

Expectations

WE MUST EXPECT GREAT THINGS!!!

Vision

- We live in a society in which mediocrity is the norm
 - People do as little as possible to get by
 - If someone is watching they may work harder, but when no one is watching they take the easy way out
 - They do not take pride in their work
- Be guarded and have a vision of excellence
 - Do not allow yourself to fall into the trap of doing what everyone else does
- When you have a vision of excellence you do more
 - Than you have to
 - Than is expected of you
 - Than is asked of you

How do I achieve excellence

- It is all in the daily process
 - Grow daily
 - Learn daily
 - Prepare each day

- When you are ready the right doors will open for you

If you are on this team you are not average

- Just like in life you were not created to
 - Be average
 - Just get by
 - Get the short end of the stick
- If you are not already, start expecting your plans to work

What are your expectations?

Take a moment and picture them

- Be on the wall
- Post season success
- Work ethic
- Leader ...



Power of positive thinking

- Winners develop the quality of expecting good things. You can't be in neutral and expect to reach your full potential.
 - It's not enough to not expect anything bad, you have to aggressively expect good things
 - You can't go into an environment in neutral, go in filled up already encouraged
- Research shows your mind will negatively gravitate to negative thoughts
 - BE mindful of your thoughts and fuel the positive
 - If you start thinking about an experience of defeat, stop your mind and start remembering a moment of victory
 - Dwelling on defeats/ failures and unfair situations will keep you stuck!

Positive thinking = Conscious attitude

Every day we get to choose our attitudes

- We can determine to be

- Happy
- Expect great things
- Believe we will accomplish our dreams

- We can choose to be negative and

- Focus on our problems
- Dwell on what didn't work out
- Live worried and discouraged

When you have a positive Mindset

- You can not be truly defeated
- You will focus on the possibilities, not the problems
- Are grateful for what they have and don't complain about what they don't have

Some people would love
to have your problems.
They would gladly trade
places with you.

What do you do in difficult situations

Give up or dig in

Refuse to give up on your dreams, or concede the fight



Ibarra lost first match in round of 64 at last years state tournament

- Had to win 5 in row on back side to place
- 8 Matches at state tournament
- Fought on because that was an expectation, dream he had for himself

IBARRA, ANDREW (12) SS-5	Sutter (NS)	134
Righetti (SS)	MILLER	ES
MILLER, DUSTIN (12) SD-3	6	2
Escondido (SD)	GENDREAU, JULIAN (12) SS-4	

IBARRA	RIG	722	MILLER	ESD	5	3	1.0	997	F	2:46	4.0
DIOKNO	ELC	11	0	2.0	IBARRA	RIG	834	ELIZALDE	BRA	SD1	
611		ODOM	SKY	F	2:07	3.0	IBARRA	RIG			1051
PASOL	LOW	723	NGUYEN	SC	2	0	1.0				
MORITA	CW	11	0	2.0	MORITA	CW	835	942	IBARRA	RIG	SS5
612		MAHAN	PV	4	2	1.0	MORITA	CW	1	0	1.0
COVARRUBIAS	KC	724	KIYONO	POW	3	2	1.0	998	IBARRA	RIG	S
		COVARRUBIAS	KC	836				TURNER	DIX	SJ2	
FORFEIT		DEF	3.0	MCDANIEL	MVS						

Our Goals are our expectations

- Our expectations set the limits for our lives
- If you expect a little you will receive a little
- If you don't anticipate things to get better they won't

- Don't let negative expectations limit you life
 - "I don't want to expect too much. That way if it doesn't happen I won't be disappointed..."

Time to fulfill our expectations

- CIF Duals Champs
 - We need to be the best team there on Saturday
- League champions
 - We were in the drivers seat Monday
 - Still control our destiny
- Fuel up on positive and expect greatness this weekend

Picture it

Works throughout this presentation come from

-You Can, You Will: 8 Undeniable Qualities of a Winner, Joel Osteen