“Full Emotional Tanks”

As Coaches…

- Toll:
  - Parents: educate/teach
    - How can their child get better? Improve?
    - Create a vision/strategy for them
    - Sell the vision!

As Coaches…

- Results driven:
  - WHY?
  - Purpose Statement
  - Controllables

Ronnie Lott

- Pod Cast: 15:25 – 21:00
  - http://devzone.positivecoach.org/resource/audio/ronnie-lott-importance-full-emotional-tanks

The Bucket

- Life and peace is the commitment
- Self-leadership
  - Reinvent adequate replenishment strategies
  - Strategy
  - Physical, diet, exercise
  - Lead with confidence and with replenishment

Close

- When we fill our followers buckets, we feel better, we lead better
- Doable hard v. destructible hard