

# Five Questions Every Athlete Needs To Ask Themselves!

How bad do you want to be a great athlete? So many people talk about it but very few actually do it. I once heard a quote that I will never forget and that I use on a weekly basis while working with athletes: “A great athlete does every day what a good athlete does occasionally.” You see, a great athlete does whatever it takes on a daily basis, while a good athlete does it when it is convenient. A great athlete trains every day, while a good athlete trains when it’s comfortable. A great athlete goes out of his or her way to eat right so that his or her body recovers faster, while a good athlete eats whenever and whatever is available.

Many athletes enjoy playing their sport. That is not what I am talking about. I am not talking about just making the varsity team; I am talking about being a contributor on the varsity squad. I am not talking about just getting a scholarship; I am talking about being an All-American. I am not talking about just being a professional; I am talking about being an All-Star or a Hall-of-Famer. I am talking about being great! A lot of good athletes are out there, but very few are great. The difference between the good ones and the great ones is what they do on a daily basis. It is called consistency, hard work, and dedication.

If you are an athlete, I want you to ask yourself five questions. These five questions will determine if you have what it takes to be great or if you are satisfied with just being good.

1. How Bad? ***How Bad Do I Want It?*** How bad do you really want to be great? Do you just talk about it or are you doing what it takes on a daily basis to be great. Michael Jordan once said, “Some people want it to happen; some wish it would happen; others make it happen.” You have got to go and make it happen. You have got to go and take it. How bad do you want it?
2. Why? ***Why Do I Want It?*** Do you want to be great so people notice you? Do you want to be great to be famous? Do you want to be great to make money? Do you want to be great so that you can help others? Whatever it is, you need to know why. Why do you do what you do on a daily basis to be great? What is it that motivates you?
3. What? ***What Am I Willing To Do Until I Get It?*** What are you willing to sacrifice? A lot of athletes say that they want to play professionally and that’s great. However, do you know what it takes now for you to get there? What you need to do on a daily/weekly/monthly/annual basis to reach that ultimate goal to play professionally? To be a great athlete takes a lot of sacrifice. You may have to go to bed early when your friends are out at a movie. You may have to tell your girlfriend you can’t hang out because you need to train. Are you willing to make those kind of sacrifices?
4. How Much? ***How Much Do I Really Invest Into It?*** How much time do you put into what you do? It takes time to be great at anything. How much time do you put into practicing? How

much time do you put into studying so that you can master your sport? Be honest with yourself. Are you really ready to invest the time necessary to be great at what you do? There is no substitute for hard work. Are you willing to put the time into practice? Are you willing to work? How much are you willing to work at it?

5. Do You Really? ***Do You Really Love It?*** Is this your passion? Your passion is what is going to drive you. It is what keeps you going when times get tough. Things will not always be easy. The road is going to get rocky and if you do not love what you are doing, you will quit! If you do not have a passion for this, you will throw in the towel. You really need to ask yourself: is this what I love to do? If not, hang it up and find something you love to do. This is what life is about!

Now that you have asked yourself these questions, go and get it. Go and take what you deserve, and don't look back until it is yours!

If you are a serious athlete that is serious about your results come and train with the best at Dynamic Sports Development.

#### **About The Author:**

Jonathan Conneely "Coach JC" is the founder of Dynamic Sports Development, one of the ONLY Serious training facilities for Serious athletes! Coach JC is regarded as one of the top Strength & Conditioning Coaches in the entire country. Coach JC has trained some of the top athletes in the world from the highschool level to the pro's!

As an established Author, Speaker, and Life Coach he has been assisting individuals from all walks of life to "Take it to the next level!" Coach JC has a passion for helping people live their life to the fullest. Visit <http://www.CoachJC.com> to learn more about Coach JC. To learn more about Dynamic Sports Development visit [www.TheDSD.com](http://www.TheDSD.com)