



Letters on Leadership #27 – Thoughts, Words, Actions

Ever overheard people at the gym talking about “getting through” a tough workout? There are many teams who just “get through” practice and organizations that “get through” the work day. I’m sure there are many people who even “got through” all of 2017. My teammates and I at The Program do not believe in just “getting through” anything. We believe that our *thoughts become our words and our words become our actions*. We don’t think about our workouts or work days being “hard.” We don’t talk about “maintaining” our skills or fitness. We don’t “survive” the day. We **attack**. We **dominate**. We **conquer**. It is how we think, it is reflected in how we speak, and it is demonstrated in our actions. We do this because we know that if we are going to achieve success, nothing short of this mindset will cut it.



We sometimes work with teams who just “get through” our training. Our experiential training is physically and mentally challenging. Many individuals and teams are happy just to “survive” the training. These teams and individuals never come close to maximizing their potential. If a team or individual “gets through” while working with The Program, they will “get through” on the battlefield, as well. Their thoughts will become their words and their words will become their actions.

However, we are also privileged to work with teams and organizations who choose to “attack” our training. An attacking mindset is not limited to any one field of endeavor. Men and women; corporations and athletic teams; high school, collegiate and professional athletes – we have seen all of them *attack*.

One such team with whom we have been privileged to work is the University of Central Florida’s Football team. Two years ago they finished their season at 0-12. Two days ago, they were victorious in the Peach Bowl and brought their record this year to 13-0. The coaches did an excellent job of recruiting and developing talent. Their strategies and tactics were much improved, as well. However, we think their biggest improvement came in the team’s mindset. They refused to “get through” another season. They *attacked* every practice, they *attacked* on every gameday, and we can attest first hand that they certainly *attacked* Judgment Day with The Program. (You can watch them do so in their video [here](#).) Their thoughts also became their words and their words became their actions.

Yours will as well! Force yourself to think positively. Don’t be passive and just “let things happen.” Force yourself to speak positively. Spread your positive attitude to your friends, family and teammates. Talent wins games, both literally and proverbially. “That much better” (the space between your pinched finger and thumb) is what allows us to compete for championships, on whatever our chosen field of battle may be. Remember, there is no possible way to “get through” to a championship – we must have an *attacking* mindset. Our thoughts become our words and our words become our actions.

Attack 2018!

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