

Championship Mediocre/Average

VS

1. "Mediocre people hate high achievers, and high achievers hate mediocre people."
 1. A big key to success is in surrounding yourself with like-minded people.
 2. Who you hang with matters.
 3. If you want to be great, find greatness in others. Push each other. Develop each other.
2. "We're not going to talk about what we're going to accomplish. We're going to talk about how we're going to do it."
 1. The process is the prize.
 2. Focus on their habits and the day-to-day process.
3. "I think everybody should take the attitude that we're working to be a champion, that we want to be a champion in everything we do. Every choice, every decision, everything that we do every day, we want to be a champion."
 1. Winners do things differently than others.
4. "The more one emphasizes winning, the less he or she is able to concentrate on what actually causes success."
 1. Do not think about the trophy or the win.
 2. There is an intense focus on elite habits, the process, and developing winning mindsets.
5. "Some of the great leaders in history were not adored but respected. My advice to leaders: Stop trying to please everyone and do what you believe is best."
 1. Leaders earn respect.
 2. They do not worry about being liked, it causes problems.
 3. Do what is right. Do your best.
6. "One thing about championship teams is that they're resilient. No matter what is thrown at them, no matter

how deep the hole, they find a way to bounce back and overcome adversity.”

1. Every team faces adversity.
 2. Championship teams are unique.
 3. Their response is different.
7. “There is no continuum for success. Focus on the progress, not the results.”
1. Relentless consistency in great daily habits is what separates great teams.
 2. Focus on habits – trust the Process.
8. “I don’t care what you did yesterday. If you’re happy with that, you have bigger problems.”
1. You can never live in the past and be an elite athlete or team.
 2. Elite competitors are able to have a short memory when they win and a short memory when they lose.
9. “There are three things we can’t have: We can’t have complacency. We can’t have selfishness, and we can’t lose our accountability.”
1. It is all about the team.
 2. It’s all about being present.
 3. It’s all about holding your teammates accountable to the essential standards.
10. “Discipline is not punishment. Discipline is changing someone’s behavior.”
1. Discipline yourself so others won’t have to.
 2. Great teams always have great discipline.

In summary

1. Hang with achievers
2. Process is where it is at
3. Attitude
4. Winning is not where it is at – process is
5. Leaders be authentic
6. Resilience – be a goldfish
7. Success is great but it is progress (process) that

matters

8. Yesterday is not important today and tomorrow are what matters

9. Accountability – be present for your team

10. Discipline – stay on piste for the tam

With thanks to

Greg Berge <https://twitter.com/gb1121>

Coach Nick Saban – Alabama football coach