



FIVE STAR

WWW.2WORDS.TV

QUOTES OF THE WEEK:

MONDAY:

"Associate yourself with people of good quality, for it is better to be alone than in bad company." Booker T. Washington

TUESDAY:

"The foundation stones for a balanced success are honesty, character, integrity, faith, love and loyalty." Zig Ziglar

WEDNESDAY:

"There are going to be things that we have to humble ourselves to work on."
Coach Mackey

THURSDAY:

"Do what you say you're going to do. And try to do it a little better than you said you would." Jimmy Dean

FRIDAY:

"It's not enough to have lived. We should be determined to live for something."
Winston S. Churchill

WEEK 03

FIVE STAR CONTENT OVERVIEW



COACHES

Live the life lessons you teach.



CAPTAINS

Help others become better.



ATHLETES

Act in ways that cultivate good character.



FAMILY

Recognize the influence you have on your kids.



FIVE STAR

It does you no good to be a 5-star athlete if you have 0-star character. Prowess on the field is temporary. Eventually, sports will end. When it does, you will still have the character lessons you learned while playing, and the skills picked up from the lessons will help you throughout your life... or not.

Compartmentalizing your life pushes everyone else out so the focus is only on you and what you want out of life. It's about what you are good at. On the other hand, having a 5-star character requires caring about others. It means leading a life that makes the world a better place. You can't do that if you're focused on nothing but being the best at your sport.

It's tempting to compartmentalize life. It's tempting to say things like "I'm great at soccer, so I don't have to be good at Chemistry" or "I'm a great son so I don't have to be a good member of my community." Neither of those statements make any sense, though.

Being good on the field doesn't mean you get a free pass on being good in the classroom. Being a good son or daughter is great, but it doesn't mean you can insulate yourself in the family unit and avoid being a good neighbor.

Compartmentalization like this holds you back from becoming the best you can be. When you compartmentalize, you start to focus only on the things that you're already good at, which means you don't grow in your weaker areas. At the same time, you stunt the growth of your character, which needs access to all areas of your life to become 5-star.

Stop compartmentalizing. Do this, and you're on your way to 5-star character.

WEEK 03 FIVE STAR FOR COACHES



FIVE STAR: FOR COACHES

The best coaches aren't satisfied with just teaching their players to develop 5-star character; they want to develop it, too. That means actively seeking out the right influences for ourselves, working to be better today than yesterday, and believing in something greater than ourselves. The more we live the message, the better we become as coaches, and the better model we provide for our students.

Here are a few ideas on how to be a 5-Star Coach:

Find the right influences. Influence comes from the in-person mentors we interact with, but it can also be found from people we may never meet. The books we read and podcasts we listen to are like hanging out with those inspiring people. We integrate their thoughts, ideas, and values into our lives, and they help us grow.

Work to be better today. We don't have to set a new PR every day to get better every day. Progress most often comes in slow steps, not giant leaps. Living a 5-star character life is hard work. We have to put in the effort every single day to be conscious of our actions, correct our mistakes, and improve our relationships.

Believe in something greater. The purpose of coaching isn't just to win games. We're also trying to win hearts. When we coach beyond the game and encourage our athletes to strive for something greater than the scoreboard, that purpose drives us to put in the long hours and push through the hard days.

Being a good model for our students means integrating the life lessons we teach into our own lives. A good place to start is finding the right influences, working to be better every day, and believing in something greater than self.

THIS WEEK, BE ON THE LOOKOUT FOR:

1. **Opportunities to CONSUME something new.** If you want to be influenced by the best people, you have to find them, either through podcasts, books, magazines, YouTube channels, etc. Find a new voice to take in, but don't just take things at face value. Evaluate if and how it fits with your life and values.
2. **Opportunities to WORK intentionally.** You're already putting in hard work every day to teach young men and women how to have 5-star character. But putting that to work in your own life means being intentional about all words, actions, and yes, thoughts. Take small moments throughout the day to focus on intentionally working to be better.
3. **Opportunities to SHARE your purpose.** With a goal, when you share it, it gets harder to reach because you receive the reward before the work. Sharing your purpose is different. The more you share it with others, the more you find people with similar ideals and the more you are encouraged and driven to live according to your purpose. Share it with your coaching staff, your family, your athletes, or other teachers.

QUOTES OF THE DAY:

MONDAY:

"Associate yourself with people of good quality, for it is better to be alone than in bad company." Booker T. Washington

TUESDAY:

"The foundation stones for a balanced success are honesty, character, integrity, faith, love and loyalty." Zig Ziglar

WEDNESDAY:

"There are going to be things that we have to humble ourselves to work on."
Coach Mackey

THURSDAY:

"Do what you say you're going to do. And try to do it a little better than you said you would." Jimmy Dean

FRIDAY:

"It's not enough to have lived. We should be determined to live for something."
Winston S. Churchill

WEEK 03

FIVE STAR

FOR CAPTAINS & ATHLETES

FIVE STAR: FOR CAPTAINS AND ATHLETES

Understanding what determines a 5-star character is one thing, but how do you actually find the right people to hang out with? How do you work harder to be better every day? How do you live with greater purpose?

Some of those answers you will find within yourself as you strive to be a person of good character. But to get you started, here are some things you can do and questions you can ask yourself to work toward a 5-star character:

1. *Become the right person to be around.* The people you spend time with influence you, but you can also have a positive influence on them. If you want to hang out with the best people, you need to become one of the best people. When you live with integrity, you encourage others to do the same. When you give honest feedback on how they can grow, they will do the same for you. Think about the people in your life that you spend the most time with. Can they say that they are better people for that time you spent together?

Question: Who are the people you spend the most time with? How do you help them become better by hanging out with you?

2. *Be rooted in your team values.* It's really easy to diverge from personal values if you don't know enough about who you are to stand firm in your values. Luckily, you have guidelines to follow for your values and character through your team. Ensure your personal values are rooted in your team values by committing to daily actions that uphold and further those values. For each of your team values, look at how you demonstrate that in daily life and where you fall short.

Question: How are you living out your team values in daily life?

3. *Develop a plan to pursue growth.* Pursuing daily growth requires a plan. You need to know two things: Where you are and where you want to be. With that information, work backwards from the goal to break down what you need to do to get there. Then, determine what is the first, next thing you can do today to get 1% closer to your goal. After that, plan the next step, and the next. By breaking your plan for growth into small, concrete steps, you make it easier to pursue.

Question: What is one thing you can do today that will make you 1% better than yesterday or get you 1% closer to the goal?

4. *Practice being dependable.* Dependability is a skill that you strengthen every time you follow through on doing what you said you would do. You can practice this by making one commitment to a teammate, friend, or family member each week and following through on that commitment. You also demonstrate (and improve!) dependability by doing things for others before they ask for assistance. The act of helping someone else before they even know they need help shows that you can be depended on to help without being asked.

Question: What action can you take this week to strengthen your dependability skill?

WEEK 03

FIVE STAR

FOR CAPTAINS & ATHLETES

5. *Be the change you want to see.* You have the power to impact the culture of your campus beyond your years there. The main purpose for attending school is to learn how to learn so you'll be prepared for life after school. But, there's more to it than that. School is also a great place to learn how to be a leader in the community and how to positively impact the lives of others. Even small actions can have a big impact.

Question: What can you do this week to make your campus a better place?

To recap: Become the right person to be around so you can surround yourself with the right people. Be rooted in your values so you know who you are and who you are not. Develop a plan to pursue growth so you can work to become better every day. Practice being dependable to help you always do what you say you're going to do. And finally, be the change you want to see on your campus to fulfill a greater purpose.

You now have the tools to both understand what 5-star character is and how to take action to help you achieve it.

● CAPTAIN'S & ATHLETE'S EXERCISE:

Building on your answers from the section, respond to the following:

1. What can you do this week to become a better influence on the people you spend the most time with?
2. Briefly describe a situation in which your values could steer you in the right direction when you are unsure about your course of action. Which value(s) did you focus on?
3. Why is it only necessary to get 1% better each day? What happens over time as those 1% increases begin to accrue?
4. How have your actions up to the present shown your dependability? Give a specific example.
5. Why is it important to have a greater purpose or belief in something outside of yourself?

WEEK 03

FIVE STAR FOR FAMILY



FIVE STAR: FOR FAMILY

For many people, our family are the ones that we spend the most time with for the longest time. We're with them from beginning to end, birth to death. Even if we end up separated by distance and time, family is the beginning of our social influence and is a continuing influence throughout our lives.

Every day we have the opportunity to make our family members better by being around us. Let's look at a few ways we can do that.

Spend time together individually. Group family time is great, and it's worth planning out time together as a unit. But, some of the greatest experiences happen in pairs. It's easier to have a conversation and connect one-on-one. If our daughter wants to try out a painting class, that makes a great one-on-one outing where we can be creative and bond over a shared experience.

Actively listen to one another. Listening doesn't mean waiting for our turn to speak. We can be mindful of our conversations and consciously focus on what the other person is saying. If our son is trying to tell us about his model airplanes, we don't have to remember the specifications and names of all of them, but we can take an interest enough to be present in the conversation.

Encourage each other to grow. Friends and family are the foundation of our support network when we're considering trying new things or trying to recover from a mistake. Encourage growth by talking through a mistake, trying a new activity together, and pointing out when they are acting contrary to family values.

The people we spend time with influence us and we influence them. Since our family members are the ones we spend the most time with and are with for the longest time in our lives, we should be conscious of how we influence them and help them become better.

/// BEST 5 ///

THE BEST FIVE MINUTES OF THE WEEK

Why is one-on-one family time important? What do you get from that experience that you don't get with a group outing or activity?

Are you a good listener? How so? What do the rest of your family think you could improve on in the listening arena?

How do you currently encourage each other to grow? What else could you do to help each other continue expanding horizons?

Family is family even when separated by distance. How do you stay close to each other even when someone is far away?

What influences have your family members had on you over the years? What influence have you had on them?

WEEK 03 FIVE STAR MORE RESOURCES

● MORE RESOURCES

Video: ["How to motivate yourself to change your behavior | Tali Sharot | TEDxCambridge"](#) from YouTube

Podcast: Coach 360 #174 ["Be Better Today than You Were Yesterday"](#)

Article: ["How to Help Teens Find Purpose"](#) by Patrick Cook-Deegan from UC at Berkeley's Greater Good Magazine

Article: ["Building Strong Family Relationships"](#) from the University of Delaware