

Who's Your Coach?

When it comes to making the major decisions in your life, who are the people you consult—or unconsciously listen to? Write the names in the proper categories around the table. You may use two names for one position or the same name twice if the person serves in both capacities. Then, go back and write the appropriate symbols next to the names.

1. **HEAD COACH:** makes the final decision, the overall strategy, the game plan
2. **ASSISTANT COACH:** back-up person, carries out coach's instructions, go-between for coach and players
3. **OFFENSIVE COACH:** mainly works on forward movement for players
4. **DEFENSIVE COACH:** mainly works on holding the line, neutralizing opposition
5. **TRAINER:** helps with conditioning, soothes players after workouts

Symbols:

- X** if you would like to remove the person from your staff
- ↑** if the person gives you a lot of encouragement and uplift
- ↓** if the person tends to drag you down or exert negative influence
- ✓** if the person were freely chosen by you to serve on your staff
- ☆** if the person is likely to remain on your staff a long time

