

3 PILLARS OF SUCCESS

NHL PROS SHARE THEIR INSIGHTS

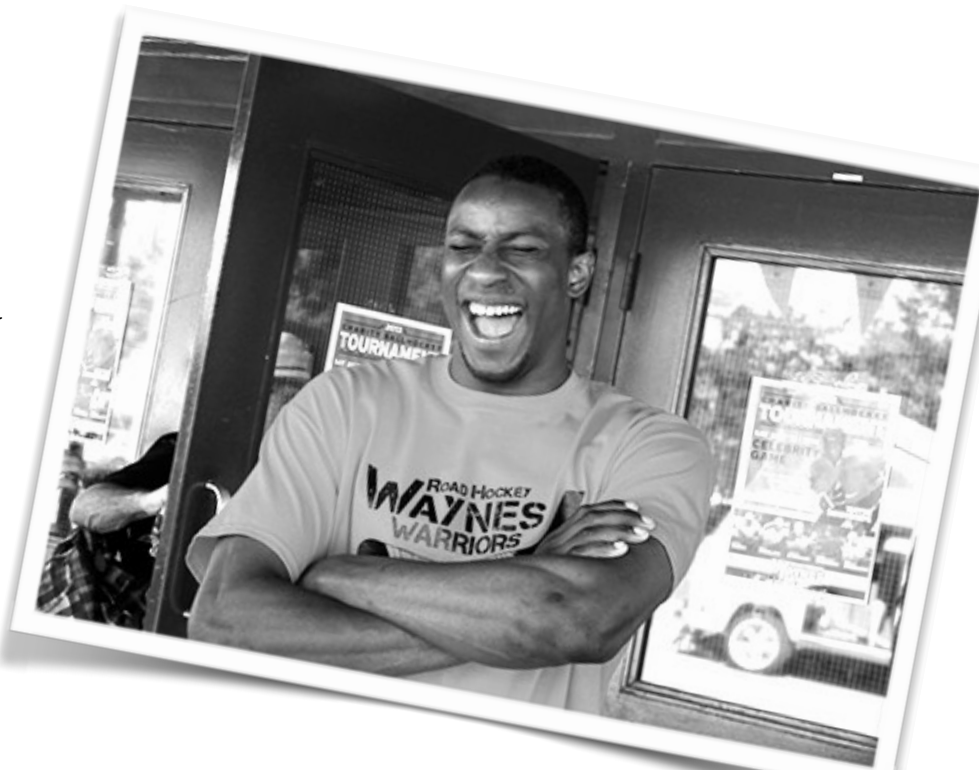
by Brandon Sinclair, *Your Legacy* Editor in Chief.

I grew up playing hockey; I played Junior B for the farm team of the Ontario Hockey League's London Knights and was fortunate enough to do so in the company of some really talented & hardworking people. Their hard work paid off and now my childhood hockey buddies are playing in the NHL. I caught up with them to learn more about how their daily habits & focus has lead to their success.

Making the NHL is by no means an easy accomplishment but it is one filled with rewards, in 2011 the average salary of an NHL player was \$2.4 million — and that's for doing something you love every day. So how did these people get there? And, what can we learn from their daily habits that can help us achieve our own success?

WHERE TO BEGIN?

- Which **key activities** should we invest our time into on **daily basis**?
- **Who should we listen to** for guidance?
- How do we **create a road map** to success?



IN SEARCH OF WISDOM

I sat down & spoke with some of the brightest young stars in the NHL:

- **Wayne Simmonds**, Philadelphia Flyers
- **Drew Doughty**, 2012 Stanley Cup Champion, Team Canada Olympic Gold Medalist 2010, L.A. Kings
- **Chris Stewart**, St. Louis Blues

When speaking with these stars, a pattern emerged: they all exhibited the same daily habits in their quest for success. Each person organized their lives around three basic pillars of action: **Attitude**, **Action**, and **Acceleration**.

The great news: you can apply all seven of them in your life to achieve the success you want.

*And, don't miss the **BONUS "3 Key Exercises" instructional videos** on page 6 to keep your body fit and mind sharp & healthy.*

THE ODDS OF MAKING IT INTO THE NHL

How hard is it really to make the NHL?

To understand what these three men have accomplished, we first need to appreciate how difficult it is to even get into the NHL.

In 1985 there were **22,000 of 10 year-olds playing hockey in Ontario, Canada**. A study was done in to see how many of them would wind up going pro. Of these players, only 110 made it to the OHL (Ontario Hockey League) and 22 more received scholarships to Division 1 schools. This means that only 132 out of those 22,000 made it into the top feeder leagues for the NHL. Of those 132 players, **only 7 played in the NHL**.



In any industry, there is huge competition for the top tier positions. What is going to set you apart from the tens of thousands of people who don't make it? We have that answer below!

3 DAILY PILLARS FOR SUCCESS

#1: ATTITUDE

FOCUS

Being successful at anything requires all of your FOCUS. To be the best, you need to breathe, eat, and sleep your passion. Focus requires great commitment and dedication. It means getting up early for practice, work, or projects. It means passing on social engagements to work on something that moves you closer to your vision. It means working on weekends and traveling wherever your passion takes you. When you are doing something

TIP: Your perfect career does not compete with your lifestyle, it compliments it. If the career or work you have chosen feels like it is taking away from who you are, consider changing your career.

It means finding your passion that feels right, creating your vision, and sticking to it. Submerge yourself in what you love. Not all 22'000 10 year olds had their hearts set on getting into the NHL but I guarantee that every one of the 7 who did make it into the NHL had that as their goal from day one.

The common thing that Wayne, Drew, and Chris shared with us was that they were all extremely focused on hockey growing up. Nothing else was as important to them as hockey. They did not let anything get in their way of their dream of one day playing in the NHL. Any obstacle that crossed their path fueled their motivation and passion.

"If you do not have the **proper attitude** and mindset, you will not make it to the next level."

— Wayne Simmonds

MENTAL PREPARATION

Wayne shared an extremely valuable insight with us, "80% of hockey is mental, while only 20% is physical. You have to work on your mental game for you to be able to truly reach your maximum potential."

The 80-20 rule can also be applied to life outside of hockey; 80% of life is mental. Think of the amount of time you spend inside your own head weighing options, choosing your perspective, deciding what is right or wrong.

Taking control of your mindset is crucial for success. You have to be in the right mental space to allow success to flow into your life with ease.

Essential Mental Skills for Success:

Visualization: Wayne says, "Before stepping onto the rink in front of 20,000 fans, I sit in my stall and visualize every possible scenario I will face. I visualize every perfect move I will make. That way, when I am playing I already know what I am going to do and do not have to think about it."

Before a big meeting, interview, or life event, picture what the perfect outcome looks like. Visualize the feelings of happiness, joy, and fulfillment you will experience. You are a creator and have the ability to create your outcomes before they occur.

Composure: When you are relaxed you are able to think clearly and make the right decisions. Keeping composure will allow you to perform at your top level. Being known as a person that is able to keep your composure in high pressure environments automatically distinguishes you as a leader. People will feel confident in your ability to make important decisions. The coach for LA Kings knows he can rely on Doughty to make a smart play in the final minute of a game to benefit the team. Keep your composure and do not get thrown off when an outcome does not seem to go your way. Everything happens for a reason.

Leadership: Leadership doesn't just mean being the captain or leader of your team. Leadership means inspiring your teammates, colleagues, and others around you to elevate their performance. This can be done through positive words of inspiration or by leading by example. Chris shared with us, "the best leaders in the NHL don't just lead with words, they lead with actions. They go out there, give 100% effort, and make inspirational plays. Sometimes it is just doing the little things right game after game."

Be a leader by taking action in your life. Any action is better than no action, even if you make mistakes.

TIP: Mistakes are a good thing, they help you successfully determine ways not to do things.

Confidence: When you play life with confidence, you play with success. Always be confident in what you do. If you make a mistake, shake it off. Do not let mistakes or other people intimidate you. Always stay positive, it is the key to confidence.

GRATITUDE

Last but not least the underlying most important thing for happiness and success is gratitude. It is so important to focus on the things you do have in your life and be appreciative of them. When you show gratitude, it allows more experiences of gratitude to flow in.

Wayne, Chris, and Drew shared with us the importance of being grateful. They shared with us that when you are appreciative and grateful; more success seems to find its way into your life.

#2: ACTION

MASTER YOUR CRAFT

PRACTICE, PRACTICE, PRACTICE

The only way to develop your skills and be the best is to learn, practice, and make mistakes. This applies to all careers and things you do in life. The more time you spend on something, the better you will become. Reading books, attending workshops, listening to audios, and any other thing you do to learn is crucial for expanding your knowledge and becoming an expert. The NHL Pro's practice almost every single day to learn and perfect their skills. They utilize every minute they have on the ice to work on their skills. Growing up, a lot of players look at hockey practice as a chore. What set the 3 Pro's apart from the rest is that they looked at practice as an opportunity.

PRO TIP:

- **Mistakes are crucial to your future success.** By understanding what doesn't work, you can identify what does.

Drew shared with us that you have to master your skills, moves, and techniques in practice before you can really apply them in a game. When you practice you have time to think about what you are doing and work on your skills until they become natural and second nature. During a game you do not have time to think about your next move, you have to react instantly. Practice allows you to master your skills so they are second nature when you play.

PRO TIPS:

- **Limit the amount of junk food you eat.** Not only are you filling your body with waste, but you're missing out on the fruits, vegetables, and nuts that pack a mental & performance PUNCH!
- **Drink lots of WATER!** Sugary drinks will provide spikes in energy followed by hard crashes. That is not what you want in the middle of your day.

NUTRITION

A machine is only as good as the fuel you put in it. The better the fuel, the better the performance. Good nutrition is key to reaching your highest levels of cognitive and physical performance. Mentally it will give you more energy, increase the performance of your memory, creative ability, and overall ability to think. Physically it will help you with increased stamina, greater energy, quicker recovery, and faster reactions. Eating healthy will allow you to perform at a level that others will notice. It can make the difference between being 1 of the 7 that make it or 1 of the 21,993 that don't.

Nutrition is also very important to preventing illness. Illness is not fun and is very unproductive. Eat healthy to prevent unwanted down time.

FITNESS

Success is dependent on you feeling good. Your body staying healthy is crucial to feeling good. Exercise releases endorphins that allow your body to keep the mental juices fresh and release unwanted stress and blockages.

Staying in shape will also help you increase your confidence level. When you look good you feel good. You will have that extra spring in your step.

It is self-explanatory why fitness is important to our NHL Pros. They spend every day working on their fitness. One key thing to note is that all 3 Pros shared with us that the more physically fit they are, the greater their confidence on the ice. This correlates to them taking more risks and making bigger plays. Confidence is extremely valuable in anything you do in life. Any edge you can get with confidence is an important one to take advantage of.

3 KEY EXERCISES:

Here are a few of the top workouts our stars use to make the most of their time in the gym:

- **Squats:** <https://www.youtube.com/watch?v=vl30c4Y1GY4>
- **Foot Speed Training:** <https://www.youtube.com/watch?v=dExnm9rdg8I>
- **Box Jumps:** <https://www.youtube.com/watch?v=vl30c4Y1GY4>

#3: ACCELERATION

ENVIRONMENT

Surrounding yourself with the right people is crucial to building a successful environment. If you are not yet successful, reflect upon whom you surround yourself with most of the time. It is often said that your income is generally the average income of your 5 best friends. At first I struggled with this concept but as I paid more attention to this theory I



Photo: Bridget Samuels

“The key to winning a Stanley Cup is having team chemistry, everyone being on the same page, and **creating an environment for success.**”

— Drew Doughty

see more and more evidence supporting this. Your time on this planet is limited, you want to spend it with people that share a common vision and add daily value to your life. People are either adding value to your life or sucking energy from you. If you want to obtain your vision of success, eliminate the energy suckers.

Our NHL players shared with us that their teammates are like their family. There is a cohesive bond that unites teammates in the quest for one common goal, to win the Stanley Cup. All players share that common vision and contribute in any possible way to help obtain it. Any players that do not contribute, do not last long. It is important to surround yourself with the right teammates that share a common vision and drive.

“Happiness consists not of having, but of being: not of possessing but enjoying.”

— William George Jordan
The Majesty of Calmness

CONCLUSION

We hope you enjoyed 7 tips from our NHL STARS! If you apply these 7 basic principles we know that you will see positive results and will start moving towards your vision of success. If 7 feels like a lot, try implementing one at a time and take notice of the changes that occur around you.

Remember, there is always someone out there working harder than you.



In case you haven't had a chance to check it out yet. We've been working with Wayne Simmonds to get to the heart of what successful people do on a daily basis. We put together a Blueprint for Success based on Wayne's daily life.

Check it out at: <http://yourlegacy.co/wayne-simmonds>