

Determination

Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent.

Life Theme

Question: Have you ever quit something you started? If no... how about walking away emotionally while your body is still physically present?

Thought: Persistence is a dying quality in our country...

Truth: Intententness or Determination is the quality that will not allow you to quit. Our society is brainwashed into the idea of immediate gratification.

Execution: Invest in long term goals....

Football Theme

Question: Have you set goals for this season? Are you still invested emotionally, spiritually and physically?

Thought: Surround yourself with men who are driven and have strong character...Success will be around the corner.

Truth: Persistent players often overcome talented individuals that lack determination.

Execution: Hold yourself accountable for your goals do not accept failure.

Go to: www.COACHMERTZ.com

Watch Video Week 3.....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 your are capable of becoming.