



Values of the Best of the Best - Things That Keep Them 'Lit'

1. Passion
 - a. Enthusiasm; verbal and non-verbal
2. Respect
 - a. What you honor, you can
 - b. What you dishonor, you can't
 - c. Accept coaching
3. Fun
 - a. Charisma, you aren't silent or socially awkward
4. They Work and Compete
 - a. G. R. I. N.D concept
 - b. Champions are always hardest workers
5. Grit
 - a. They respond to pain really well

As a player and leader you have to add "Tools to your Toolbox" as it relates to:

- Physical Self
- Mental Self
- Emotional Self
- Spiritual Self


Daily Activities:

- Workout
- Eat
- Drink
- Sleep

Values That Never Leave You:


- Peace
- Passion
- Purpose

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Link to our Free Online Mentorship: <https://ganon-s-school.thinkific.com/courses/mentorship-program>

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