



CARDINAL FOOTBALL

**AAYFL LEVEL 2 PLAYOFFS
CARDINAL RED @ CUSTER
CARDINAL WHITE @ OSH KOSH
OCTOBER 30, 2010**

Spoken from the heart...

Power Thought 26

If you want to accomplish anything, you need to have a goal, and a plan to reach that goal.

If your goal is to become an excellent football player you have to begin to FOCUS and you need to practice every day with that goal in mind.

If this is a reasonable goal and a manageable goal, then you can realistically achieve your goal by working for it.

Make your goal to always do your best.

If it is to be - it is up to me!

When crunch time comes, are you ready to pick up the slack?

When we need a big play or a major decision must be made - do you look for someone else to make it or will you accept the responsibility?

...by Pastor Ellsworth Freyer
Goal Setter Mentor Extraordinaire



Henry David Thoreau

"In the long run men hit only what they aim at."

— Henry David Thoreau



"The world makes way for the man who knows where he is going."

RALPH WALDO EMERSON

"Wherever you are, be there."

Many times, people will expend a tremendous amount of energy, effort and commitment to some goal - only to let some distraction take them off course.

Enabling a distraction to get the best of you at the wrong time can make for an unfulfilling and disappointing conclusion to a long journey.

So many times you hear about a team looking past an opponent to the one they meet right after. Sad to say, these situations never end the way you imagined.

Perhaps some type of gathering that accompanies the main event diverts one's attention away from the ultimate objective. Sad to say, the story line accompanying these types of distractions

seem to always involve "the authorities".

Either way, it can be over for you in a flash if you choose to let it.

You are right where you are because you earned it.

The effort you have expended along the way in a physical, mental and emotional sense was many years in the making.

That in itself took an uncommon measure of focus.

So from this point forward - hold tight to that vision.

You can be no other place than where you are right now.

“SUCCESS DEMANDS SINGLENESS OF PURPOSE.”

Vince Lombardi

“First say to yourself what you would be; and then do what you have to do.”

Epictetus

“To be able to concentrate for a considerable time is essential to difficult achievement.”

Bertrand Russell

“Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find his right road.”

Dag Hammarskjold

“No life ever grows great until it is focused, dedicated and disciplined.”

“Visualize this thing you want. See it, feel it, believe in it. Make your mental blueprint and begin.”

Robert Collier

Ralph Waldo Emerson:

“Concentration is the secret of strength.”

“None of us will ever accomplish anything excellent or commanding except when he listens to this whisper which is heard by him alone.”

Ralph Waldo Emerson



“A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills and uses these skills to accomplish his goals.”

Larry Bird

Johann Friedrich Von Schiller:

“Lose not yourself in a far off time, seize the moment that is thine.”

A NOTE FROM COACH HAHN....

“You want to set a goal that is big enough that in the process of achieving it you become someone worth becoming.”

This quote from Jim Rohn really resonates on a number of levels.

First, it reinforces the proper perspective in pursuing your goals. “In the process of achieving it” reflects the true nature of this endeavor.

It is truly a journey to experience. From point A to point B there is an abundance of opportunity for personal growth and learning. Recognizing this and making the most of these chances helps you to arrive at your destination that much stronger and wiser.

Furthermore, to “set one big enough” takes a certain measure of courage and “want to”. You need to be willing to accept the distinct possibility that failure may be your temporary companion as you strive to reach your goal.

“Guts” is what it takes plain and simple.

“Want to” not only helps drive you toward your destination - it can also be the silent partner to help pick you up when you stumble and fall.

In the end, it is all about the worth you generate in “becoming”.

The transformation you undergo when tested in pursuit of achievement, excellence and success makes you exactly what you were always meant to be.

“Destiny is not a matter of chance, but of choice. Not something to wish for, but to attain.”

— William Jennings Bryan