

5) Follow Through Strategy (short-notes)

You have been given a powerful action plan for success.

The real question is: ***will you follow through?***

“Commitment means staying loyal to what you said you were going to do long after the mood you said it in has left you.” - Zig Ziglar

You know what you must do. Will you do it?

To increase your likelihood of following through use the...

Follow Through Strategy

1) Visualize

-> Experience what it would feel like to: follow through vs. give up

2) Review

-> Look at your goals, methods for long-term goals, and strategies to eliminate weaknesses on a daily basis.

3) Schedule

-> “You will never find time, unless you make it.”

-> Make time each day to a) take action and b) improve as a player.

4) Accountability

-> Use accountability tools to your advantage.

Here are the...

Accountability tools:

(i) Self

- > The most important person to be accountable to, is yourself.
- > Regardless of what happens, if you do what you said you were going to do, you will be satisfied, proud, and have no regrets.

(ii) Peers

- > Connect with friends, team-mates, and people with the same ambition as you. Use each other to stay motivated, disciplined, and active.

(iii) World

- > Do not be afraid to share your goals with the world.
- > Use the haters as motivation (just another reason why you must succeed)
- > Document your journey online (social media, YouTube, etc)

(iv) Others

- > Share your intentions with people who will encourage you to strive:
 - a) Dylan Tooby (email me - info@progressivesoccertraining.com)
 - b) Progressive Soccer Training Community (Facebook Group)

Daily questions to keep yourself accountable

- 1) Did I visualize today? (Following through vs. Giving up)***
- 2) Did I review today? (Goals, Methods, Weaknesses)***
- 3) Did I schedule time today? (Success actions and Personal training)***
- 4) Did I take action today? (Success actions and Personal training)***