



Matt Upton
Speaking of Success

Ten Exercises to Get you through March Madness

Be Tactical in your use of words and activities

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

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