

Discipline

Practice self discipline and keep emotions under control. Good judgment and common sense are essential.

Life Theme

Question: Have you seen those in authority lose control of their emotions? What did you think of them? How did they handle the emotionally charged situation?

Truth: Real Men use DISCIPLINE to keep their emotions, speech and behavior in check.

Football Theme

Question: Football cannot be played at a high level without significant emotion or passion how do you **Elevate** and then control your emotions throughout a game.

Execution: As a Teammate learn to inspire your comrades to play with great emotion and then incorporate DISCIPLINE to achieve our team goals.

Go to: www.CoachMertz.com

Watch Video Week 5.....Write thoughts on Back

“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 you are capable of becoming.