

Get a Dream, Get a Ball, Get to work!

Dr. Rob Gilbert, one of the world's best motivational speakers recently shared a story about John Somogyi. The Somogyi family runs a basketball school. John was once New Jersey's all time leading scholastic basketball scorer amassing 3,310 points in his career. On the day his record was broken, no one was happier than John. It was his daughter Kristen who had broken his record en route to scoring 3,899 career points, a record that still stands today. What advice did John give to his daughter while she was growing up? What advice would they give to young basketball players today? John said, "Get a dream- Get a ball- Get to work!"

About a week ago I wrote about New York Giants coach Tom Coughlin in a blog entitled . This Fall, the NFL network did a feature on Coach Coughlin entitled Forever A New Yorker. I believe the most impressive part of the segment occurred back in 2002 when the Jacksonville Jaguars fired Coughlin. He was devastated. He was also unemployed. Later that Spring, former Giants General Manager Ernie Accorsi attended the NFL combine and to his surprise noticed Coughlin sitting in the stands holding a stopwatch, recording running times, and taking notes on every prospective player.

"Tom!" Accorsi said, "What are you doing here? You don't even have a job."

Coughlin replied, *"I will."*

How many people reading this right now would continue to work hard at their job even if they were fired?

No one can convince me that there is not a correlation to the work ethic that Coughlin displayed that day and the fact that five years later he would win his first Super Bowl against the undefeated New England Patriots. In fact, prior to that game, the Patriots were being touted alongside the '72 Miami Dolphins and the '86 Chicago Bears as the greatest-ever NFL team. I haven't heard anyone speak of them since. The only explanation I have for how the Giants picked off an 18-0 team would be a constant and continuous daily effort to get better that was led by a very committed coaching staff.

Now, consider how much Accorsi's observation- that an unemployed Coughlin was outworking some current NFL coaches at the combine- factored into his decision to hire him in the first place.

If you are an athlete reading this what would you do tomorrow if you lost your position? Would you continue to work hard at your job even if you lost it?

In his book Outliers- The Story of Success, Malcolm Gladwell emphasizes that it takes 10,000 hours to master a skill.

Coach Rick Pitino says, “Sweat the small stuff. Sweat the big stuff. Outwork everybody in sight!”

Wherever you are, whatever you are doing, get a dream! Go get a ball, a club, or a racket. Start training, start reading, start writing, keep thinking. Most of all get to work!

Speaking of work: Dr. Gilbert has combined his genius with Coach Mike Tully, who has been a personal mentor and positive influence to me in my coaching career. Together, they have co-authored a book entitled Thank God Your Lazy – The Instant Cure for What’s Holding You Back . This book is phenomenal! A must-read for sure! It’s brilliantly written and serves in some ways as a ‘greatest hits’ of Dr. Gilbert’s Success Hotline and Coach Tully’s website TotalGamePlan.com. You will enjoy their quick wit, excellent anecdotes, and strategies for success that are cleverly blended into a roadmap toward success and happiness. You can find the link below:

http://www.amazon.com/Thank-God-Youre-Lazy-Instant/dp/1478366435/ref=sr_1_1?ie=UTF8&qid=1354069653&sr=8-1&keywords=thank+god+your+lazy