

*Bounce Back by John Calipari*

1. Every summer...send a letter to my players.
2. My Kentucky team works past exhaustion, and for your bounce back you will need to do the same.
3. Think of it as our Players' Lounge, where we can congregate, commiserate, and coalesce as a unit.
4. In everything we did.
5. I instilled the belief that we were a premier program on a par with any in the country.
6. My teams will always "strive for perfection and settle for excellence."
7. My "anyone, anywhere, anytime" philosophy.
8. Everyone around you is hurting, and you better deal with them before you deal with yourself. That's what being a coach, an executive, a parent, a son...all about during trying times.
9. I always ask my teams and my players to own their performances.
10. That means taking responsibility for everything – the good and the bad – on the court and in their lives.
11. There are no magic wands to solve serious issues.
12. Every high achiever has a powerful team of personal advisors to turn to for assistance, advice, and support. IN fact, this team is so critical, it pays to begin assembling them early on in your success journey.
13. You are being asked to be your strongest during what could be one of your weakest moments.
14. Know that you are not the first, worst, or only.
15. Not to wait for something good to happen, but instead to go and make sure it happens.
16. As unhealthy as dwelling on the past can be, ignoring it can be just as destructive.
17. I had become obsessed with Mike to the point of hurting the team.
18. IF you become fixated on one aspect of the problem, you lose the ability to progress through the stages of your revitalization.
19. It's hard to take responsibility, but it's harder to move on unless you do.
20. Ralph Waldo Emerson put it this way, "For every minute you are angry, you lose sixty seconds of happiness."
21. It's that very powerful four letter word – Next.
22. It's a trick that all star players have had to master.

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23. If you're constantly looking back at your failures, you're limiting your future success.
24. Coach, do you want me to pass or do you want us to win?
25. You can't control what happened on the last play.
26. You need to refocus on what you're going to do the next time you touch the ball.
27. All guys in the NBA go through slumps. Everyone. But it's how fast you are able to forget the slump and forget what has happened that will separate the good from the great.
28. While regrettable, these examples were not fatal.
29. Take responsibility, learn from the errors of your way, and move forward. This is not an option, it's a demand.
30. You have to be able to recognize your weaknesses before you can overcome them.
31. There is no looking forward until you have looked back.
32. Bill Parcells once told me...if the biggest personality on your team is not the guy you want, you better do everything in your power to get rid of him. Because he's sure as heck trying to get rid of you.
33. Focus on creating the best possible "version of you."
34. I asked the players on the team if they were living the best version of their lives. "Are you doing everything to your utmost in every facet of your lives?" I asked them.
35. If you're not doing the best you can in everything you do, then you're not living the best version of yourself.
36. That's awfully wasteful, and it is no way to go through a season, a year, or a life.
37. The best version of yourself, according to Matthew Kelly, involves your taking time each day to visualize that person you are capable of becoming.
38. All great change is first an idea on our minds. The first expression of every great achievement in history has been in the wonder of the imagination.
39. I want every individual on my team to own his performance.
40. But in order to be true to yourself, you need to own everything you do - good and bad.
41. If you are struggling, you have to change what you are doing.

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42. Knowing who we are (strengths, weaknesses, needs, talents, and desires) and what we are here for (to become the best version of ourselves) is the knowledge that liberates us from the modern enslavement of a life meaningless and gives our lives back to us once more.
43. Cal's Sweet 16 Personal Inventory Questions.
44. The top priorities in my career and life are:
45. I am very proud of:
46. I am most effective when:
47. If I could be anything I wanted to be professionally, I'd be:
48. I am most creative when:
49. The most difficult business/personal decision I have ever made was:
50. I would say that my greatest uniqueness is:
51. I feel happiest when:
52. I feel lowest when:
53. What I like best about myself is:
54. What I like least about myself is:
55. The most important lesson I have learned in my life is:
56. To me, security is:
57. To me, money is:
58. In order to succeed, I need to:
59. If you want to go quickly, go alone.
60. If you want to go far, go together.
61. Realize there is nothing that is out of reach when you are part of a shared vision that serves as an inspiration to all involved.
62. The history books are filled with people who got knocked on their asses and had the fortitude to come back and not only survive their setbacks, but thrive in life.
63. From Bill Belichick to Lou Holtz to Joe Torre, there's a long list of coaches who were once deemed too incompetent to lead and later went on to become dynasty builders and champions.
64. It is disrespectful to use the time of cherished confidants you are contacting and not have specific questions and requests in mind when you speak or meet with them.

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65. You must be an active participant in your survival.
66. I explain thoroughly how each of us benefits as the team rises. Playing on the last day of the season creates opportunities for four or five members of each team because of the exposure and recognition it creates for the young men.
67. I put the ability to motivate others at the very top of the list of a coach's greatest assets. When I say that, I'm talking about not just the capacity to stimulate players to be the best they can be, but also the knack for motivating staff, administrators, and the community at large.
68. Don't get pouty and show indignation when you are told something you don't want to hear. It's on you to accept the advice and use it to better yourself and your own situation.
69. Sometimes the greatest thing you can do for yourself is to help someone else achieve greatness.
70. You control your destiny in every way, shape, and form.
71. This is when you need to have blind faith in your abilities.
72. As we get older and wiser we should all come to the conclusion that our own legacies will be more about whom we have touched and helped than they will be about our own accomplishments.
73. The purpose of life is to discover your gift. The meaning of life is to give your gift away.
74. Today is going to be so-and-so day. We don't ride him, we heap praise on him, and we see if it brings him out of his funk.
75. You need to make it your own.
76. In my job, we're dealing with the fragile psyches of eighteen-, nineteen-, and twentysomething-year-old men.
77. You want people around you who are able to take issues off your plate, not ones who will pile on more.
78. Your positive attitude changes how people look at you and talk about you. You want to be able to draw people to you.
79. They won't do that until they feel positive energy from you.
80. Because you make them feel good.
81. They realize they feel bubbly around you, and they seek opportunities to be with you.
82. Be a magnet, not a repellent.