



## “THERMOMETER or THERMOSTAT”? PASSENGER or DRIVER”? (LEADER or FOLLOWER?)



***Players can be either thermostats or thermometers. They can merely reflect the climate around them, or they will set it. Leaders develop values and principles to live by, and set the pace for others.***

Do you remember when you first figured out the difference between thermometer in a thermostat in your home as a kid I began to understand when my science teacher brought to my attention in the fourth grade, up until then I just knew our home had a thermostat hanging outside of our back patio that told us what the temperature was outside but I know we had a little box on my living room wall that my parents would fiddle when things got too hot or cold. I'll never forget it when it dawned on me that while both had something to do with the temperature they were fundamentally different. The thermostat set the temperature of the room. The thermometer only reflected what the temperature was.

This is a great picture of leadership truth. Most people are like thermometers – they tend to reflect those around them. Most people don't set the “climate” around them, they just mirror back the surrounding beliefs and values.

Leaders, on the other hand, are people who decide to take life to the next level. They move beyond just reflecting the community around them and break out to set the tone. (For another example see “The Bucket of Crabs Theory”). They become thermostats and set the climate around them. They are excited about life and play. You may know some that determine the attitudes of others, by their mere presence or the way they carry themselves. These folks are pacesetters. They influence rather than merely get influenced (or follow).

- Which one are you?
- Do you have a set of principles and values to live by? What are your top three?
- Are you ready to write your own story and not copy others?
- Another example is like having a “moral compass”.
- Examples of Thermostats = Nelson Mandela, Truett Cathy (owner of Chick-fil-A), Mother Theresa. Can you think of others?
- What are some examples of thermometers behaviors?
- Why is it tough to be a thermostat sometimes – use the “Bucket of Crabs” Theory to explain.

**EXERCISE:** 1 (Thermometer)-2-3-4-5-6-7-8-9-10 (Thermostat) Where do you fall?

**CHALLENGE:** The real challenge is to move from being a thermometer to a thermostat.

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**“MAKE IT A GREAT DAY +1”**



When life goes bad someone tends to blame someone else for the problem. They act like passengers. Leaders realize they are drivers and are responsible for their **ATTITUDES, EFFORT** and destination in life. It is up to them not others!

Try this activity at the beginning or end of practice. Enlist a responsible player to “drive” a carload of other players to a destination – one that requires a map to find it. If necessary, divide up the carloads into teams. The driver’s job is to get to the destination safely. The players’ job is to distract the driver as much as possible. Let the players know ahead of time they can make as much noise in the car as they like, as long as they don’t touch the driver. When they arrive at the destination, they are to turn around and come back to the original location.

The discussion that follows should center on how the driver must concentrate on reaching the destination-along with the passengers-safely. The passengers are often “along for the ride” simply to have fun. In fact, they can be a distraction to the driver. Isn’t life the same? Leaders learn how to make the jump from “passengers” in life, to being drivers-taking responsibility for their own **ATTITUDES, EFFORT**, goals and reaching their destinations.

#### **POINTS TO PONDER:**

- Are you able to show the athletes that moving from leader to follower means moving from passive to being proactive?
- Are the athletes able to understand this will help them stop making excuses for failure and begin assuming responsibilities for their own actions and the consequences.
- Are athletes able to use this concept to build a new leadership perspective when it comes to attitude, effort and determination in reaching their goals.
- Sometimes it is tough to “break out” and become the driver – use the example of the “Bucket of Crabs” Theory to explain this point.

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