

“Perfection is not obtainable, but if we chase perfection we can catch EXCELLENCE.” – Vince Lombardi Jr.

<u>FOOTBALL</u>	<u>LIFE</u>
<p>Everyday your coaches desire perfection from you. EXCELLENCE is not a single great performance, but a habit of doing it over and over. When you run the drill again and again, your coach is trying to engrave into your body and mind the ability, without thinking, to recall those movements when you need them. Players who struggle, or who are not consistent, do not make it important to perfect the small things. When you are just going through the motions of practice, you are not getting better. If you are not getting better, then you are not trying to chase perfection.</p>	<p>Martin Luther King Jr. had this to say about EXCELLENCE, “If a man is called to be a street sweeper, he should sweep streets even as a Michaelangelo painted, or as Beethoven composed music or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, ‘Here lived a great street sweeper who did his job well.’” EXCELLENCE is not achieved by what you become (doctor, lawyer, or engineer), but by the way you strive for perfection in everything you do.</p>
<p>What was something specific you strived to EXCEL in and was it worth the work?</p> <hr/> <hr/> <hr/>	

FOCUS for Next Week:

Outcome of FOCUS Last Week:
