

Mini Lesson #6 – Are you coachable?

In high school I was a 3 sport athlete all 4 years. I ALWAYS made sure that I got to practice on time and I practiced at home on the skills I needed to master. I respected my coaches, even the ones that I didn't agree with. If I was upset about the fact that I didn't start a game, get to swim what I wanted, or get as much playing time as I would have liked, I didn't complain I just worked harder to earn that spot. I had friends on each team but there were absolutely people I didn't get along with all through high school. Even though we were not buddies off the field, I always make it a priority to "flip that switch" at practice or game/competition. I knew that if I let my anger get the best of me, it would throw off my game as well as hinder the team overall.

Why did I tell you all this...it wasn't till later in life that I actually sat back and realized that I could use my dedication to sports to help me in the real world.

Questions to ask yourself:

1. Am I on time? Even while working from home on school work, do I take pride in making sure things are turned in on time?
2. Do I swallow my pride and admit where I am weak, in order to work harder on it?
3. Do I respect others even when I disagree with them? Especially when it's my parents, teacher or coach, or classmate that I disagree with.
4. Do I think about the overall picture of my situation before myself? If I lose my temper and say what I really want to say, is that actually going to help?

*** Not all coaches are great...my high school field hockey coach told me never to even try or bother contacting a college coach to play. She said I would never make it to the collegiate level. I knew I wanted to play hockey in college so I worked hard. If you know me, you know a little bit of my background. I don't like talking about myself, but I wish I could find my old coach and explain how much she hurt my feelings. Also that I didn't give up. 😊

5. Who have you let "get in your head" and keep you from your dreams and ambitions?

Check out these few facts, some you may know, hopefully some are new for you:

Michael Jordan

Jordan was cut from his high school basketball team — a heartbreaking experience for any teenager. Then he became one of the greatest basketball players in the history of the game.

He is the author of one of my favorite quotes about failure, one proudly displayed on the Failure Wall at my company: "I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed."

J.K. Rowling

Rowling had her first Harry Potter novel rejected 12 times and was told “not to quit her day job.” Her latest novels (anonymously penned) continue to get rejection letters. She proudly posted those letters on twitter. And for good reason. Rowling is in great company; many successful writers rightfully consider their early rejections to be badges of honor . Stephen King’s first book, *Carrie*, accumulated at least 30 rejection slips before it was accepted by Doubleday.

Walt Disney

Disney was fired as a young man from his newspaper job for a lack of good ideas. Then he started his first animation company in 1921, but that quickly went bankrupt. He ended up eating dog food (literally) to survive. If you were subsisting on dog food because of the failure of your first animation company, would you start another animation company? Probably not. But that’s exactly what Walt Disney did. In fact, he had to restart several more times after that before finally becoming successful.

Emily Blunt

Before Blunt was getting nominated for Golden Globes and landing leading roles on the stage and big screen, she could barely carry a conversation with her classmates: Between ages seven and 14, Emily had a major stutter. Emily explains, "I was a smart kid, and had a lot to say, but I just couldn't say it. It would just haunt me. I never thought I'd be able to sit and talk to someone like I'm talking to you right now." But that all changed when one of her junior high teachers encouraged her to try out for the school play—a totally unappealing feat given the fact that she had such a hard time communicating. But the teacher kept gently pressing and suggested she try accents and character voices to help get the words out—and it worked. By the end of her teens, Blunt had overcome her stutter and went on to achieve the successful career she has now.

AT THE END OF THE DAY YOUR COACHABILITY PERTAINS TO EVERY ASPECT OF YOUR LIFE. IT’S UP TO YOU TO DETERMINE THE TYPE OF PLAYER YOU’RE GOING TO BE. WILL YOU GIVE INTO THE TEMPTATIONS OF THE DEVIL AND THE EASY WAY OUT, OR WILL YOU STAY STRONG AND ALLOW GOD TO GUIDE YOU.

For cute inspiration: <https://www.youtube.com/watch?v=07d2dXHYb94>

For SERIOUS inspiration: <https://www.youtube.com/watch?v=Q6HnFuzSIdQ>

For Parents:

There is no task for you with this mini lesson. For today I just want to say thank you and tell you you're doing an incredible job. There is no handbook that tells someone how to be the perfect parent and there certainly isn't a guide to handle our current situation. Over these past few weeks you may have placed so much pressure on yourself to handle everything that you've forgotten to take care of yourself. Take pride in knowing that your family loves you, God loves you and you are not alone. Please do not carry the weight and burden of the stresses and anxiety of this situation. Give them to God, say a prayer for you. Don't worry if the laundry isn't done, dinner isn't perfect, rooms are a mess...no one is going to see your house anytime soon anyway. HAHA I'm praying for you and I only ask that if I can help you in any way please contact me.

I know each day brings new changes that none of us are ready for but I PRAY that you take each change as a challenge for YOU to be coachable. Enjoy the time with your family and children, look at the positives because your children are looking at you.

Last video for the lesson, teen and adults should watch:

Be a Mr. Jensen https://www.youtube.com/watch?v=4p5286T_kn0

Saint Stephen of Mar Saba - Saint of the Day for March 31

<https://www.franciscanmedia.org/saint-stephen-of-mar-saba/>

Saint Stephen of Mar Saba's Story:

A "do not disturb" sign helped today's saint find holiness and peace.

Stephen of Mar Saba was the nephew of Saint John Damascene, who introduced the young boy to monastic life beginning at age 10. When he reached 24, Stephen served the community in a variety of ways, including guest master. After some time he asked permission to live a hermit's life. The answer from the abbot was yes and no: Stephen could follow his preferred lifestyle during the week, but on weekends he was to offer his skills as a counselor. Stephen placed a note on the door of his cell: "Forgive me, Fathers, in the name of the Lord, but please do not disturb me except on Saturdays and Sundays."

Despite his calling to prayer and quiet, Stephen displayed uncanny skills with people and was a valued spiritual guide.

His biographer and disciple wrote about Stephen: "Whatever help, spiritual or material, he was asked to give, he gave. He received and honored all with the same kindness. He possessed nothing and lacked nothing. In total poverty he possessed all things."

Stephen died in 794.

Reflection

Saint Stephen of Mar Saba knew the value of solitude. Even though he was generous and served whoever came to him, he relished his time alone. Maybe we can learn from him the value of solitude and seek it out a little more in our lives.