

# Focus

Just being yourself. Being at ease in any situation. Never fighting yourself.

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## Life Theme

**Question 2:** Do you ever find yourself trying to be someone you are not?

Impress the Ladies??

Impress Friends??

**Truth:** Not following your gut and behaving in a way to impress others... is the way of the WEAK... not the way of **MEN** who lead others....

## Football Theme

**Question 1:** Are you at peace with your role on this team?

How do you balance being a person of POISE (Steadiness and stability) but continue to push your self to become even better..... avoid complacency.

**Go to:** [www.Coachmertz.com](http://www.Coachmertz.com)

**Watch Video Week 10.....Write thoughts on Back**

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**“TRUE SUCCESS IS BUILT ON A FOUNDATION OF CHARACTER”**

**Success** is peace of mind which is a direct result of self satisfaction in knowing you did your best to become the best that your are capable of becoming.