

Cardinal Football Traits



“Creating a Cardinal”

How to Become an Elite Cardinal

Hard Work / Effort

No one on the outside will ever understand (or care about) how hard you work.

The same is true in life. People have their own problems and challenges to deal with – they don’t have time to be incredibly impressed with how hard you’re working. Plus, everyone thinks they work hard, even people who don’t. *If you’re really working hard, you don’t need other people to validate you.* Just keep working hard and let your achievements speak for themselves.

There’s a battle mindset and an after battle mindset and you need both.

Teach yourself to deal with stress. The best performers at anything have both a battle mindset and an after battle mindset. It’s impossible to perform at 100% if you never drop below 50%. Most people make the mistake of keeping their switch stuck at 75%. They’re always stressed, worried, and thinking about work. As a result, they always feel drained and slightly behind. A better strategy is to give everything during set times and then to shut off completely outside of those times.

Champions Don’t Complain and Be Negative

When you whine and complain, you not only weaken (and embarrass) yourself, you make the world a weaker place to live in. Quit crying to your girlfriend, friends, and family about your problems.

A lot of people, including myself, have spent countless hours talking to their friends and family about how hard or poor things are. *Poor us – we said – this is not fair. We whined and complained and we were/are weaker for it.* Not only that, but our whining makes our institution itself weaker

Over the years, as a result of these complaints, people have had to tone down things. This is what whining does to the world. It weakens it. When you whine and complain, you not only weaken (and embarrass) yourself, you make the world a weaker place to live in. You reduce the number of opportunities people have to develop themselves into leaders.

Problems are gifts. Sometimes, the thing that seems like the end of the world at the time is the same thing that makes your world a thousand times better in the long run. Very few people are willing to sacrifice temporary comfort for long-term success. “Champions do it all the time.”

There will always be walls. Walls are obstacles that stand in your way during life. When you come to these walls in life you have three choices: Quit, go around, or bust through it. If you make the choice to quit that is a defining moment in your life. This is the easy way and soon you will realize that just because you quit this path, there will always be another wall that is in your way. If you chose to go around the wall and choose a different path obstacles in life tend to have a funny way of catching up to you and you end up coming back to the same problem again. Champions make the decision to bust through each wall. Some walls are bigger than others and you may need your support cast to help you out. Remember life will never be easy and there will always be another wall. It is your choice to decide which path you are going to take.

Encouraging Others is the Best Energy Boost

Some athletes are only worried about one person – me. They think that by isolating themselves and focusing on just themselves is the only way to survive. Something will always be missing though. And keeping to themselves does not conserve energy levels as much as they think. *Challenge yourself and start encouraging other people. You will be amazed at how much this energized you.* The more you build other up, the more it will build yourself up. The key is being sincere in your efforts. Empty platitudes weren’t energizing. But real encouragement – the kind that you mean deep down – drives you forward too.

Tough, Hard Nosed, Aggressive, Fundamental Football played with fanatical effort for as long as it takes to win, and LEAVE NO DOUBT