

SECTION A – Build Your Foundation For Success

Module 5: How To Comfortably Schedule This Program Around Your Busy Life

We are all given the same amount of time everyday, some of us just use that time better than others.

You will not be given time. You must make time for those things that are important to you. If you're serious about the accomplishment of your goals, you must make time for the training sessions in this program.

Although you may have the desire to complete these training sessions, you will fail to be consistent without proper organization.

By getting organized and scheduling your commitments, you will be able to:

- Increase motivation, focus, and discipline.
- Become more productive with your days.
- Improve your game in a shorter period of time.
- Ensure your opportunities don't pass you by.
- Reach top form when you need to be at your best.
- Become successful in the other areas of your life.

What should we consider when getting organized?

Certain commitments will be scheduled for you (for example: games, practices, school, etc.) Other commitments will be your responsibility and require you to make time in your schedule.

Some areas to think about may be:

- Team Practices & Matches
- School & Homework

- Work or Business
- Family Commitments
- Pleasure & Social Life
- Other Activities
- Train 2 Dominate Sessions

The better organized you are, the more likely you will be to complete all the Train 2 Dominate sessions.

Some days you won't be able to complete all of the training sessions. Even if you feel energetic, fresh, and ready to train – your daily schedule may not have enough available time.

That's life.

Don't feel bad about those days. As long as you have the desire to train and do your best to make it possible by getting extremely organized, you can be satisfied with your efforts to move forward.

Success is a lifestyle.

This mindset doesn't only apply to soccer. Strive for excellence in every area of your life. Remember, happiness comes from growth. You can be successful in every area of your life, if you choose to be.

How are we going to get organized?

1) Use a calendar

Write out all of your pre-determined time commitments for the month (ex. Team practices, games, and other activities).

You should never miss a practice or game because of school, homework, or work commitments. If you know about these commitments in advance be responsible enough to handle these obligations beforehand.

2) Daily Scheduling / Visualization

Most people let the day happen to them.
You are going to make the day happen for you.

Your day starts the night before.
Plan out the ideal day on a piece of paper.

How can you organize your day to accomplish everything you desire?

When do you have to wake up?
When will you complete certain tasks?
When will you complete your training sessions?
Where can you make time in your schedule?

Before you fall asleep visualize the specific actions you're going to take tomorrow to make the day as productive as possible.

Each day isn't always going to go as planned. Things will come up. Scheduling won't always work out perfectly. That's to be expected. You will adapt and respond positively.

But some days everything will work out as planned all because you decided to make things happen, instead of letting them happen.

3) Set Up Your Training Area

You cannot always control your environment but possible, pre-organize your environment to save time.

Can you set up your personal training area at home, garage, or backyard?
Can you have your practice or gym gear in the same place, ready to go?
Can you save yourself time by being organized?

Then, when it's time to do your training you won't have to spend time setting up cones, balls, or equipment. You can jump straight into training and complete your session quickly.

SCHEDULING + ORGANIZATION

- TEAM PRACTICES / GAMES
 - SCHOOL / WORK
 - FAMILY
 - SOCIAL / FRIENDS
 - OTHER INTERESTS
- * TRAIN 2 DOMINATE *
- ① CALENDER
 - ② DAILY PLANNING
↳ VISUALIZE
 - ③ PLAN IN ADVANCE
* SAVE TIME