

GROWING CHAMPIONS FOR LIFE

Positive Strategies for Helping Kids Win at Life and Sports

Mastering the 5 Cornerstones of Athletic Improvement Part V

By David Benzel

The Growing Champions for Life philosophy was built from the idea that the youth sports experience is most effective in meeting its true objectives when coaches, parents, and administrators create the most positive learning environment possible for today's youth. Lessons in self-control, humility and character have the potential to help child athletes discover their guiding principles and apply those lessons to live a values-driven life.

To guide athletes along the journey, we created five cornerstones for athletic improvement that address fundamental issues of sport AND life. Mastering these five skills will yield improved performance in sports, AND personal maturity for making good decisions in life.



This month we'll tackle the fifth cornerstone, "***Stay on Your Path***", the final piece of puzzle.

Cornerstone #5 – Stay on Your Path

The journey you have chosen requires you to blaze a trail, or follow in the steps of others who have gone before you. Either way you must stay on your chosen path in spite of the various forks and tributaries that might cause you to stray. Those attractive alternatives will lengthen the journey, or perhaps take you to an entirely different destination. Operate with unwavering

faith in the value of the goal you have chosen, and say “No thank you” to shortcuts or lesser variations of what you really want.

The strength and authenticity of the Five Cornerstones is that they require self-discovery and self-direction. Your answers to three questions will guide you through the process of launching Cornerstone #5. Each question purposefully urges you “to wonder” until your answer comes from within.

- I wonder how I can see and appreciate today the positive outcome my work will have on me six months down the road?
- I wonder how I can avoid the forks in the road that might take me in the wrong direction?
- I wonder how I can make the necessary course corrections when I stray off my path?

As you “wonder” about these questions the real you will answer each one in a genuine way. Give the process as much time as it takes and allow yourself permission to refine and adjust your answers over several days, until it feels just right. Enjoyment of the journey itself is key. Every step has potential joy in it, even when it’s challenging. Visualize the outcome and imagine the feeling of the wish fulfilled.

Once the questions are answered you’re ready to stay on your path, which means your steps forward will be steady and true every day. This consists of four steps:

1. Identify the path you wish to follow
2. Function with faith in the inevitable outcome
3. Accept the process and enjoy it
4. Visualize the results you expect to arrive

Start the process today...no need to wait! Land on the fifth cornerstone with determination to enjoy the benefits of Staying on Your Path.

[CLICK HERE](#) to ask David Benzel a question about this topic:

<http://www.growingchampionsforlife.com/coachdavid>

David Benzel is the Founder and Executive Director of [Growing Champions for Life, Inc.](#), which provides parents and coaches with practical tools & positive strategies for helping athletes reach their full potential while enjoying the youth sport experience. David is also the author of *"From Chump to Champ - How Individuals Go From Good to Great"* www.growingchampionsforlife.com