



## Do You Participate or Elevate?

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One of the major differences between the most successful athletes and others is that they continuously elevate performance. They may not get the desired results every time, but they do not stop trying. They are passionate about getting better every day for the sake of getting better, not for any external reward or praise. What I call “participants,” on the other hand, are individuals who simply go through the motions without the inherent desire to become their best. They are comfortable and content with current levels of success, even if that level is not very high by others’ standards. They fly under the radar screen in order to just get by and not have to go the extra mile. They many times blame others when things do not go well nor do they accept personal responsibility. They also happen to be a coach’s nightmare.

Is it important for all players on a team or within an organization to honestly evaluate themselves on this dimension. If certain levels of success are not being achieved on a consistent basis, then every player and coach has to investigate their quality of elevation or participation. Assess yourself on the dotted line below, being closer to the elevation side or participation end. Be honest with yourself. Only then can change take place. If you find most of your marks on the elevation side, keep up the great work. If you happen to be on the other side, however, then make a commitment to change.

**“Elevators”**

Commit to being best .....  
 Set highly challenging goals .....  
 Passionate about getting better .....  
 Able to put ego aside .....  
 Value honor .....

**“Participants”**

Do minimum to get by .....  
 Accept mediocre goals .....  
 Accept mediocrity .....  
 Unable to put ego aside .....  
 Value honors .....

### Make the Mental Commitment!

- Make a commitment to elevate. To just participate is to stand on the sidelines.
- Elevate 1% everyday – if you do so, just think where you will be in 60 days!
- Elevate and become pleasantly and proudly exhausted
- Time is the only thing we cannot get back – make sure to elevate every chance you get

