



Coaching Notes from Coaching Culture
Episode 67: 6 of Our Biggest Takeaways from 2018

1. Success comes down to the “Slight Edge”, doing the things consistently that are easy to do and easy to not do.

The Slight Edge by Jeff Olson
Atomic Habits by

2. Think differently! But be ready for people to criticize.

The Perfect Pass by S.C. Gwyne
Astro Ball by Ben Reiter
The Gridiron Genius by Michael Lombardi

**3. We must train and develop Emotional Intelligence, it’s training the brain!
“Sometimes it’s not that they won’t, it’s that they can’t.”**

Emotional Intelligence 2.0 by Travis Bradberry
The Whole Brained Child by Daniel J. Siegel
No Drama Discipline by Daniel J. Siegel

4. We remember the most powerful moments in our life for a reason.

1- Elevated 2- Aha Moments 3- Pride 4- Connection
The Power of Moments by Dan and Chip Heath

5. What’s really important? If you want to be a great ____ show me where?

The Man Watching by Tim Crothers
A Long Walk to Freedom by Nelson Mandela

6. Who are we responsible to love in our lives?

**Instead of telling people what they want we need to tell them who they are. Ask:
Who do you want to be?**

People don’t grow where they’re planted, they grow where they’re loved.

Everybody, Always by Bob Goff

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