WORKSHEET III-3.

Excuse List

☐ Step #1. List all the excuses you've heard players make for why they didn't or aren't playing well.

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☐ Step #2. Circle OR star the ones you have made yourself.

☐ Step #3. Laugh! (Laughing at the excuses lessens their power!)

☐ Step #4. Take a photo of the list, so you can remind yourself of them later.

☐ Step #5. Bring the list or photo of the list to practice. Teammates share their lists, laughing as they do.

☐ Step #6. Crumble up the excuses and throw them out/into the Excuse Box.

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