

CONTENT:

Week 2: The Trouble with
Charging Ahead, Picturing
Better, Your Task

A VOLLEY-PEDIA SERVICE

PART 2: WHAT DOES BETTER LOOK LIKE?

PART 1: WHAT DOES BETTER LOOK LIKE?

In this section, we'll discuss why it's important to know what 'better' will look like before you get there.

THE TROUBLE WITH CHARGING AHEAD.

People follow patterns of peaks and valleys. Think about it in your own life, for a moment.

Ever had one week where you achieved more than you had in the previous two months combined?

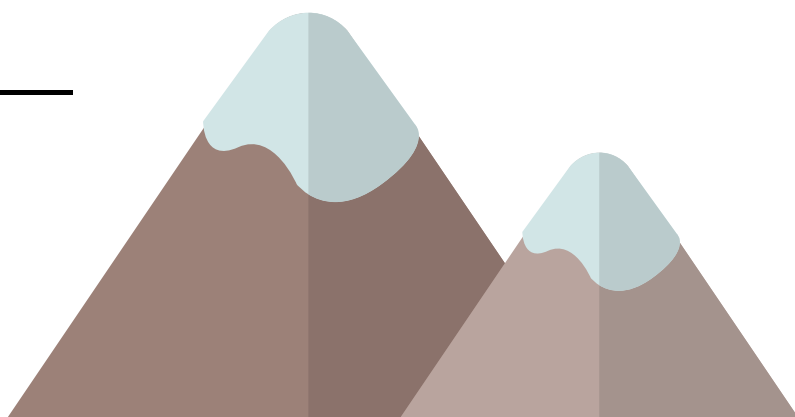
A practice where everything suddenly clicked. A tournament where everything went just right. Things seem to fall out of the sky and right into your lap.

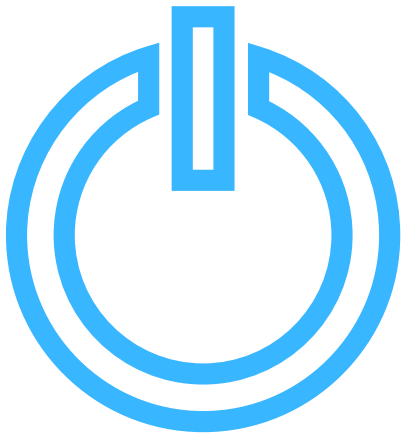
On the other side of it...

We've all had days where the simplest things seem impossible. Jump serving over the net and in the court suddenly feels completely out of our control. Motivating yourself to get up and go to the gym is harder than ever. And when you do go, it seems that you're going backwards; you're lifting less weight, you're less focused and you just feel weaker than ever.

The good news?

It's fine. It's just how we work--we live in peaks and valleys, and the art is in capturing the strengths of both.





What we want to avoid is **quitting** in the valleys, and **rushing off the cliff** while we're standing at the peak.

Let me explain.

When we know that every valley is followed by a peak, we can remind ourselves to stay patient. It's not the end of the world. In fact, it's an opportunity. When we can convince ourselves to work hard in the valleys *even* when things aren't going our way:

That's when the peaks can grow even higher.

Next time you're having a bad passing day, and it feels impossible to make a good touch on the ball, remember this:

It's just a valley. And there are two ways to climb out of it:



1) Give up on that practice, on those hours, and just wait until the next peak comes around.

OR

2) Focus on what you can do in that time, and make sure the next peak has something solid to build off.



As a part of this program, we will always be choosing Option 2.

Again, on the flip side, it's possible to make poor choices when things are going extremely well. At the top of the peaks...

For me, this has sometimes meant charging out into the open without a plan. Acting on pure enthusiasm, optimism and hope.

These are all important--and taking the first step can be enough to set the ball rolling, sometimes--but what happened on many occasions was, after the initial burst of energy, I didn't have anything solid to stand on. I thought I was invincible, then suddenly:

I wasn't.

The reason we want to know what 'better' looks like before setting out is threefold:

1) To give us direction, no matter where we stand on any single day;



2) To measure our progress along the way; and



3) So that we can do our best to formulate a plan that will actually get us there.



Giving up at the bottom **is a bad move**; the peak is just around the corner.

Charging out into the dark when things are going well is **also a bad move**; the valley is coming, and at the top of the peak is the best time to start preparing and to come up with a gameplan.

You may already want ‘better’. That’s great:

Define it.

Can you put it into a sentence?

‘I want to get better at volleyball.’

‘I want to be a better passer.’

‘I want to become the best passer on my team.’

‘I want to have the best passing technique on my team by the end of pre-season.’

What do you notice that’s different about these sentences?

They all fall under the same category of ‘better’. But which do you think leads to the best plan?

In other words, which is the most likely to be achieved?

One major problem we face when setting goals is that we don’t take the time to move past the first sentence.

‘I want to have more money.’ ‘I want to be happier.’ ‘I want to find my soulmate.’

These would all be nice if they came true--but they don’t leave much room for instruction.

There are a million ways to make more money, to increase your happiness, or to expose yourself to new and interesting people:

How on earth do you ever choose the right one though? The right path? The right approach?

Answer: By taking the time to be **specific**.

PICTURING BETTER

In the next section, we will begin looking at how to set specific goals:

So that you have the best chance at achieving them.

In the meanwhile, your task is simple (and hopefully, enjoyable).



Watch the first set of this video:

[https://www.youtube.com/watch?
time_continue=1457&v=edtgbmOhPrw](https://www.youtube.com/watch?time_continue=1457&v=edtgbmOhPrw)

Soon, we'll start talking about goal setting a little more seriously.

Well, these guys are some of the best in the world at what they do. While you watch, take note of what you admire most about them:

The control? The athleticism? The skill?

Whatever it is *they* have that you want: That can be the beginning of a very powerful goal.

Write it down if you like, but for now: the most important thing is to watch and to pay attention to success when you see it.

IN THE NEXT SECTION, WE WILL BEGIN THE OFFICIAL GOAL SETTING PROCESS.