



2 minute drill

for parents



monthly tips from Positive Coaching Alliance

E is for Effort

William James noted that the only thing we bring to our life is the amount of effort we put into it. Everything else - physical talents, our personality, our wealth - are given to us. What is up to us is how hard we try.

Tell your children that more than anything else, it is the amount of effort they are willing to put into their sports (school work, etc.) that determines how good they can become. Recognize their gritty effort - even if is not successful on the scoreboard.

adapted from *Positive Coaching in a Nutshell* by Jim Thompson



to purchase *Positive Coaching in a Nutshell* and other books by Jim Thompson, please visit:
<https://www.positivecoach.org/store/Default.aspx>