



US COMPLIANCE

CARE | PROTECT | GROW

LEAD THE WAY

“BEING SELF-DISCIPLINED”

Very few people ever get to a place where someone says they are the best at what they do... even fewer to a place where others say they are the best of all times. Jerry Rice has been called the best person ever to play wide receiver and he has the records to prove it. People who know him say he was a natural. Physically, his God-given gifts were incredible. He had what every coach would want in a receiver.

Hall of Fame Coach Bill Walsh says, “I don’t think that there’s been a guy equal to him physically.” But his physical ability alone is not what has made him great. The real key to his success has been his self-discipline. The story of his ability to push himself started when he was in high school. The Coach of B.L. Moor High School, Charles Davis, had his players run twenty times up a forty-yard hill. On a particularly hot, muggy Mississippi day, Jerry Rice was ready to give up after eleven times, but as he started to sneak toward the locker room he realized what he was doing.

“Don’t quit” he told himself. “Because if you get into that mode of quitting, then you feel like its okay.” He went back and finished his sprints, and he has never been a quitter since. As a Professional football player, he was famous for sprinting up another hill. This one was a tough 2.5 mile uphill park trail in San Carlos, California. Other top players tried to keep up with him but they fell behind and were amazed at his stamina.

But that’s only a part of his routine. When other players were fishing and laying around during the off season, Jerry Rice worked out from seven in the morning until noon six days a week. NFL corner back Kevin Smith said, “What other people don’t understand is that football was a twelve month thing with Jerry Rice.” That’s the difference between the good and the great.

Jerry rice is the perfect example of the difference between the good and the great, and that’s because he is the perfect example of self-discipline. No one ever achieves or maintains greatness without SELF-DISCIPLINE. No matter how gifted a leader is, his gifts will never reach their maximum potential without self-discipline.

During times of great uncertainty, like we face in our culture today, a key differentiation with people who have great influence, is the attribute of Self-Discipline. Those who can initiate their own drive and who can stay focused in chaos, are in great need throughout every organization. When business Executives and Supervisors are focusing on trying to keep companies afloat and the P&L in alignment with the mission of the company, they should not need to hand hold their team members. Those with self-discipline are not only a gift to organizations, they are the glue that keeps the seams of cultural fabric held together.

Work on setting goals and maintaining target KPI’s as you set expectations with your direct report and those you supervise. Then make sure you establish a routine that allows you to show your work to be done with excellence. Go above and beyond showing you have the discipline it takes to excel in diabolical times. This will not only be a help to your company, but will set you apart in your field, becoming your own version of Jerry Rice!