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**Which Trimester are you enrolled in?** Choose an item. **Year:** Choose an item.

**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 final grade.

**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?***

*Please don’t mourn, show your love of me through loving one another. Make the world a better place now than it was before. Care for those in need and help bring a smile to the faces of those you meet.*

*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?*

*Mike sure loved his family and wanted the best for Jaren and Matelyn. Mike was passionate about kids, through teaching and coaching, Mike knew how to bring out the best in all of us.*

***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 always helped us become better players, but even more importantly, better people. Coach showed me how to compete while loving those around me. Coach’s lessons helped me become a stronger adult.*

**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 |
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**My Transformational Purpose in coaching is:**

\*\*\* I WAS UNABLE TO PLACE A CHECKMARK IN THE BOXES ABOVE, SO HERE ARE THE WORDS THAT RANG TRUE TO ME\*\*\* 20/20- Compassion, Courage, Relationships, Serving. GIFTING- Create, Stimulate, Develop. My Transformational Purpse statement is listed below.

**ATTENTION:** After you complete the ***InSideOut Coaching*** lessons in the next phase of this course, you will be required to write a 2nd Draft of your Transformational Purpose Statement using the space below. Following your 2nd draft, you will develop a year-round 3Dimensional Coaching strategy to fulfill your purpose statement using the planning tool at the end of this worksheet. You will upload this document at the end of the course to receive your final grade, so remember to save it often in a place where you can easily access it later.

**Transformational Purpose Statement 2nd Draft**

After completing the lessons on InSideOut Coaching, review the steps above and reflect upon your 1st draft of your Transformational Purpose Statement. If you would like to make any changes to your statement, now is the time. If you do not have any changes, please rewrite your purpose statement in the space below.

**My Transformational Purpose in coaching is:**

To develop relationships among student athletes to stimulate their sense of self-worth while encouraging the athlete to be courageous, compassionate, and willing to serve.

**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: YES (can’t place checkmark in boxes)** | | | |

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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: Yes, only preseason** | | | |

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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: no** | | | |

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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: no, not yet, possibly in future years.** | | | |

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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: no, not yet.** | | | |

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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: YES!!!!** | | | |

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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: Yes, post season only** | | | |

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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: no** | | | |

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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: YES** | | | |

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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: no** | | | |

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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: no** | | | |

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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: Yes! I have worked a coaching camp in Decorah, Iowa, and continue to encourage my athletes to attend!** | | | |

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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: YES! We have a great huddle at my high school.** | | | |

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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: no** | | | |

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| **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: off- season, yes** | | | |

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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: no** | | | |

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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: doubtful, but definite benefit, especially in larger communities.** | | | |

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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: no** | | | |

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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: yes, but only in-season.** | | | |

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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: Have done this in the past…only in season though** | | | |

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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: no** | | | |

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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: YES!!!! SO IMPORTANT for today’s young athletes!** | | | |

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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: optional** | | | |

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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: yes** | | | |

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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: yes…done this previously, the benefit to ALL involved is tremendous!** | | | |

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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: MANDATORY!!** | | | |

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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: no** | | | |

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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: MANDATORY!** | | | |

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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: no** | | | |

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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: no** | | | |

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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: no** | | | |

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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: no** | | | |

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

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