

# **“8 ATTRIBUTES OF A GREAT TEAM LEADER”**

**- WORKBOOK -**



**Player Name:** \_\_\_\_\_



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# About the Author

The Mental Edge was founded in 2022 by certified mental performance coach, Jason Thompson. Jason has worked with athletes, coaches, and teams in a variety of contexts for over 20 years. He currently lives in northern Indiana with his wife, Rachael, and two daughters.

# About The Mental Edge

The Mental Edge equip athletes and teams with those mental skills, habits, and tools needed to develop an elite mindset, one that allows athletes to reach their potential while enjoying the journey.

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# About This Workbook

This workbook is meant to accompany the “8 Attributes of A Great Team Leader” podcast series that comes free with the purchase of this workbook. There are two exercises/activities that accompany each attribute. These can be found in the back of the workbook.



# Testimonials

"Jason helped me to have a more positive mindset as well as how to keep pushing no matter what I or my team faced. He has made a valuable impact on my career. Jason helped me with challenges and obstacles and to overcome them with certain techniques and methods." - **Tim Noeding (2022 NAIA National College Soccer Player of the Year)**

"Jason Thompson, Founder of The Mental Edge, has helped me and my teammates develop a Champion mindset and elevate our game to a new level. He helped change our focus to the process and not the outcome, which helped us perform to our best ability in matches." - **Ellie Hepler, 3x AAU Volleyball National Champion and 2x AAU All-American**

"The Mental Edge has shared effective ways on how to prepare myself for highly competitive environments in achieving a goal bigger than myself and finding my WHY!" - **Taylor Schafer, Ohio State Softball Commit**

"The Mental Edge has helped me grow stronger mentally by leading me to ask myself those difficult questions that push me to improve. I have enjoyed learning new skills and little pieces of advice that I can use in my running career moving forward." - **Joey Rastrelli, Indiana University, Distance Runner**

"The Mental Edge certainly assisted our players with focus and mental toughness this season. In a game where failure is rampant, it was very beneficial to have a system in place to overcome it. I would highly recommend The Mental Edge to any coach!" - **Andy Manes, High School Baseball Coach**

"Being able to work with Coach Thompson this season was a phenomenal experience. He helps athletes with the skills that they need to overcome mental roadblocks and hurdles that keep them from being able to play present and reach their full potential." - **Kristi Ulrich, High School Girls Basketball Coach**

# GETTING STARTED

## WHAT IS REAL LEADERSHIP?

Real, effective leadership is not about \_\_\_\_\_ or \_\_\_\_\_.

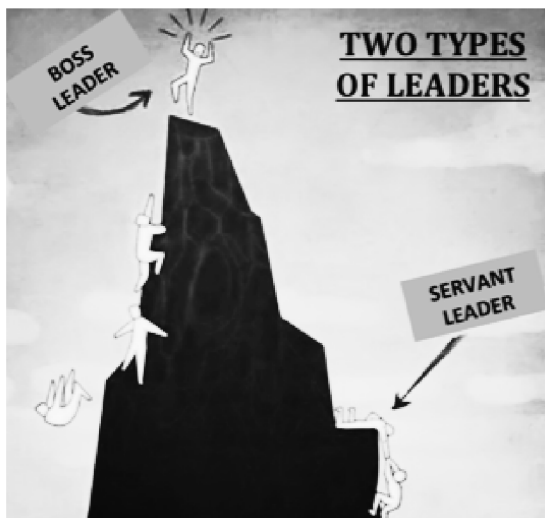
Rather, true leadership is about \_\_\_\_\_, which is \_\_\_\_\_.

## TWO TYPES OF LEADERS...

1. \_\_\_\_\_ Leaders think, “Me, My, Mine”

2. \_\_\_\_\_ Leaders think, “We, Us, Our”

We earn respect and influence by \_\_\_\_\_  
become more and adding \_\_\_\_\_ to their lives. This is  
what many call “\_\_\_\_\_”.



What do you  
see happening  
in this picture?



# ATTRIBUTES OF A GREAT TEAM LEADER

## ATTRIBUTE #1:

GREAT TEAM LEADERS...

ARE LIKE \_\_\_\_\_

RATHER THAN \_\_\_\_\_



Patients \_\_\_\_\_.

- They are \_\_\_\_\_.

Doctors \_\_\_\_\_.

- They are \_\_\_\_\_.

Great leaders solve problems & bring positive change  
wherever they go.

Rather than \_\_\_\_\_ about problems like  
patients do, doctors work to find solutions.

# ATTRIBUTES OF A GREAT TEAM LEADER

## #1: Great Team Leaders Are Like Doctors Rather Than Patients

As a patient, I can describe to you how I feel when I don't feel well but only a doctor can prescribe a medication that solves the physical problem that I have. We need more leaders who are like doctors in this way rather than patients who only complain about existing problems.

## **FIVE QUOTES RELATED TO THIS ATTRIBUTE:**

- “If you want to be mentally tough quit focusing on problems and relentlessly focus on solutions. One good question is to ask yourself ‘What is one solution to this problem?’” - Jason Selk in “10 Minute Toughness”<sup>1</sup>
- "Don't be part of the \_\_\_\_\_. Be part of the solution."  
- Coach John Tillman, Maryland Men's Lacrosse Coach
- “\_\_\_\_\_ think and talk about solutions. \_\_\_\_\_ think and talk about problems.” - Bryan Tracy<sup>2</sup>
- “You can \_\_\_\_\_, or you can get to work \_\_\_\_\_.” - Joshua Medcalf
- "One type of person approaches a situation with the mindset of, ‘\_\_\_\_\_?’  
Another type seems to approach each circumstance with the mindset of, ‘What are all the reasons this \_\_\_\_\_?’” - James Clear<sup>3</sup>



# ATTRIBUTES OF A GREAT TEAM LEADER

## #1: Great Team Leaders Are Like Doctors Rather Than Patients

Former Navy Seal and author Joco Willink, talking about a time on the battlefield when he had to take ownership and responsibility for a failure that occurred under his leadership, said...<sup>4</sup>



*“I knew that as a leader, I had to take \_\_\_\_\_. And in order to do that, I had to control my ego so that my ego did not control me. And you know what? I didn’t get fired. In fact, my commanding officer who had expected excuses and finger-pointing, when I took responsibility, when I took ownership, he now trusted me even more!*

*And my men... \_\_\_\_\_. Instead, they realized that I would never shirk responsibility...And you know what? They had the same attitude.*

*Unlike a team where \_\_\_\_\_ of the problems and therefore the problems never get solved, with us \_\_\_\_\_ of their mistakes. Everyone took ownership of the problems. And \_\_\_\_\_!”*

## **HERE ARE 4 STEPS TO SOLVING ANY PROBLEM:**

1. \_\_\_\_\_ the specific problem
2. \_\_\_\_\_
3. Determine \_\_\_\_\_
4. \_\_\_\_\_ the outcome