

ELEVATE YOUR GAME

BRIAN BUTCH

BASKETBALL



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WWW.BRIANBUTCHBASKETBALLCAMPS.COM

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THANK YOU!!!!!!!!!!!!!!

FALL ACADEMY DATES ARE AVAILABLE!!!

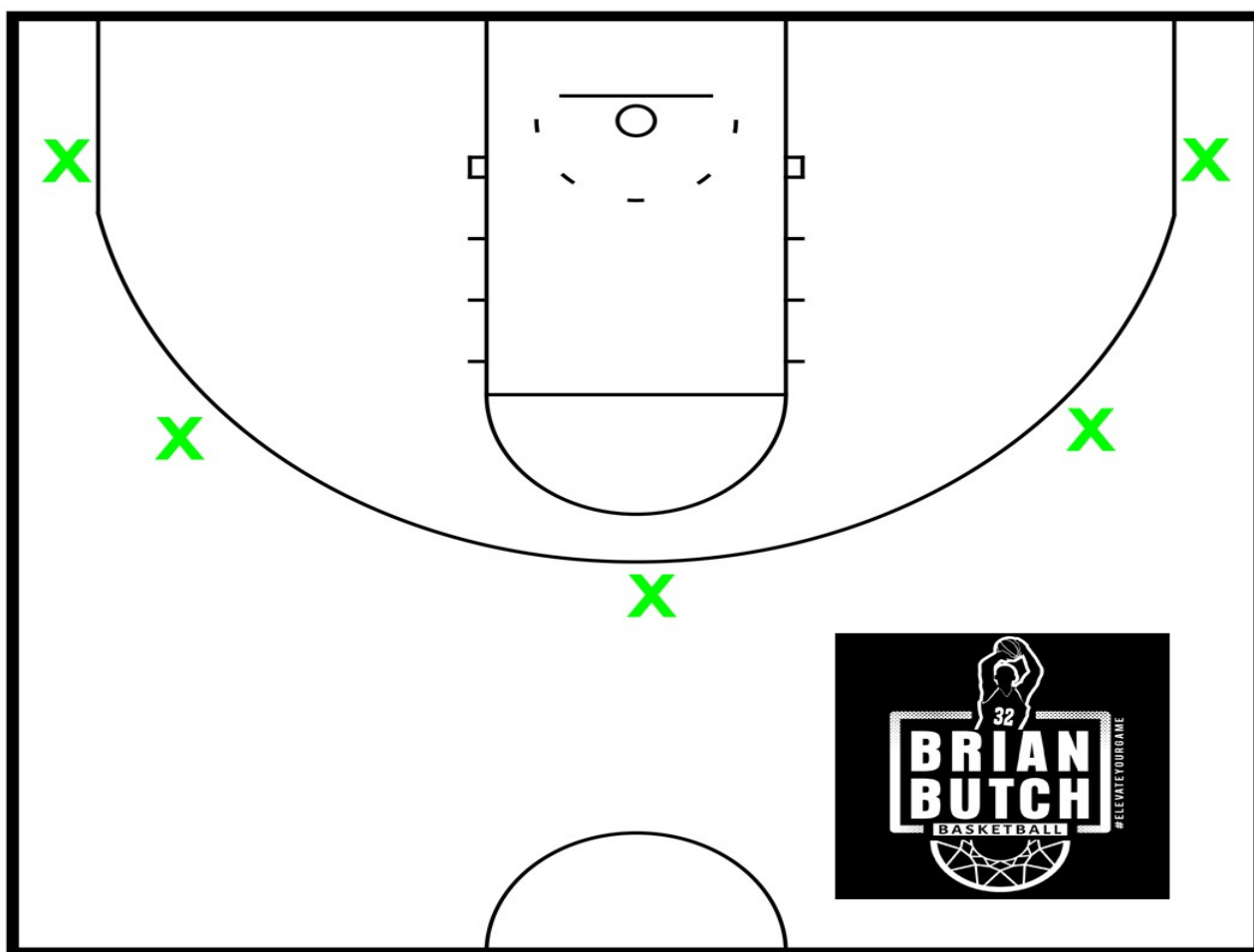
Sept 12,13,18,19,26,28

Oct 4,10,11,19,26

PLEASE LET US KNOW IF YOU ARE INTERSTED!!!

coachflora@gmail.com | 920-284-1658

3-2-1 SHOOTING



5 spots

1st time around make 3 from each

2nd time around on way back make 2 in a row from each

3rd time around back around, make 5 in a row(1 from each spot)

5 minutes to complete drill

9 WAYS TO BEAT NEGATIVITY

1. Tell yourself a positive story. Life is a story. The story we tell ourselves and the role we play in that story determines the quality and direction of our life. Successful people are able to overcome adversity by telling themselves a more positive story than the rest. Instead of a drama or a horror movie, they define their life as an inspirational tale. Instead of being the victim, they see themselves as a fighter and over-comer. You may not be able to control the economy, but you can influence the outcome of your story.
2. Model success. Are there people in your industry succeeding today? Of course there are. Seek out those people in your industry and ask to meet with them. Learn from their advice and model their attitudes and actions. If they can succeed, so can you.
3. Focus on the important stuff. Tune out the negative voices and start making positive choices. What are you doing on a daily basis to grow yourself, your team, and your business? Don't focus on the negative things other people and the media are saying. Instead, focus on marketing your business, taking care of clients, and building loyal relationships. Every morning ask yourself this question: "What are the three most important things I need to do today that will help me create the success I desire?" Then take action on those items.
4. Replace "have to" with "get to." This simple word swap can change your mind-set and your approach to work and life. It turns a complaining voice to an appreciative voice, and acknowledges that life is a gift - not an obligation. So often we grudgingly say things like "I have to go to this meeting," "I have to meet with this client," or "I have to make a bunch of phone calls." In reality, it's not about what we have to do. It's about what we get to do. Research shows that when we practice gratitude, we get a measurable boost in happiness that energizes us and enhances our health. It's also physiologically impossible to be stressed and thankful at the same time.
5. Talk to Yourself instead of Listen to Yourself. Too often we listen to ourselves and hear all the complaints, self-doubt, fear and negativity that lead to unhappiness, failure and unfulfilled goals. But instead of listening to the negative we can choose to feed ourselves with the positive. We can fuel up with words, thoughts, phrases, scripture and beliefs that give us the strength and power to overcome our challenges and create an extraordinary life, career and team.
6. Feed the Positive Dog. Do a daily positive activity with our free 11 day positivity plan. Download [here](#).
7. Create a positive vision. Instead of being disappointed about where you are, make the decision to be optimistic about where you are going. Create a positive vision for your future and the future of your team. Vision helps you see the road ahead and it gives you something meaningful and valuable to strive towards.
8. Invite others on your bus. Invite colleagues and customers to board your bus for a positive ride. Send them an e-bus ticket at www.TheEnergyBus.com. Share your vision with team members and ask them to join you in making this vision a reality. Be a positive influence.
9. No more complaining. Abide by the "No Complaining Rule." When you realize you're about to complain, replace your thoughts and words with positive actions. Let your complaints help you identify what you don't want so that you can focus on what you do want. The key is to turn complaints into solutions.



Negative teams divide, crumble and fall part.



Positive teams unite, connect, commit and get stronger together.

