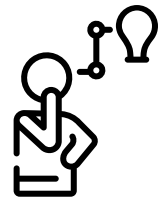


Chapter Reflection and Commitments



List your 3 biggest takeaways from this chapter:
1. 2. 3.
What resonated strongly for you from this chapter and why?
Think about a coach you played for or currently coach against. Can you identify various parts of their culture that fit into the model?
List some negative habits that currently exist within your team in each of the plug's components that you'd like to replace:
Connection among people (coaches/players, coaches/coaches, players/players): Connecting people to the team's purpose: Behaviors (on and off the court/field/pool/etc): Giving and receiving of feedback:
List some positive habits that currently exist within your team in each of the plug's components that you'd like to reinforce
Connection among people (coaches/players, coaches/coaches, players/players): Connecting people to the team's purpose: Behaviors (on and off the court/field/pool/etc): Giving and receiving of feedback: