



I. TIME AND BALANCE AND THE MESSIAH COMPLEX

There are _____ hours in a day, _____ in a week, _____ and in a year.

Your Priorities determine how you utilize the time that you have been given. One of the blessings of coaching your own kids is that you get to spend an extraordinary amount of time with them during practices and games. Unfortunately, many marriages and families are being destroyed in the name of coaching and athletics. Coaching should be a blessing to you and your family not a burden, but that can only be assured if you, the Coach, make it a priority to stay in balance.

Very quickly, please list the priorities in your life in order of importance to you

- 1.
- 2.
- 3.
- 4.
- 5.

“How many ‘untuned stones’ do you have and are they necessary?”

ARE YOU NEARING BURNOUT?-
TAKE THE SELF-ASSESSMENT TEST AT:-
www.CoachesofExcellence.com

II. COACHES TOOL BOX CHALLENGE-CREATE MARGIN



Take the burnout test online. Next, look at the priorities you listed above and see if you can narrow them to four. Now, across from each priority list the number of hours per week you put towards each one. If there is 168 hours in a week, subtract roughly 42 hours a week for sleep and take a long look at how much time you are spending on your top 2 priorities and adjust accordingly. Also, in order to keep the pace of the coaching culture from controlling you, remember research shows us that the optimal setup for priorities in regard to your personal responsibilities should look something like this: 1. Your Personal Faith 2. Your Spouse (if applicable) 3. Your Children /Close friends (if applicable) 4. Your Job

“A Coach of Excellence creates margin and controls the pace...”
“rather than letting the pace control you!”