

Perseverance

persistence in doing something despite difficulty or delay in achieving success; means to abide by something strictly

Patrick Wiercioch

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ABOUT MYSELF

- -Believer in Christ – Father of four – Former NHL Player – Men’s World Champion – Spengler Cup Champion – AHL Calder Cup Champion – Allsvenskan Champion - NCAA Division 1 All-American – NCAA Division 1 All-Academic Team



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Hockey Path

- BC Minor Hockey – RMMHA, BWC, NSWC, NE Chiefs
- BCHL - Burnaby Express, USHL - Omaha Lancers
- Denver University
- Binghamton Senators, Ottawa Senators, Colorado Avalanche, Vancouver Canucks, Utica Comets, Dynamo Minsk, Bolzano Foxes, Timra IK
- IIHF World's Team Canada, Spengler Cup Team Canada
- RHA Kelowna, GMP Hockey Canada

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goals for this presentation

- Establish some truths about perseverance

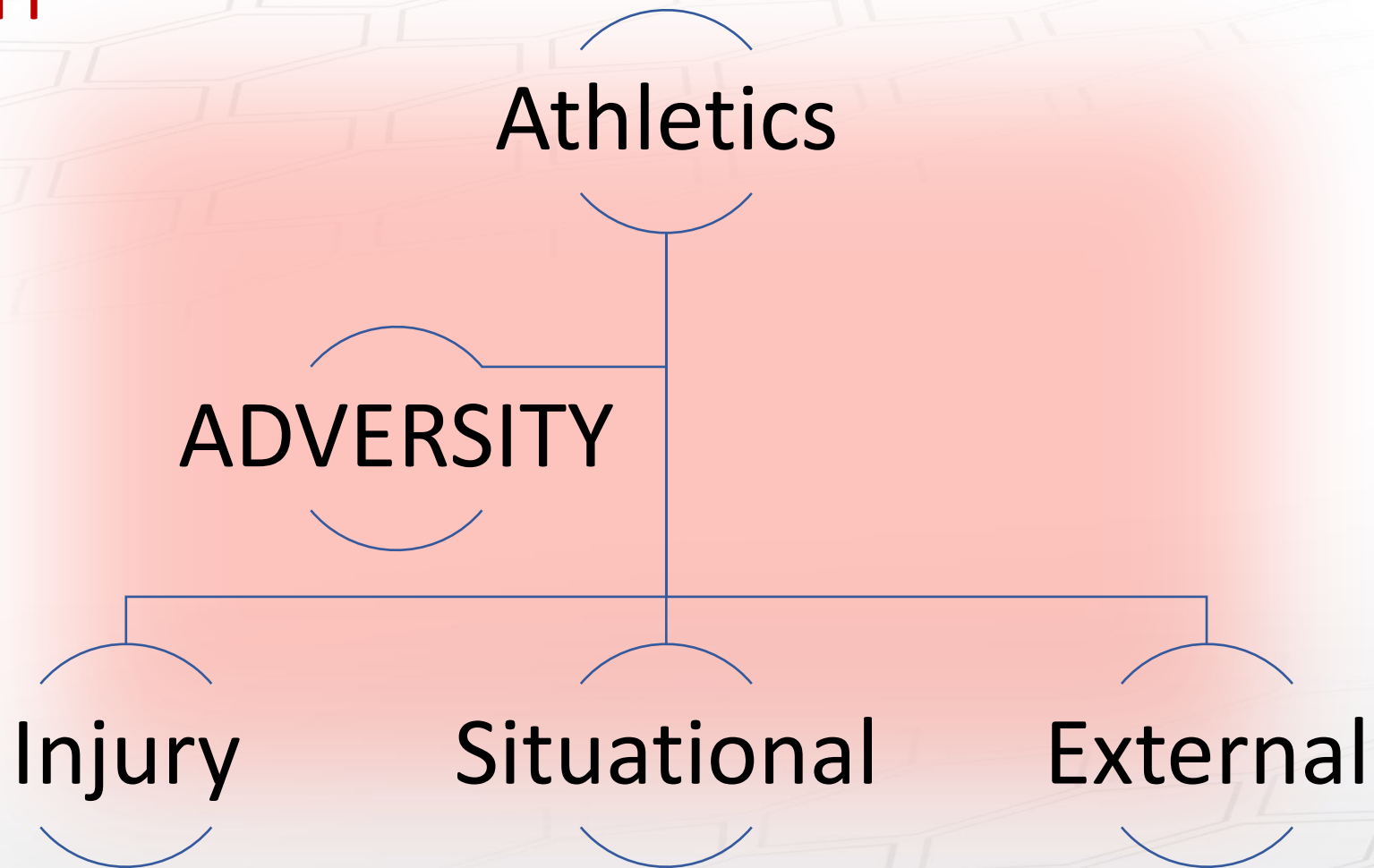
- Establish some ways you all can be more persistent

- Connect some common ideologies of successful mentalities

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Truth



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Saban Pre-Perseverance Checklist

- Set your goal, aspiration, what you want to accomplish
- Define what it takes to do it – what does it entail?
- Are you willing to do it?
- Discipline to do it everyday regardless of the circumstances
- Checklist - ultimately leading to the obstacle that's the first truth – there will be an obstacle

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Nick Saban — Advice to a young athlete

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Truth

- Adversity will happen – obstacles to overcome – they will get bigger
- Willing – we have a choice (this is the choice to be elite) to separate ourselves from the average
- Passion and Purpose – habits you establish lead to the patterns you persist with



Not too much different - I still love it. Having a passion for it helps a lot. Love the game, love learning - that doesn't change all these years later.

 **SIDNEY CROSBY**

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Steps

Habits

- Develop incredible habits – If your foundation isn't built on character and work ethic you need to restructure it



Self-Awareness

- Make conscious daily choices that build your own self awareness

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IS elite EXCLUSIVE?

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**"Elite is available.
Is it exclusive?
Yes, because everybody is not willing to do it.**

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Truth

- It takes time – over come adversity

“Pain often leaves you when you’ve learned from it.”

Substitute pain with adversity

There is a lesson in the process don’t skip over it.

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Tom Brady — Best with what you've got

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Truth

- Situations are out of your control – quit trying to control them focus your energy on something far more productive
- Ask yourself the question “What is the coach asking of me?”

Self-awareness – is CRUCIAL

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Are you willing to sprint when the distance is unknown?

- What you should know about success before you chase it success is not loyal to you It doesn't care about you - it doesn't care how sore you are - how much sleep you get - here's a tricky one success doesn't care how hard you work sometimes - sometimes you don't get outworked and you still don't succeed it's not fair – Success requires all of you and more and it promises you nothing - success is a mastermind of causing fear and doubt in your mind - causing set back after setback - Are you willing to sprint when the distance is unknown? Why chase this thing called winning? - because if you don't you are almost guaranteed in failing

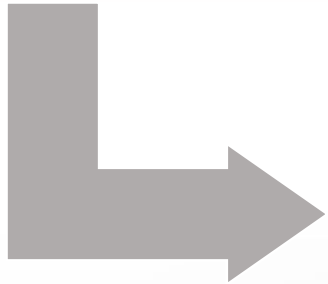
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Steps

Support

- Surround yourself with the right support
- Not meant to do it alone



Engage

- With your self-awareness you have built have the courage to seek help in the areas you need it most



Attempt

- Not succeeding is not the same as failing—eliminate the idea that failing sets you back

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Motivational Conclusion

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