



“The 3-Sided Coin”

SIDE OF COIN		% of CONTROL
#1 = “BEING THE BEST”	<ul style="list-style-type: none"> • Being the best • Comparison game, • Lose ‘the edge’ on this side 	0-30%
#2 = “DOING YOUR BEST”	<ul style="list-style-type: none"> • Focus on ourselves • Not concerned with winning, • “Aim before we fire” 	60%
#3 = “GIVING IT YOUR BEST SHOT	<ul style="list-style-type: none"> • “When we concentrate on giving it our best shot, we just reload and keep aiming and firing, while adjusting and adapting ourselves to each changing situation.” 	100%

SIDE # 1 =BEING THE BEST”. The side most people choose when we talk about best. We get out of focus and concentrate on the wrong target - our opponents. People who choose this side talk about, think about and go about - with all their time, efforts and talent - trying to BE # 1 in whatever they do. They continually are playing the Comparison Game and **driving the red cars**. The downside we can’t really control being # 1 so this side gives us **0-30% CONTROL**

SIDE # 2 = “DOING OUR BEST”. Now we focus on our real competition = OURSELVES. Most of time we beat ourselves - The **60/30/10 Rule** states that 60 % of the time we beat ourselves, 30% our opponent is superior and 10% of the time is momentum. So, in this case we have **60% CONTROL** but still not in full control!

SIDE #3 = THE EDGE = “The EDGE is what makes the difference in your performance in any walk of life.” **THE SIDE MOST PEOPLE DON’T THINK ABOUT “.** **UNLOCKS OUR POTENTIAL. THIS IS THE ONE WE HAVE THE MOST CONTROL OVER!** “We **FOCUS** on Key Targets We can hit”. When we concentrate on giving it our best shot we just keep ... Reloading and keep on aiming and firing while adjusting and adapting ourselves to each changing situation

“YOU CAN’T ALWAYS BE THE BEST (I.E. COMPARISON GAME). YOU CAN’T ALWAYS DO YOUR BEST (I.E. SUPERIOR OPPONENT, INJURED, BAD WEATHER, POOR FIELD) HOWEVER... YOU CAN ALWAYS GIVE IT YOUR BEST SHOT!

KEEP RELOADING & FIRING = “keeps getting back up”



also see: “Make It A Great Day” & “Man in the Arena”

“MAKE IT A GREAT DAY +1”