



McCarty Motivations

“Stop Creating Problems that Don’t Exist” - Brian Kight

How often is the cause of your troubles not the thing that actually happened, but how you responded to it? Are you self aware enough to know the difference?

If we take an event from our lives or our competitions and analyze the event or how we responded which is the one that gives us trouble? Let’s take football for example: We have a big run called back most the way due to a holding call. Officials don’t change penalty calls. What good is it going to do to complain about the call? What good is it going to do us if we tell the official that he’s poor? None. That will not help us get a first down. What will is how we respond. Next play we don’t hold, we execute and we get the ball moving. In basketball, if a foul is called on us that we don’t think is a good call, how will you react? The way you react and the mindset you put yourself in is going to determine more immediate success than whether the official called the foul correctly or not.

How often do you create problems in your head that will never actually happen? How many times has a “what if?” scenario paralyzed your performance and it never happens? Life is simple, things happen to you, you respond to them and that continues to happen. It doesn’t just happen in sports but in your life outside of sports. Can you respond to things that happen to you in a manner in which you aren’t creating more problems for yourself? In school for example, you have a test coming up. What should we do? We should prepare and give maximum effort because you don’t want to earn a poor grade and put yourself in a position that future decisions and opportunities aren’t available because you failed to perform on this exam. Many times our worst enemy lives between our ears. If you conquer your mind, become self-aware of troubling circumstances and how to efficiently and effectively respond to them, you are on the path to success and discipline.

