



Ten Exercises to Get you through March Madness

Be Tactical in your use of words and activities

- 1) **T**_____ to everyone as you would like everyone to be tolerant of you
- 2) **A**_____ the worth and value of your team mates
- 3) **C**_____ and view, talk about, and feel the great moments you've experienced together
- 4) **T**_____ is a gift, use your 1440 wisely in your attitude, words, and actions
- 5) **I**_____ in yourself through embracing forgiveness
- 6) **C**_____ your task
- 7) **A**_____ mistakes, Failures, and Setbacks and learning and launching zones rather than landing zones
- 8) **L**_____ your load and relax
- 9) **B**_____ your day the night before
- 10) Gripe Up rather than down