CHECK YOUR MINDSET. CHECK YOURSELF.

THE CHECK IT UP SYSTEM

- [ ] **1 Check Mindset**
  We are prepared. Forget the scoreboard and compete each possession.

- [ ] **2 Check Focus**
  Have a plan. Know what you want to accomplish.

- [ ] **3 Check Purpose**
  Trust your plan and understand, “Why are we doing what we are doing?”

- [ ] **4 Check Execution**
  Did we get better today? It’s the only measure that matters.

- [ ] **5 Check Reflection**
  Good, Better, Best. What did we do good? What do we need to do better? What did we do best?