

Practice Focus

February 2026



The Evolution of Ordinary to Extraordinary: Turning Players Into Champions Who Win the Day

1. *Creating Consistency*

- Belief
- Focus
- Attract

2. *Set Up a Communication System for Success*

- Why
- Mission
- Outcomes
- Everyone's Contributions

3. *Huddles*

- Morning Huddle Expectations
- Closing All the Loops in the End of Day Huddle

4. *Personal*

- Morning Routine (the Beginning of Today)
- Nighttime Routine (the Beginning of Tomorrow)

Action Plan

Communication



Refocus Our "Why"

Lay Out Our "Mission"

Define Our "Outcomes"

Action Plan

Personal



Every Team Member

*What's my perfect morning routine before I get to the practice?
I take care of myself FIRST so I can take care of others!*

*What's my perfect evening routine?
Gratitude, emptying the mind, expectation, visualization,
and a full reset for full rest: this is my beginning of tomorrow!*
