

CONTROL

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FREAK

QUOTES OF THE WEEK:

MONDAY:

"You cannot control your circumstances, but you can control your character."
Erwin Raphael McManus

TUESDAY:

"If you want to feel in control of your life, you've got to be a control freak about what you can control." Coach Mackey

WEDNESDAY:

"You may not control all the events that happen to you, but you can decide not to be reduced by them." Maya Angelou

THURSDAY:

"I am the one thing in life I can control." Lin Manuel-Miranda

FRIDAY:

"At the end of the day, you can't control the results; you can only control your effort level and your focus." Ben Zobrist

WEEK 24

CONTROL FREAK CONTENT OVERVIEW



COACHES

Prioritize what matters most.



CAPTAINS

Ask questions to take control.



ATHLETES

Determine the controllables.



FAMILY

Become a control freak.



CONTROL FREAK

We all feel like life is chaotic sometimes. But often, the things we try to control in the chaos just leave us feeling more out of control. If you want to feel in control of your life, you've got to control the controllables. Instead of being a control freak about things that you can't control, be a control freak about the things you CAN control. That's things like preparation, effort, and focus.

Preparation. You can't choose what's on the test or what the opponent is going to do on game night. You can choose how you prepare to take the test and beat the opponent. Controlling how you prepare won't guarantee the outcome you want, but it will give you a better shot than wishing and worrying about the outcome.

Effort. Nobody but you gets to decide how much effort you give to what's right in front of you. No matter how bad your day is going or out of control your life feels, choose to give your best effort. Your best in the midst of a bad day won't be the same as your best a good day, and that's okay. The important thing is giving 100% of whatever you have to the task at hand.

Focus. Where you focus you finish. If you're focusing on the things that you can't control, then you're going to end up feeling out of control. But if you focus on controlling the controllables, you'll finish by gaining a sense of control amidst the chaos. For example, if you focus on what you did right, it can help you figure out what you did wrong.

These are just three examples of things that are within your control. When you feel like life is chaos, let go of what you can't control, and become a control freak about what you can control.

WEEK 24

CONTROL FREAK FOR COACHES



CONTROL FREAK: FOR COACHES

Coaches have a lot more control over their schedules than student-athletes do. But that doesn't mean coaches are immune to feeling like life is chaotic. The advice for how to take back control amidst the chaos is the same as for athletes: Control the controllables.

The difference is, coaches have a lot more options for what they control. So how do you know which controllables to focus on?

One word: Priorities.

When life feels like chaos, it's usually because the majority of our energy is going to things that don't matter as much. To take back control, we have to make sure our energy is directed to the things that matter the most. That's things like the athletic program values, the team culture, and your relationships with athletes.

It's easy to get bogged down in the details of scheduling, working with admins or parents, and the reality of transporting athletes to games. But those details aren't why you do what you do, are they? They serve the greater purpose, but they aren't the focus. These things matter, but they matter less than, say, making sure your athletes trust you.

Think about where your energy goes, and evaluate if that's the most effective way to control the chaos. If it's not, then start looking for ways to focus back on what matters most. When you keep the vision for the team in mind, that will help you figure out which controllables to latch onto and which to let slide.

Everyone feels like life is chaotic sometimes, whether we're a coach or an athlete, but when we prioritize what matters most and work on controlling those things, we can regain some control of the chaos.

THIS WEEK, BE ON THE LOOKOUT FOR:

1. **Opportunities to EVALUATE your priorities.** What gets the most of your attention and energy? That is what you are prioritizing in your life. If you don't like the answer to that question, ask: What are my priorities? And once you have an answer to that, ask: How can I shift my attention and energy to the things that I want to prioritize?
2. **Opportunities to BUDGET your energy.** The most important things should get the most energy. But if you aren't intentional about how you portion out your energy, it won't turn out that way. Once you have your priorities figured out, think about how much time, resources, and energy go into each of the important things. Then, you'll have a better idea of what you can spare for the less important things.
3. **Opportunities to GUIDE athletes in controlling the controllables.** Set the example, and talk about it with athletes. Let them peak behind the curtain to see why you do what you do. It will help them figure out how to set their own priorities and budget their energy accordingly.

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CONTROL FREAK FOR CAPTAINS

C CONTROL FREAK: FOR CAPTAINS

Things aren't always going to be smooth sailing. As a leader, the time when your teammates need you most is when the waters are rough and a storm is blowing in. That's the time when you can step up and help your teammates lean into adversity.

When you're faced with adversity or chaos, there are three questions you can ask to help you and your teammates regain control. Let's take a look.

What is my best right now? No matter how hopeless things seem, you can always give your best. What level of effort and focus can you bring to this challenge? What encouragement can you give to others? By asking this question, you start to focus on the things that are within your control, rather than staring wide-eyed at the things you can't control.

What can I learn in this situation? Every adversity brings a chance for growth. What is the lesson hiding in the mayhem? Think about both your strengths and weaknesses. Is this something that will help you hone a strength or counter a weakness? When you approach the situation with curiosity (instead of fear), it gives you a chance to learn the lesson that adversity offers.

What can I be grateful for? Gratitude helps you shift your perspective from "why me?" to "thank you." That shift is important for supporting your answers to both of the first two questions. If you aren't thankful for the learning opportunity, you won't see and learn the lesson. If you aren't grateful for the ability to give your best (whatever that is in the moment), then you won't give.

These three questions will help you become a control freak about what you can control. They will help you to weather the storm for yourself and your team until smooth waters return.

/// CAPTAINS' LOG ///

"LEADERS ALWAYS LEAD"

What is a tough or chaotic situation that you are in now (or expect to be in soon)?

What is the best you can give in that situation?

What can you learn from that situation?

What is there to be grateful for about the situation?

How can answering these three questions help you to be a better leader for your team?

WEEK 24

CONTROL FREAK FOR ATHLETES



CONTROL FREAK: FOR ATHLETES

When life feels chaotic, you've got to focus on controlling the controllables. That's things like preparation, effort, and focus. But when you're knee-deep in mud, it can be hard to see the path forward. Let's look at three questions to ask to help you figure out what you can control in any situation.

Where am I? Some controllables are pretty universal. Effort applies to the here and now, so that is something you can control in any situation. But others are situational. For example, what you can control in a chemistry class will be different from what you can control during practice. The more specific you can get when naming your location, the more it will help you pick out the controllables in your present situation.

When am I? Do you ever feel like a time traveler? Like your body is in the present, but your mind is way in the future—stressing. Look at a clock and a calendar (or your phone screen). What is the exact year, month, day, hour, and minute? By listing out the date, you help ground yourself in the present. This is now. So right now, in this very moment, what can you control?

Why am I doing this? Think about how this situation can serve your goals. Even if it seems like a completely negative situation, how could it be helpful in the long-run? When you have a clear purpose for doing a thing, especially something you don't want to do, that helps you discover the things you can control. You can't control if you're in the situation, but you can decide that it's going to help you reach your goals.

You can't control everything. When you try to control things that you can't control, it leaves you feeling even more out of control. Instead, focus on controlling the controllables.

ATHLETE'S EXERCISE:

1. What situation makes you feel out of control? What's the physical location where that situation takes place?
2. What's the date and time right now?
3. What can you do right now that you couldn't do earlier and can't do later?
4. Why are you involved in the situation that you are in?
5. How can being in that situation help you reach your goals?

WEEK 24

CONTROL FREAK FOR FAMILY



CONTROL FREAK: FOR FAMILY

Most of the time, “Control Freak” is used negatively, but that’s because it often describes someone who is trying to control the wrong things or things that they can’t actually control. We want our kids to be control freaks about the right things—the things that they can actually control. In other words, they’ve got to focus on controlling the controllables.

They can’t control having to go to school or when their games are. They can’t control how their teammates behave or how much time their coach puts them in the game. So if they are trying to control those things, they’re going to have a hard time.

Instead, we want to encourage them to find the things they can control. That’s things like preparation, effort, and focus. Here are a few examples:

- Our kids can’t control when or for how long Coach puts them on the field, but they can control how they prepare for the game so they’ll be ready when the time comes.
- Our kids can’t control what content they are studying in class, but they can control the effort they bring to learning the material.
- Our kids can’t control whether their teammates are focused on the right things, but they can control the example they set with their own focus.

It’s natural and easy to focus on the things that we can’t control. But that just leads to life feeling chaotic. When we instead decide to become control freaks about what we CAN control, then we begin to find meaning in the chaos. We begin to bring some order to things rather than being hurled around by our situation.

Being a Control Freak is only a bad thing if we’re trying to control things that we can’t hope to control. Let’s become Control Freaks about the things we can control.

/// BEST 5 ///

THE BEST FIVE MINUTES OF THE WEEK

What is a tough or chaotic situation that you are facing now?

What can you control about the situation? What can you not control?

How can your family remind each other to focus on controlling the controllables?

How does it feel when you don’t think you have control in a situation?

What are some things that you can control in most situations?

WEEK 24

CONTROL FREAK

Athletes' Worksheet - What Can I Control?

Athletes' Worksheet - What Can I Control?

Fill in the chart below. Then, answer the questions that follow. The first row has been filled out as an example.

Location & Situation	Related Goal(s)	CAN control	CANNOT control
Practice field, a really tough drill	Becoming All-District	Effort, Attention, Work Ethic	Length of drill, weather, coach's mood

Questions

1. What is similar and different about the locations and situations that you listed?
2. Which goals keep coming up related to the tough situations?
3. Which controllables keep repeating themselves?
4. Are there themes from the CAN Control column that you can use to help you feel in control in other areas of your life?
5. How can you remind yourself to let go of the things that you CANNOT Control?