

**Full Name:** Click here to enter text. **Course Username:** Click here to enter text.

**Email Address:** Click here to enter text.

**Which Trimester are you enrolled in?** Choose an item. **Year:** Choose an item.

**ATTENTION:** As you work to complete this worksheet over the remainder of this course, be sure to save this document regularly in a place where you can easily access it. You will upload this document at the end of the course to receive your final grade.

 **The Funeral Topics**

**Forecasting Your Legacy:** A eulogy is a speech or a piece of writing that praises someone or something highly. Typically, eulogies are written for someone who has just died or recently retired. A eulogy is an opportunity to reflect upon a life lived and highlight the character/passions of the subject at hand. While answering the questions below, base your responses on the relationships you **hope** to have possessed and the cause(s) you **ideally** gave yourself to during your career.

***If you could write 3 sentences that were to be read at your funeral, what would they be?***

*Click here to enter text.*

*In 3 sentences or less, what are the types of things that you hope your family and friends will say about you at your funeral?*

*Click here to enter text.*

***In 3 sentences or less, what are the types of things that you hope your former players will say about you at your funeral?***

*Click here to enter text.*

**20/20 Foresight**

**Defining Your Core Values:** We are all familiar with the famous adage “hindsight is 20/20.” But does it have to be that way? Do we have to learn every lesson the hard way?

If we can look with 20/20 foresight towards a preferred vision of the future, we can seek to identify the core values that will help us navigate towards the end we are after. Identifying your personal core values is important because they are there to guide your choices and behaviors in everyday life. They act as guardrails to keep you on track and headed in the right direction.

Research indicates that if you truly want to impact behavior, no more than three or four core values should be emphasized. Look at the abbreviated list below and **put a checkmark next to the core values** that will best help you leave the legacy you desire.

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|  |  |  |  |
| [ ]  Authenticity  | [ ]  Balance  | [ ]  Beauty  | [ ]  Commitment  |
| [ ]  Community  | [ ]  Compassion  | [ ]  Concern  | [ ]  Courage  |
| [ ]  Creativity  | [ ]  Dedicated  | [ ]  Determined  | [ ]  Durable  |
| [ ]  Empathy  | [ ]  Enthusiasm  | [ ]  Excellence  | [ ]  Faith  |
| [ ]  Family  | [ ]  Fairness  | [ ]  Freedom  | [ ]  Friendship  |
| [ ]  Generosity  | [ ]  Genuineness  | [ ]  Grace  | [ ]  Happiness  |
| [ ]  Harmony  | [ ]  Health  | [ ]  Honesty  | [ ]  Hope  |
| [ ]  Humor  | [ ]  Integrity  | [ ]  Innovation  | [ ]  Joyfulness  |
| [ ]  Journey  | [ ]  Justice  | [ ]  Kindness  | [ ]  Knowledge  |
| [ ]  Leadership  | [ ]  Learning  | [ ]  Love  | [ ]  Loyalty  |
| [ ]  Merciful  | [ ]  Neighborly  | [ ]  Noble  | [ ]  Non-conforming  |
| [ ]  Nurturing  | [ ]  Objective  | [ ]  Openness  | [ ]  Optimistic  |
| [ ]  Organization  | [ ]  Original  | [ ]  Peace  | [ ]  Performance  |
| [ ]  Perseverance  | [ ]  Respectfulness  | [ ]  Relationships  | [ ]  Responsibility  |
| [ ]  Security  | [ ]  Serenity  | [ ]  Serving  | [ ]  Spirituality  |
| [ ]  Stability  | [ ]  Success  | [ ]  Teamwork  | [ ]  Togetherness  |
| [ ]  Trust  | [ ]  Truth  | [ ]  Understanding  | [ ]  Unity  |
| [ ]  Victory  | [ ]  Virtuous  | [ ]  Wholeness  | [ ]  Wisdom  |
| [ ]  Click here to enter text. | [ ]  Click here to enter text. | [ ]  Click here to enter text. | [ ]  Click here to enter text. |
| **“The most important thing in life is to decide what is most important.” – Ken Blanchard** |

**Transformational Purpose Statement 1st Draft**

**Drafting Your Purpose:** Whether you are writing a first draft or refining a previously written statement, it is important to get your ideas out of your head and onto a piece of paper. As you complete this exercise, keep in mind the following suggestions that will help you write an effective transformational purpose statement.

1. **Be Authentic:** This is your personal statement. Don’t write what you think you’re supposed to say, rather write something that you will actually use as a filter for how you run your program.
2. **Be Brief:** Try to write a single sentence that contains 25 words or less
3. **Be Deliberate:** What relationships matter to you the most? What is the cause you are giving yourself to? Be intentional about using words that will remind you of these two important issues.
4. **Be Structured:** Think verb, target, outcome. The verb describes how you most successfully interact with people according to your gifting. The target is the set of relationships you hope to impact. The outcome is the transcendent cause you are after, and should incorporate your highest core values.

**Sample Transformational Purpose Statement:** “To inspire (verb) coaches and athletes (target) towards the pursuit of excellence in sports and in life while enjoying the journey (outcome which incorporates core values).”

**Identifying Your Gifting:** What verbs listed below best describe how you most successfully interact with people? Use these verbs to craft your “Transformational Purpose Statement.”

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| [ ]  Act | [ ]  Coach | [ ]  Construct  | [ ]  Create |
| [ ]  Demonstrate  | [ ]  Develop | [ ]  Educate  | [ ]  Empower  |
| [ ]  Encourage  | [ ]  Help  | [ ]  Identify  | [ ]  Initiate  |
| [ ]  Inspire  | [ ]  Lead | [ ]  Love | [ ]  Manage |
| [ ]  Mentor | [ ]  Model | [ ]  Motivate | [ ]  Manage |
| [ ]  Prepare | [ ]  Produce  | [ ]  Recognize | [ ]  Relate |
| [ ]  Stimulate | [ ]  Study | [ ]  Teach | [ ]  Tell |
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|  |

**My Transformational Purpose in coaching is:**

Click here to enter text.

**ATTENTION:** After you complete the ***InSideOut Coaching*** lessons in the next phase of this course, you will be required to write a 2nd Draft of your Transformational Purpose Statement using the space below. Following your 2nd draft, you will develop a year-round 3Dimensional Coaching strategy to fulfill your purpose statement using the planning tool at the end of this worksheet. You will upload this document at the end of the course to receive your final grade, so remember to save it often in a place where you can easily access it later.

**Transformational Purpose Statement 2nd Draft**

After completing the lessons on InSideOut Coaching, review the steps above and reflect upon your 1st draft of your Transformational Purpose Statement. If you would like to make any changes to your statement, now is the time. If you do not have any changes, please rewrite your purpose statement in the space below.

**My Transformational Purpose in coaching is:**

Click here to enter text.

**Creating a 3Dimensional Strategy to Fulfill Your Transformational Purpose**

Just as all coaches should have a pre-season, in-season, post-season and off-season strategy to help athletes improve in the 1st dimension, a 3Dimensional Coach should have a corresponding year-round strategy in the 2nd and 3rd dimensions as well so that he/she can fulfill his/her Transformational Purpose.

Listed below you will find various 2nd & 3rd dimension strategies that you can implement in your program. Check marks have already been placed in the boxes to indicate the suggested time of year to implement these strategies, but you may check or uncheck any boxes you want to create *your strategy*.

A detailed overview of the strategies listed below can be found at [www.3dinstitute.com/3d-coaching-strategies](http://www.3dinstitute.com/3d-coaching-strategies/).

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| **3D Parenting Presentation****2nd Dimension*** Motivation
* Confidence
* Emotions
* Team Cohesion

**3rd Dimension*** *Identity*
* *Character*
* *Significance*
* *Self-worth*
* *Values*
* *Purpose*

[Click here](http://3dinstitute.com/3d-parenting-video/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[ ]  | **Post-Season**[ ]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **A Question to Ask Every Parent****2nd Dimension Applications*** + *Motivation*
	+ *Emotions*
	+ *Team Cohesion*

**3rd Dimension Applications*** + *Identity*

[Click here](http://3dinstitute.com/a-question-to-ask-every-parent/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[ ]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **An “Extra Practice” – Clean Your Room****2nd Dimension Applications*** + *Motivation*

**3rd Dimension Applications*** + *Significance*

[Click here](http://3dinstitute.com/an-extra-practice-clean-your-room/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[ ]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Banquet Letters to Parents****2nd Dimension Applications*** + *Motivation*
	+ *Confidence*
	+ *Emotions*
	+ *Team Cohesion*

**3rd Dimension Applications*** *Significance*
	+ *Purpose*

[Click here](http://3dinstitute.com/banquet-letters-to-parents/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[ ]  | **In-Season**[ ]  | **Post-Season**[x]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Canoe Trip****2nd Dimension Applications*** + *Team Cohesion*

**3rd Dimension Applications*** *Character*

[Click here](http://3dinstitute.com/canoe-trip/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[ ]  | **In-Season**[ ]  | **Post-Season**[ ]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Captains/Leaders Training****2nd Dimension Applications*** + *Team Cohesion*

**3rd Dimension Applications*** *Character*
* *Purpose*

[Click here](http://3dinstitute.com/captainsleaders-training/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[x]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Cell Phone Ban (Used Strategically)****2nd Dimension Applications*** + *Team Cohesion*

[Click here](http://3dinstitute.com/cell-phone-ban-strategically/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[ ]  | **In-Season**[x]  | **Post-Season**[x]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Ceremonies****3rd Dimension Applications*** + *Identity*
	+ *Purpose*

[Click here](http://3dinstitute.com/ceremonies/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[ ]  | **In-Season**[ ]  | **Post-Season**[x]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Codes of Conduct****2nd Dimension*** Team Cohesion

**3rd Dimension*** *Identity*
* *Character*
* *Significance*
* *Self-Worth*
* *Values*
* *Purpose*

[Click here](http://3dinstitute.com/codes-of-conduct/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[ ]  | **Post-Season**[ ]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Contemplation Exercises****3rd Dimension*** *Character*
* *Self-Worth*
* *Values*

[Click here](http://3dinstitute.com/codes-of-conduct/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[ ]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Cross the Line****2nd Dimension*** Motivation
* Team Cohesion

**3rd Dimension*** *Identity*
* *Values*

[Click here](http://3dinstitute.com/codes-of-conduct/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[ ]  | **Post-Season**[ ]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **FCA Camp****2nd Dimension*** Motivation
* Confidence
* Emotions
* Team Cohesion

**3rd Dimension*** *Identity*
* *Character*
* *Significance*
* *Self-worth*
* *Values*
* *Purpose*

[Click here](http://3dinstitute.com/fca-camp/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[ ]  | **In-Season**[ ]  | **Post-Season**[ ]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **FCA Huddles****2nd Dimension*** Motivation
* Confidence
* Emotions
* Team Cohesion

**3rd Dimension*** *Identity*
* *Character*
* *Significance*
* *Self-worth*
* *Values*
* *Purpose*

[Click here](http://3dinstitute.com/fca-camp/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[x]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Follow the Leader****2nd Dimension*** *Motivation*
* *Confidence*

**3rd Dimension*** *Purpose*

[Click here](http://3dinstitute.com/follow-the-leader/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[ ]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Food Kitchen****2nd Dimension*** *Team Cohesion*

**3rd Dimension*** *Purpose*

[Click here](http://3dinstitute.com/food-kitchen/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[ ]  | **Post-Season**[ ]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Helmet Awards****2nd Dimension*** *Confidence*
* *Team Cohesion*

**3rd Dimension*** *Character*

[Click here](http://3dinstitute.com/helmet-awards/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[ ]  | **In-Season**[x]  | **Post-Season**[ ]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Home Visits****2nd Dimension*** *Motivation*

**3rd Dimension*** *Purpose*

[Click here](http://3dinstitute.com/home-visits/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[ ]  | **Post-Season**[ ]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Honor Calls****3rd Dimension*** *Character*
* *Values*

[Click here](http://3dinstitute.com/honor-calls/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[ ]  | **Post-Season**[ ]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Journaling****2nd Dimension*** *Motivation*
* *Confidence*
* *Emotions*
* *Team Cohesion*

**3rd Dimension*** *Identity*
* *Character*
* *Significance*
* *Self-Worth*
* *Values*
* *Purpose*

\*All of the above issues can be addressed if you are intentional about what lessons you teach[Click here](http://3dinstitute.com/journaling/) for an overview of this strategy and a list of suggested resources. | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[ ]  | **Post-Season**[ ]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Lesson Plans/Theme of the Week****2nd Dimension*** *Motivation*
* *Confidence*
* *Emotions*
* *Team Cohesion*

**3rd Dimension*** *Identity*
* *Character*
* *Significance*
* *Self-Worth*
* *Values*
* *Purpose*

\*All of the above issues can be addressed if you are intentional about what lessons you teach[Click here](http://3dinstitute.com/lesson-plansthemes-of-the-week/) for an overview of this strategy and a list of suggested resources. | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[x]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Lunch Room****2nd Dimension*** *Team Cohesion*

**3rd Dimension*** *Character*
* *Significance*
* *Purpose*

[Click here](http://3dinstitute.com/lunch-room/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[x]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Masculinity/Femininity Issues****3rd Dimension*** *Identity*
* *Self-Worth*

[Click here](http://3dinstitute.com/masculinityfemininity-issues/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[ ]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Mission Trips****2nd Dimension*** *Motivation*
* *Confidence*
* *Emotions*
* *Team Cohesion*

**3rd Dimension*** Identity
* Character
* Significance
* Self-Worth
* Values
* Purpose

[Click here](http://3dinstitute.com/mission-trips/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[ ]  | **Post-Season**[ ]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Note Writing****2nd Dimension*** *Motivation*
* *Confidence*
* *Emotions*
* *Team Cohesion*

**3rd Dimension*** Identity
* Character
* Significance
* Self-Worth
* Values
* Purpose

[Click here](http://3dinstitute.com/note-writing/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[x]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Nursing Home Outreach****2nd Dimension*** *Team Cohesion*

**3rd Dimension*** *Identity*
* *Significance*
* *Purpose*

[Click here](http://3dinstitute.com/nursing-home-outreach/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[ ]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Put Ups****2nd Dimension*** *Motivation*
* *Confidence*
* *Emotions*
* *Team Cohesion*

**3rd Dimension*** *Self-Worth*

[Click here](http://3dinstitute.com/put-ups/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[ ]  | **In-Season**[x]  | **Post-Season**[x]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Slip N Slide****2nd Dimension*** *Motivation*
* *Emotions*
* *Team Cohesion*

[Click here](http://3dinstitute.com/slip-n-slide/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[ ]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Spotlight Drill****2nd Dimension*** *Motivation*
* *Confidence*
* *Emotions*
* *Team Cohesion*

**3rd Dimension*** *Identity*
* *Self-Worth*

[Click here](http://3dinstitute.com/spotlight-drill/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[ ]  | **In-Season**[x]  | **Post-Season**[x]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Spring Clean Up****2nd Dimension*** *Team Cohesion*

**3rd Dimension*** *Purpose*

[Click here](http://3dinstitute.com/spring-clean-up/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[ ]  | **In-Season**[ ]  | **Post-Season**[ ]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Sticky Notes****2nd Dimension*** *Motivation*
* *Emotions*

[Click here](http://3dinstitute.com/sticky-notes/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[x]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

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| **Tag, You’re It!****2nd Dimension*** *Motivation*
* *Emotions*

[Click here](http://3dinstitute.com/tag-youre-it/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[ ]  | **Off-Season**[x]  |
| **Notes:** Click here to enter text. |

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| **Upside-Down****2nd Dimension*** *Emotions*

[Click here](http://3dinstitute.com/upside-down/) for an overview of this strategy | **Do you plan to implement this strategy?** **Yes** [ ]  **No** [ ]  |
| **Pre-Season**[x]  | **In-Season**[x]  | **Post-Season**[ ]  | **Off-Season**[ ]  |
| **Notes:** Click here to enter text. |

**If you have other strategies you plan to use that are not outlined above, chronicle those strategies below:**

Click here to enter text.