidence * Emotions * Team Cohesion   **3rd Dimension**   * *Identity* * *Character* * *Significance* * *Self-worth* * *Values* * *Purpose*   [Click here](http://3dinstitute.com/3d-parenting-video/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **A Question to Ask Every Parent**  **2nd Dimension Applications**   * + *Motivation*   + *Emotions*   + *Team Cohesion*   **3rd Dimension Applications**   * + *Identity*   [Click here](http://3dinstitute.com/a-question-to-ask-every-parent/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **An “Extra Practice” – Clean Your Room**  **2nd Dimension Applications**   * + *Motivation*   **3rd Dimension Applications**   * + *Significance*   [Click here](http://3dinstitute.com/an-extra-practice-clean-your-room/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Banquet Letters to Parents**  **2nd Dimension Applications**   * + *Motivation*   + *Confidence*   + *Emotions*   + *Team Cohesion*   **3rd Dimension Applications**   * *Significance*   + *Purpose*   [Click here](http://3dinstitute.com/banquet-letters-to-parents/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Canoe Trip**  **2nd Dimension Applications**   * + *Team Cohesion*   **3rd Dimension Applications**   * *Character*   [Click here](http://3dinstitute.com/canoe-trip/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Captains/Leaders Training**  **2nd Dimension Applications**   * + *Team Cohesion*   **3rd Dimension Applications**   * *Character* * *Purpose*   [Click here](http://3dinstitute.com/captainsleaders-training/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Cell Phone Ban (Used Strategically)**  **2nd Dimension Applications**   * + *Team Cohesion*   [Click here](http://3dinstitute.com/cell-phone-ban-strategically/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Ceremonies**  **3rd Dimension Applications**   * + *Identity*   + *Purpose*   [Click here](http://3dinstitute.com/ceremonies/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes: Awards banquet- but this year give specific awards** | | | |

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| **Codes of Conduct**  **2nd Dimension**   * Team Cohesion   **3rd Dimension**   * *Identity* * *Character* * *Significance* * *Self-Worth* * *Values* * *Purpose*   [Click here](http://3dinstitute.com/codes-of-conduct/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Contemplation Exercises**  **3rd Dimension**   * *Character* * *Self-Worth* * *Values*   [Click here](http://3dinstitute.com/codes-of-conduct/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Cross the Line**  **2nd Dimension**   * Motivation * Team Cohesion   **3rd Dimension**   * *Identity* * *Values*   [Click here](http://3dinstitute.com/codes-of-conduct/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **FCA Camp**  **2nd Dimension**   * Motivation * Confidence * Emotions * Team Cohesion   **3rd Dimension**   * *Identity* * *Character* * *Significance* * *Self-worth* * *Values* * *Purpose*   [Click here](http://3dinstitute.com/fca-camp/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **FCA Huddles**  **2nd Dimension**   * Motivation * Confidence * Emotions * Team Cohesion   **3rd Dimension**   * *Identity* * *Character* * *Significance* * *Self-worth* * *Values* * *Purpose*   [Click here](http://3dinstitute.com/fca-camp/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Follow the Leader**  **2nd Dimension**   * *Motivation* * *Confidence*   **3rd Dimension**   * *Purpose*   [Click here](http://3dinstitute.com/follow-the-leader/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |
| **Food Kitchen**  **2nd Dimension**   * *Team Cohesion*   **3rd Dimension**   * *Purpose*   [Click here](http://3dinstitute.com/food-kitchen/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Helmet Awards**  **2nd Dimension**   * *Confidence* * *Team Cohesion*   **3rd Dimension**   * *Character*   [Click here](http://3dinstitute.com/helmet-awards/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes: Could put up names and a sticker system with some of the values and coaches/staff give a sticker rewarding good behavior and give awards at the end of the month.** | | | |

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| **Home Visits**  **2nd Dimension**   * *Motivation*   **3rd Dimension**   * *Purpose*   [Click here](http://3dinstitute.com/home-visits/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes: Something to discuss with other coaches to go together** | | | |

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| **Honor Calls**  **3rd Dimension**   * *Character* * *Values*   [Click here](http://3dinstitute.com/honor-calls/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Journaling**  **2nd Dimension**   * *Motivation* * *Confidence* * *Emotions* * *Team Cohesion*   **3rd Dimension**   * *Identity* * *Character* * *Significance* * *Self-Worth* * *Values* * *Purpose*   \*All of the above issues can be addressed if you are intentional about what lessons you teach  [Click here](http://3dinstitute.com/journaling/) for an overview of this strategy and a list of suggested resources. | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Lesson Plans/Theme of the Week**  **2nd Dimension**   * *Motivation* * *Confidence* * *Emotions* * *Team Cohesion*   **3rd Dimension**   * *Identity* * *Character* * *Significance* * *Self-Worth* * *Values* * *Purpose*   \*All of the above issues can be addressed if you are intentional about what lessons you teach  [Click here](http://3dinstitute.com/lesson-plansthemes-of-the-week/) for an overview of this strategy and a list of suggested resources. | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Lunch Room**  **2nd Dimension**   * *Team Cohesion*   **3rd Dimension**   * *Character* * *Significance* * *Purpose*   [Click here](http://3dinstitute.com/lunch-room/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes: Noone eats alone; being a positive role model in your school** | | | |

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| **Masculinity/Femininity Issues**    **3rd Dimension**   * *Identity* * *Self-Worth*   [Click here](http://3dinstitute.com/masculinityfemininity-issues/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Mission Trips**  **2nd Dimension**   * *Motivation* * *Confidence* * *Emotions* * *Team Cohesion*   **3rd Dimension**   * Identity * Character * Significance * Self-Worth * Values * Purpose   [Click here](http://3dinstitute.com/mission-trips/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Note Writing**  **2nd Dimension**   * *Motivation* * *Confidence* * *Emotions* * *Team Cohesion*   **3rd Dimension**   * Identity * Character * Significance * Self-Worth * Values * Purpose   [Click here](http://3dinstitute.com/note-writing/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Nursing Home Outreach**  **2nd Dimension**   * *Team Cohesion*   **3rd Dimension**   * *Identity* * *Significance* * *Purpose*   [Click here](http://3dinstitute.com/nursing-home-outreach/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes: Get with Colleen at Sr Care West to see if there is anything we could do to volunteer on a Saturday.** | | | |

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| **Put Ups**  **2nd Dimension**   * *Motivation* * *Confidence* * *Emotions* * *Team Cohesion*   **3rd Dimension**   * *Self-Worth*   [Click here](http://3dinstitute.com/put-ups/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Slip N Slide**  **2nd Dimension**   * *Motivation* * *Emotions* * *Team Cohesion*   [Click here](http://3dinstitute.com/slip-n-slide/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Spotlight Drill**  **2nd Dimension**   * *Motivation* * *Confidence* * *Emotions* * *Team Cohesion*   **3rd Dimension**   * *Identity* * *Self-Worth*   [Click here](http://3dinstitute.com/spotlight-drill/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Spring Clean Up**  **2nd Dimension**   * *Team Cohesion*   **3rd Dimension**   * *Purpose*   [Click here](http://3dinstitute.com/spring-clean-up/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Sticky Notes**  **2nd Dimension**   * *Motivation* * *Emotions*   [Click here](http://3dinstitute.com/sticky-notes/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Tag, You’re It!**  **2nd Dimension**   * *Motivation* * *Emotions*   [Click here](http://3dinstitute.com/tag-youre-it/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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| **Upside-Down**  **2nd Dimension**   * *Emotions*   [Click here](http://3dinstitute.com/upside-down/) for an overview of this strategy | **Do you plan to implement this strategy?**  **Yes  No** | | | |
| **Pre-Season** | **In-Season** | **Post-Season** | **Off-Season** |
| **Notes:** Click here to enter text. | | | |

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

Last year we had the girls write down a personal goal and a team goal at the beginning of the season. At the end of the season we had them read back on what they wrote to see how far they came in one year.