

GROWING CHAMPIONS FOR LIFE

Positive Strategies for Helping Kids Win at Life and Sports

Mastering the 5 Cornerstones of Athletic Improvement Part III

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 third cornerstone, **"Stick to It"**, and then move on to each of the others in subsequent months.

Cornerstone #3 – Stick to It

"Adversity has a way of eliciting strengths that in normal times would otherwise lay dormant." This quote suggests there is a redeeming value to facing obstacles, setbacks, and adversity. It's normal to "boo-who" at first when calamity strikes, but the sooner you can see adversity as an

opportunity – instead of a threat – the faster you will capitalize on its fruits. Every adversity your encounter has benefits of great value, and the lessons hidden in each struggle will make you stronger when you Stick to It.

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 #3. Each question purposefully urges you “to wonder” until your answer comes from within.

- A. I wonder how I can train consistently at 80% to 90% effort?
- B. I wonder how I can make myself do the things I’d rather not do?
- C. I wonder how I can continue to move forward in spite of my obstacles or any adversity?

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. Replace any fear with a belief that sticking to it will have big dividends. Say “thank you” for the next setback you face. Your GRIT (perseverance) to handle any situation or challenge will increase accordingly.

Once the questions are answered you’re ready to Stick to It whenever a new obstacle is presented. This consists of four steps:

1. Work on your skills diligently and consistently
2. Exercise self-discipline when tempted to let up
3. Overcome adversity by going over, around, or through obstacles
4. Persevere repeatedly and demonstrate your GRIT

Start the process today...no need to wait! Land on the third cornerstone with faith in the good lessons that can be learned from Sticking to It.

[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