

Leave NO Doubt- A Credo for Chasing your Dreams

Mike Babcock April 2012

- Using the 2010 Olympic gold medal came as a back drop, Mike discusses his journey as a coach and shares his values as a father and coach.
 - This book is full of motivational nuggets that are simple, straightforward and work.
 - His honest, hard-working approach will appeal to everyone who reads this short read.
 - Each chapter ends with a question, a challenge which forces you to look into the mirror.
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- Leave no doubt is a call to action. Regardless of who we are, we all have the ability to make a difference and turn dreams into reality. One thing that stops many of us is doubt. Doubt is the greatest energy taker there is. It can paralyze you. When you face doubt, deal with it head on. This means taking a risk.
 - *Are you ready to commit to your dreams?*
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- Dreams don't simply come true. Much can happen between expectations and achievement- between dreaming and fulfilling your dreams.
 - Whatever your goal or dream is, you have to OWN it. Passion and ownership can do a lot of things.
 - *Have you taken ownership of your dreams?*
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- Sometimes you incur losing before winning. It can make you think about what's really important.
 - Everybody hopes for success. You can't just hope, you have to start doing. Sometimes the harder you work, the luckier you get.
 - Attitude makes a difference. You have the power to choose your attitude EVERY day. Some say life is 10% what happens to us and 90% about how you react to it.
 - *Do you believe your time has come?*
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- Dream-makers believe that if you can dream it, you can do it. In order to get what you really want, you need to step outside of your comfort zone on a regular basis.
 - *Do you look at life as moments of opportunity?*
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- Make every day count. (Life in every breath from Last Samurai).

- Preparation is a step-by-step thing. Winning is a step-by-step thing. Success is a step-by-step thing.
 - Having a process helps you make things happen. An approach is a way of living around getting progressively better- every day. If you make process your partner, it will help you stay on task. It will accelerate your progress.
 - Significant achievement is built on small things, being all-in until its all done, and loving what you do. Loving what you do is a great way to make every day count.
 - Mike's Circle of Success process- preparation drives execution, execution leads to success, success gets reinforcement, reinforcement grows confidence, confidence raises expectations, expectations drive excellence and excellence demands greater preparation.
 - The better prepared you are, the better you perform. The better you perform, the more you are rewarded. The more rewarded you are, the more confident you get. The more confident you get, the more you expect. The more you expect, the harder the the drive to improve. The harder you drive, the more you prepare.
 - In the end, it's all about learning. Learning to be your best and perform at your best when it matters the most. It's a life thing.
 - If you are going to progress, you are bound to face adversity- I's inevitable. If you let adversity get the best out of you, you won't get anywhere. You can't wish that adversity went away. You have to embrace being put to the test.
 - *Do you make adversity work for you?*
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- Every meeting matters. The toughest meetings are when there is an issue to be addressed.
 - When you are under pressure, preparation is especially critical as it fosters confidence. It provides a sense of control, of being in charge of where you are going.
 - Being unprepared is one way to allow doubt to enter your mind. Trust your process.
 - Productive meetings need 3 things.
 1. Rigorous preparation.
 2. Clarity of purpose.
 3. An agreed-to action plan.
 - *Do you make your meetings matter?*
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- Rising to the occasion; whether on the ice, at work at home; means giving your very best. Bringing everything you have physically, mentally and emotionally is what defines the outcome. Facing adversity gives you confidence, every time. It can even inspire those around you.

- Fear can be a big motivator, depending on what you are scared of. Some are scared of failure. Some are scared of being just “good enough”. Good enough gets you by, comfortable.
 - Fear of just good enough can push you to be better and hit your potential- to make a difference.
 - Good enough is where you find average. It doesn't come up big. Won't get you to your dreams. It isn't where you will find joy.
 - *Are you ready to be better than just good enough?*
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- Every (good) practice makes a difference. It is part of our preparation- Mike's process. Practice involves working to make yourself better. You have to work constantly and that means you can't stop learning.
 - Being a student of the game means asking questions – and listening to learn. Asking questions takes both confidence and humility. So does listening to learn.
 - If you are really intent on getting better, you have to look at every day as a chance to learn. When you are learning, you are getting better.
 - Under pressure, you always fall back on foundation and structure. That's why practice is so important as it hones your foundation and structure so that what you fall back on will withstand pressure and adversity.
 - *Do you look at every day as an opportunity to learn?*
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- Accountability is important in every aspect of what we do. If you are fortunate, you ask people who have your back to hold you accountable. These are people who won't let you off the hook, those who really know you and care about you.
 - Difference makers understand pressure. It means you have a chance. When you find pressure, you find yourself with an opportunity to make a difference. You will find a chance to do something meaningful and to make a difference.
 - Pressure can provide an opportunity for doubt. Some people shy away from pressure because of the doubt in their ability. That's why practice is so important because under pressure you revert back to who you really are.
 - But with pressure, we have a choice. The choices are to push yourself and grow or turtle and miss an opportunity for growth.
 - Potential can be a dirty word if you don't live up to it. Activating potential takes commitment to bring your best. Potential is a moving target as you have to keep re-evaluating what your potential is as you are constantly changing and growing.
 - *How close are you to hitting your potential?*

- Sometimes the strength we require is physical, sometimes mental, sometimes emotional and sometimes spiritual. In order to get to this greater strength, you have to push your boundaries. That means going outside of your comfort zone.
 - As you drive yourself, your drive train gets bigger and stronger. The harder you push, the more powerful your drive train becomes and your will to succeed gets stronger (and the less you will tolerate just good enough).
 - In the end, it is about building your self-esteem and how you feel about yourself.
 - *How easily are you stopped on the way to chasing your dreams?*
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- Our determination will define us. Determination is about doing, not saying. It is easy to talk, delivering is another thing. And you can't deliver anything of meaning unless you are determined.
 - When you are chasing a dream, you've got to keep at it until there's no doubt.
 - Good teams have skill, great teams have skill and heart.
 - *Do you go beyond the give-in line?*
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- Courage is about not lying to yourself. It makes you think about the decisions you make, and how you face pressure. You need to make adjustments and life is about continual adjustments.
 - You have to be willing to pursue feedback which is difficult as it requires character.
 - Integrity means you are all-in, that you are committed- willing to give whatever you have to contribute.
 - It means being part of the extra mile club
 - *If you are not making a difference, what are you making?*
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- Confidence is the key to handling pressure, it comes back to having a great process to fall back on. Confidence enables you to make strong choices, gets you beyond doubt, f=gets you ready for big moments.
 - Do good, do amazing, do impossible, do small, do unexpected, do helpful, do inspirational, do meaningful, do different, do better- commit. Don't do just good enough, go all in. Leave NO doubt.