



Episode 170

The Cost of Pursuing Greatness with Lucas Jadin

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Guest: Lucas Jadin

- Co-author of *Win in the Dark* - Buy it on [Amazon](#)
- Co-founder of Inspire Sports
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- Keynote speaker and mental performance coach

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The Playing Time Culture System Online Course: buff.ly/2L8lrQM

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Episode Notes

- **Lucas's journey:**
 - Grew up in Freedom, Wisconsin
 - Oldest in his family and extended family, naturally led him to being the leader of his siblings and cousins
 - A lot of opportunities to compete in various sports through HS
 - Freshman year of HS struggles
 - Externally he was checking all the boxes - grades, sports, etc.
 - Internally he felt out of alignment
 - He was terrified of appearing weak as most freshman boys are
 - There was little to no mental training or support for youth at that time
 - His mom and dad really helped him come through the experience



- His parents made him feel valued and loved regardless of his performance
- “You’re valued for who you are, not what you do”
- **The connection between parenting and coaching:**
 - Coaches are always asking how to get better at _____, the answer: start at home with your kids!
 - You might do a great job at work and not home, but it will only last for a while...
 - You show up as a great coach, then get home and neglect to show up as a great spouse, parent, etc.
- **The cost of pursuing greatness:**
 - “There’s a trail of tears behind every high performer”
 - It’s usually tears from those closest to the performer
 - Pursuing greatness requires a tradeoff with something else
 - If you want to be in the top 1%...
 - You have to sacrifice more than the other 99%
 - You can’t pursue the 1% from a place of fear
 - You have to find a sense of inner freedom to be able to pursue that greatness and not neglect the other important things in your life
 - To pursue greatness as a coach AND be a great parent, spouse, etc. you have to...
 - Become aware of when you’re struggling
 - Take an internally look at what is driving the behavior that you want to change
 - “What is your most limiting belief about yourself?”
 - Most think either “I’m not enough,” or “I am what I do”
 - Ask yourself what really, truly matters?
 - When we operate out of fear, the answer is usually “do more”



- Embracing uncertainty
 - Great leaders don't avoid uncertainty, they may not like it, but they embrace it as opportunities to grow
 - Life is uncertain and our brain is built to hate uncertainty
 - Eliminating uncertainty is impossible
 - Control your controllable
 - How good can you be at showing up as who you want to be in the midst of uncertainty?
 - The fear of _____ is what keeps us from reaching our potential
 - The questions that haunt us...
 - "Is _____ worth it?"
 - Am I enough?
 - "Am I being a bad _____ by doing _____?"
 - You're not broken for having these feelings and questions