

Training Camp by John Gordon

1. Everyone comes into this league with ability. Some have it more than others. But it's not ability that separates those who make the team from those who don't. It's sustainability. And sustainability has as much to do with mental strength and mental preparation as it does physical health.
2. How you deal with setbacks matter.
3. Focus and prepare matters.
4. I can get ankle ready to play and your athletic ability can carry you in the short run, but it's your mind that will determine how well you perform in the long run. As Sun Tzu said, 'Every battle is won before it's ever fought.' It starts the mind.
5. It's not how much you say. It's what you say when you say it that counts.
6. Those who have the most profound things to say often speak the least.
7. Making the team is a goal. But striving for greatness is a life mission.
8. But you have to remember that every guy here was the best player on the team. Everyone here had more talent than everyone they played against But making it in this league requires more than talent. What got you to this level won't get you to the next.
9. Are you willing to pay the price that greatness requires?
10. You sure about that?
11. I'm not looking for just words here. You see, everyone says they want to be great, but very few are willing to pay the price.
12. Because if you want it you'll be willing to pay the price and invest the time, energy, sweat, and dedication that greatness requires. People think it's all about talent. But talent isn't enough anymore. Everyone here has talent. It's about infusing talent with heart, soul, spirit, and passion. It's about doing the things that make the best of the best better than everyone else. And these things have nothing to do with talent.
13. You have *it*. We don't know what *it* is, but I know it when I see *it*. I've also found *it* can be developed, sharpened, and strengthened, and I'm just the guy to help you do it.
14. He was trying to make the team for them. But playing the game of football was for him.
15. I thought that being great meant that I needed to get stronger, quicker, and faster.

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16. I have learned that this is not where greatness begins.
17. Striving for greatness doesn't start on the field. It starts right here, in your head. You win here first.
18. Then you win on the field.
19. I wanted to know what made the best better than everyone else.

20. I found that the best of the best all shared similar characteristics, principles, and habits.
21. When I asked them how they approached their work and asked them to tell me about their routine and asked them why and how they had become the best, they would all say many of the same things. I honestly was a little disappointed at first. Like most people I was expecting a magic formula or some sort of secret recipe.
22. There is a pattern to greatness that cuts across all ages, races, genders, and professions.
23. There are things that the best do that others don't and things that they do better than everyone else. There is a way that the best of the best approach their life.
24. And now I'll share it with you – if you are ready. You have to be read, because once you start down this road, your life will never be the same. As I told you before, greatness is a life mission.
25. If you commit to the principles.
26. You will rise to the top of your game in any initiative you pursue.
27. The first and foremost trait of the best of the best is *They know what they truly want.*
28. The best know what they truly want.
29. But for many who became the best, they didn't always know what they wanted. They were just doing something they loved and didn't realize they were excelling. Then one day lightning struck and they had a 'Eureka!' moment where they thought, 'Hey, I can become great at this.'"
30. Forget life mission. They're basically on life support just hoping to get through this day.
31. The best of the best not only know what they want, but they want it more.
32. The Best want it more.

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33. I believe that everyone has a desire to be great. Everyone has a desire to accomplish something meaningful and have an impact.
34. The best of the best are willing to do what it takes to be great. The best don't just think about their desire for greatness, they act on it. They have a high capacity for work. They do the things that others won't do, and they spend more time doing it.
35. The Best are always striving to get better.
36. But what it really requires is willingness to be uncomfortable.
37. To the best, you have to be willing to be uncomfortable and embrace it as a part of your growth process.
38. The best are always looking for ways to learn, apply, improve, and grow. They are humble and hungry. They are lifelong learners.
39. The best see where there is room for improvement and their humility and passion drives them to improve. The average ones.
40. They think that once they arrive at the door of greatness it will stay open forever, not realizing that if they don't improve the door will shut and in some cases will even fall on them.
41. Stay humble and hungry. Humble; That you know you don't have all the answers, and you see everyone as a teacher. Hungry with a passion to improve and set new goals and milestones.
42. A team would win a championship or a player would have a great season and then they would think that all they had to do was step on the field and they would automatically achieve the same results the following year, not realizing that it was the hard work, passion and the constant striving to improve that resulted in success.
43. Each year the best recommit themselves to new goals and being better than they were the year before.
44. Future success is the result of how you work and prepare and practice and how you strive to improve every day.
45. Had to be content with being good and needed to be pushed to be great.
46. Sometimes a person striving for greatness needs someone to push them out of their comfort zone.
47. Being the best wasn't determined by where you were born or what school you went to or who your parents are.
48. Knew success didn't care about these things.

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49. It only cared about what you were doing today to strive to be the best and how hard you were willing to work and how much dedication you were willing to give and how much you could push yourself or allow yourself to be pushed.
50. The best of the best make what they do look so easy that people either think anyone can do it or that there are those who are chosen to do it.
51. We see the end result – the outcome – but what most of us don't see are the countless hours of sweat, toil, dedication, practice, and preparation that lead to greatness.
52. Everyone thinks he was the best because of how he performed on Game Day, *but it's how he prepared for Game Day that made him perform so well.*
53. Process of preparation.
54. That price is paid with countless hours of hard work on the field and off the field, and it's not always fun.
55. Game-Day Principle. Five percent of a person's life is made up of our performance on game day, while 95 percent is made up of the time we are preparing, practicing, and waiting to perform.
56. Yet if you calculate 162 games a year, 4 or 5 bats a game, the difference between a 250 batter and a 350 batter is only 1.7 hits a week. It's the little things that separate the best from the rest. In striving to get better and working hard every day, the best realize that success is not about the big things. Success is all about the little things.
57. Interestingly enough, for all their greatness, the best aren't that much better than the others. They are simply a little better at a lot of things.
58. In fact, the best don't do anything different. They just do the ordinary things better.
59. The Best do ordinary things better than everyone else.
60. By the age of 20, the best performers had practiced for a total of 10,000 hours, the good performers had practiced for 8,000 hours, and the average performers practiced for only 4,000 hours.
61. Being the best was not just practicing, but the right kind of practice. It wasn't just about working hard, but working hard on the right things.
62. As Edison said, *'Vision without execution is hallucination.'*
63. To execute with excellence you must take zoom-focused actions.

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64. You must identify the key 'little ordinary things' that are fundamental to your success, and then you must focus on them, practice them, and strive to execute them to perfection.
65. The Best Zoom-Focus.
66. You must become a master of the ordinary.
67. The best of the best accomplish extraordinary feats by doing ordinary things with extraordinary consistency, commitment and focus.
68. Every job.
69. Features fundamentals that can be mastered.
70. It's not just about practice, but *focused* practice.
71. They simply said that they planned their day. They made their calls. They followed up.
72. The best at what they do are able to zoom-focus, to create a system and process to master the fundamentals. This system and process drive the way they think, their practice and preparation, and how they approach every day.
73. What are the three most important things I need to do today that will help me create the success I desire?
74. We need to stop scattering our energy and wasting our time on trivial things that have nothing to do with our vision and goals and start saying yes to our priorities and to what truly matters.
75. To be the best you have to train and develop your mind as much as your body, and you must start *now*.
76. Not to let "energy vampires" get him down.
77. You'll need to stay positive and focused during all these hours of practice and greatness requires.
78. Negative noise from your own self-doubt.
79. Today's world is not longer a sprint or a marathon. It's a series of sprints combined with a boxing match. You're not just running, you are getting hit along the way.
80. If you don't weed out the negative thoughts, then they will take over your mind.
81. Just as you practice running, blocking, and catching, you must practice thinking positive thoughts and eliminating negative thoughts.
82. When you face a setback, think of it as a defining moment that will lead to a future accomplishment.

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83. The best don't just face adversity, they embrace it, knowing it's not a dead end but a detour to something greater and better.
84. When you fail, find the lesson in it, and then recall.
85. When you head into a battle, visualize success.
86. The *now* is where your power is greatest.
87. When you want to complain, instead identify a solution.
88. Focus on what you can control and let go of what you can't.
89. To overcome your fear, you have to know what you are up against. To beat your enemy, you must know your enemy. Average people shy away from their fears.
90. It was their job as coaches to know as much about their players, their families, and their histories as possible.
91. The Best overcome their fear.
92. We must first confront the issue of fear before moving on. It goes to the heart of greatness. It's the ultimate battle. Too many people retreat from this battle and fail to achieve their dreams.
93. We don't live our life based on reality but rather based on our perception of reality. This perception is influenced by the story we tell ourselves and the role we play in the story.
94. The best also have a different belief system. Rather than seeing themselves as victims of circumstance, the best believe that they have a tremendous amount of influence on their story and the way it turns out.
95. Their so much pressure and competition at this level that you have to turn to something. Some guys, unfortunately, turn to drugs, alcohol, and girls. Other guys turn into themselves and implode because the pressure is too great. Some turn to people that they can count on, while some turn to people they can't. Others turn to their faith. The point is, no matter what, everyone turns to something. Just make sure you turn to the right things. Okay?
96. The Best seize the moment.
97. To seize the moment, don't let your failure define you; let it fuel you. Don't run from fear, face it and embrace it.
98. Don't let the moment define you. You define the moment.
99. To enjoy success you must not focus on it. Rather, you must focus on the process that produces success.

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100. He knew that the best perform their best in the face of pressure, not in the absence of it.
101. I realized how important it is to start your day off right. Instead of letting the world create you, to create your world.
102. The Best tap into a power greater than themselves.
103. When he saw God as a relationship rather than a religion.
104. Because you have to give all of who you are to become everything you're meant to be.
105. Money might make you perform well in the short term, but it won't inspire you to be the best and strive for greatness over the long term.
106. Average players are motivated by the paycheck. The great ones are inspired to leave a legacy.
107. The Best leave a legacy.
108. You have a legacy by living and working with a bigger purpose. You leave a legacy by making your life about more than just you. You leave a legacy by moving from success to significance.
109. The Best make everyone around them better.
110. One person in pursuit of excellence raise the standards of everyone around them.
111. Because it's in the striving where you find greatness, not in the outcome.
112. Even if you become the best in the world at what you do, it's short lived. Eventually someone will come along who is better. Being the best doesn't last. But the person you become and the impact you have on others are timeless.
113. The greatness was a mission and that being the best really wasn't about being better than anyone else but about striving to be the best you could be and bringing out the best in others.
114. Eleven traits of the best.
115. The Best know what they truly want.
116. The Best want it more.
117. The Best are always striving to get better.
118. The Best do ordinary things better than everyone else.
119. The Best zoom-focus.
120. The Best are mentally stronger.

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- 121. The Best overcome their fear.
- 122. The Best seize the moment.
- 123. The Best tap into a greater power than themselves.
- 124. The Best leave a legacy.
- 125. The Best make everyone around them better.