

THERMOMETER

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VS. THERMOSTAT

QUOTES OF THE WEEK:

MONDAY:

"A star wants to see himself rise to the top. A leader wants to see those around him rise to the top." Simon Sinek

TUESDAY:

"It is necessary, and even vital, to set standards for your life and the people you allow in it." Mandy Hale

WEDNESDAY:

"Leading people is the most challenging and, therefore, the most gratifying undertaking of all human endeavors." Jocko Willink

THURSDAY:

"The better you are influenced, the better you will influence." Coach Mackey

FRIDAY:

"I encourage people to remember that "No" is a complete sentence."
Gavin de Becker

WEEK 35

THERMOMETER VS. THERMOSTAT CONTENT OVERVIEW



COACHES

Measure the temperature of your locker room.



CAPTAINS

Monitor what influences you.



ATHLETES

Choose your goals and friends wisely.



FAMILY

Recognize the influence you have.



THERMOMETER VS. THERMOSTAT

Are you a thermometer or a thermostat? It may sound like a silly question, but it has some serious implications for your success on the field and in the game of life.

A thermometer can only respond to and be influenced by the elements around it. When the temperature goes up, so does the thermometer; when the temp goes down, so goes the thermometer. But, a thermostat influences the environment around it. Things get too hot? Then, the thermostat cools things off. Are things too cold? Then, the thermostat warms the room up.

Every day, you must ask yourself: "Did I set the temperature of my life, or did others set it for me? Did I let positive influences into my life, or did I hang with people who lead me away from my goals?"

A simple tool to help you measure your temperature is the acronym DEGREE. Each letter has a character trait of those who are both successful and positive influences.

Diligence: Did I follow through on my tasks, goals, and commitments today?

Energy: Was my energy positive or negative today?

Grades: Did I take my studies seriously today?

Reliability: Did my actions reinforce the belief that others can count on me?

Effort: Did I work hard to get better today?

Ethos: Did I live out my core values today?

Regardless of whether you're a thermometer or a thermostat, you have a responsibility to make the right choices to achieve your goals. Are you going to surround yourself with the right influences or the wrong ones? Are you going to set goals with others in mind or focus only on yourself? Are you going to be responsible for your future or hope that things just fall into place?

Only you can decide whether you'll be a thermostat who influences those around them or a thermometer who picks the right influences to have around them.

WEEK 35

THERMOMETER VS. THERMOSTAT FOR COACHES



THERMOMETER VS. THERMOSTAT: FOR COACHES

Coaches have bad days just like everyone else, but our bad work days can also affect our locker rooms. As coaches, we should carefully monitor how we are portraying our emotions, attitudes, and feelings because coaches set the standards. We set the temperature. We are the thermostats monitoring the prevailing atmosphere and positively adjusting the emotional mercury.

Bad days happen, for coaches and athletes alike, so it's important to regularly ask the question: What is the temperature of our locker room?

Let's use the acronym DEGREE to help gauge the temperature of our locker rooms. Each letter has a character trait of those who are both successful and positive influences.

Diligence: Do athletes and coaches consistently follow through?

Energy: Positive or negative? Is it exciting to be in your program?

Grades: Does the team take the classroom seriously?

Reliability: Can athletes and coaches count on one another?

Effort: Do athletes and coaches work hard to get better every day?

Ethos: Are coaches and athletes living out the program's core values?

As coaches, we cannot control whether our athletes have bad days. We cannot control how our athletes respond to their bad days, either. But we can control the temperature of the locker room. Is whining going to win the day? Will bickering and bitterness hit double-digit celsius? No. We encourage our students to see the bigger picture. We help steer the conversation to a champion mindset.

Bad days will happen but as long as we keep an eye on the temperature by remembering the DEGREE acronym, we can influence our athletes to handle bad days like champions.

THIS WEEK, BE ON THE LOOKOUT FOR:

- 1. Opportunities to CHECK the temperature.** On a scale of 1-16, what is the temperature like on each of the letters in the DEGREE acronym? One being "we need a lot of work here" and 16 being "we are champions at this." Add them up to get your temperature total. The closer to 100 the better. What is the current temperature of your locker room?
- 2. Opportunities to MAKE the adjustments.** Look at your score. Which letters of the DEGREE acronym are the lowest? Why might this particular one be lower? Is this something you can help improve? Are your scores that way because of intentional work or unintentional neglect?
- 3. Opportunities to MOVE the mercury.** Keep a keen eye out for small, teachable moments that might help improve one of these letters. Every degree counts. Maybe moving the mercury means having a chat with the team captains to have them help raise the level of Effort in practice. Or maybe that means making the word of the week Diligence to remind everyone to follow through every time.

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THERMOMETER VS. THERMOSTAT FOR CAPTAINS

THERMOMETER VS. THERMOSTAT: FOR CAPTAINS

As a leader and a captain, part of your role is to positively influence your teammates. But before you can influence them, you must know what influences you. There are two main things that will influence your choices, your mindset, and your life. Those two things are people and problems.

People. You are the sum of the five people you spend the most time with, goes the common phrase. The more time you spend with certain people, the more you will become like them. That's why it's important to spend time with people that you admire and want to be like. Think about the people you spend the most time with; what have you picked up from them?

Problems. The situations you find yourself in can influence you even after the situation is long over. A bad grade, an injury, or home difficulties can negatively influence your attitude and mindset, which in turn influences the choices that you make and the way that you interact with other people. But it's not all bad. Even in a rough situation, you can learn something about yourself and about how to succeed in the future.

People and problems can either be positive or negative influences on your life. You choose which that will be. If you choose to hang out with people who encourage you to do things you know are wrong or if you let your situations get the best of you, you will be negatively influenced. But if you choose to hang out with positive, uplifting people and to view your situations with a growth mindset, you will be positively influenced.

The types of influences you choose to let into your life will impact how you influence your teammates. As a leader, you owe it to them to choose positive influences.

/// CAPTAINS' LOG /// "LEADERS ALWAYS LEAD"

What are some problems that are negatively affecting you? What are some challenges that are keeping you from being the best version of you?

Identify a problem or challenge you sometimes face.

Think through why this is a challenge to begin with. Is it keeping you from your goals? Stopping you from living your best life? Why is it negatively affecting you? What might the impact be?

Script out your ideal response for the next time you are faced with this challenge. What are your options? What are you going to do?

Who are the people you spend the most time with? How do they influence you?

WEEK 35

THERMOMETER VS. THERMOSTAT FOR ATHLETES



THERMOMETER VS. THERMOSTAT: FOR ATHLETES

Which is better: thermometers or thermostats? It depends. At different times in life you can be a thermometer or thermostat, and sometimes you will be both in the same day. One is not necessarily better than the other all the time.

When you find yourself in the role of a thermometer, make sure you surround yourself with the right people. In fact, the most important decision a thermometer can make is who they surround themselves with.

As a thermometer, you can be positively influenced and built up by others to achieve your goals, or you can be negatively influenced by others and stray from your goals. When you are in a situation where others are influencing you, pause and think of who you want to become. Imagine what you want to achieve through your hard work and sacrifice. Then, ask "Will these people help me achieve my goals and become my best?" If not, tell them "NO!" and walk away. Instead, surround yourself with people that help move you towards becoming your best.

As a thermostat, or an influencer of the temperature in a room, you must carefully choose how you will use your influence. Choose to use your charisma to help others move toward their goals. Be focused on others. A practical way to do this is to make selfless goals. Remember: being selfless is not thinking less of yourself, it's thinking of yourself less.

Whether you're a thermometer or a thermostat, the results of your life always come down to choices. What are you going to choose: Are you going to surround yourself with the right people? Are you going to set goals with others in mind? Are you going to be responsible for your future? Only you can choose.

ATHLETE'S EXERCISE:

1. At different times in life, we can be a thermometer or thermostat. Which of these two better describes how you most often live? Remember, one is not better than the other.
2. As a thermometer, who are the people that positively influence you? What are the scenarios in which you are negatively influenced?
3. Describe a time when you lived as a thermostat. How did you positively influence others? Now describe a time when you negatively influenced someone.
4. In your opinion, what makes a goal selfish or selfless? Is it the type of goal, the intention, the outcome, or something else?
5. What can you do this week to make sure that the influences in your life are moving you forward, and that you are being an influence that moves others forward? List at least three things.

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THERMOMETER VS. THERMOSTAT FOR FAMILY



THERMOMETER VS. THERMOSTAT: FOR FAMILY

Parents are the ultimate influencers on their children. Lucy Martin and Virginia Hite of Vanderbilt University said this: “You may not know it, but your day-to-day behavior, from the way you drive to the tone of your voice, is shaping the way your child will act for the rest of their life.”

It may not always seem like this as we raise teenagers, but make no mistake: we influence who our children are today—their tastes, attitudes, etc.—and who they become tomorrow.

But what about when we aren’t around? What about when they go to school or off to college? While we are the ultimate influencers, we are not the sole influencers. We can’t remove our kids from the influencers in their life, but we can teach them, based on our family values, how to make the right choices. Our influence is deep, and we can use it to show our kids how to make the best choices.

How might we help our children learn to make the right choices? A great first step is to make good choices ourselves and to practice what we preach. For example, are we others-focused? Are we delaying gratification for the greater good?

Another way is to help our children set goals and then ask them whether their choices are moving them toward those goals or away from them. In the same vein of practicing what we preach, we can set goals and openly evaluate our progress toward or away from them with our kids.

Martin and Hite encourage parents to “trust [your kids] to make the right decisions and make them responsible for their actions. Ultimately the most important thing is to behave in a way that you would want your child to emulate.” You’re not the only influence in your child’s life, but you can be the best influence.

/// BEST 5 ///

THE BEST FIVE MINUTES OF THE WEEK

Discuss a time when your family has been a positive influence on another person or family.

Why did your family choose to serve that person or family that way? Was it based on opportunity, value, tradition, or something altogether different?

Parents: How do your kids respond to your advice about making good choices? Kids: Why do you respond that way?

Who influences your life on a regular basis? Or, put another way, who do you spend the most time with?

Who do you look up to the most? Why?

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THERMOMETER VS. THERMOSTAT

Influences Worksheet

Influences Worksheet

In the five spaces below, write down the names of the people that you spend the most time with.

1. _____
2. _____
3. _____
4. _____
5. _____

Now, write down the good, neutral, or bad things that you have picked up from spending time with those five people.

Good	Neutral	Bad

Questions

1. Are there more good, neutral, or bad things that you've picked up? Why might that be?
2. Where do you see these good, neutral, or bad things in your life? What impact are they having on you?
3. How can you express gratitude to these five people for the good they have brought into your life?
4. How can the things that are neutral become good things?
5. How can you stop the bad things from affecting you?

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THERMOMETER VS. THERMOSTAT

Thermometer Worksheet

Thermometer Worksheet

Beside the image below, write down behaviors that fit within the temperature brackets.

- The Green (COLD) section is for action (or inaction) that holds you back from your goals.
Ex. Doing the bare minimum in practice.
- The Yellow (WARM) section is for behaviors that help you to reach your goals.
Ex. Spending extra time in the gym.
- The Red (HOT) section is for actions or behaviors that are too over-the-top to help you reach your goals.
Ex. Being a leader in nine different clubs or sports.

