

FLOOR SCANNING



Scan the floors in your home, school, out in public, etc. keeping an eye out for trash on the floors. Don't walk past or step over any trash. Look for any trash on floors, pick it up, and throw it away. If anyone sees someone walk past trash and not see it, call them out.

Why? Because so many of us walk through life completely unaware and clueless to things right in front of us. Keep your head on a swivel.

RACE TO THE SNEEZE



Listen for any and all sneezes. Be the first person to say "Bless You." If someone sneezes and you weren't first to say Bless You or you didn't realize someone sneezed; you lost on that one. Work to not let it happen again.

Why? Because many of us aren't aware of our surroundings. We're in our own little world, oblivious to what's going on. This will help us be aware of our surroundings.

WATCH YOUR MOUTH



Pay attention to the words you speak and remove all foul language from your language. If you have to ask if a word is considered a “bad” word, assume it is and don’t say it. If there’s music you listen to with bad words, skip over the word as you’re singing along.

Why? Being able to discipline yourself on small details of language will allow you to better discipline yourself in other areas of your life.

BUZZWORD



Identify a word, agreed upon by the whole team, and collectively commit to not saying that word. The word can’t be said at any time; whether you’re together as a team or not.

Why? Filtering your words is a great exercise in managing details. If you can manage the details of adding or subtracting individual words from your vocabulary, you’ll be able to manage details significantly better in life.

SPELLCHECK



Don't send a single text, tweet, Instagram post, etc. this week with a misspelled word. Read through each message before you send it to make sure no misspellings are included.

Why? Being aware of your spelling and searching for misspellings helps train your eye to look for small errors.

BED-START



Start every day for the week by making your bed. Pair off with a teammate. Text your coach each day a photo of your bed. Each day place a new item on your bed to confirm you're taking a new picture.

Why? Starting your day with a dose of discipline, engaged in a detailed activity will help you engage in other details when you don't feel like doing them.

Wake up and make your bed up.

DOOR-HOLDER



Every door you walk through, take a look back and hold it for everyone within 5-steps. Don't get caught by any of your teammates going through a door and not peeking back to see if you can hold the door for others behind you.

Why? This exercise will force you to stop in your tracks and consciously become more aware of your surroundings.

SOCK-MATCH



Every time you put on socks this week, they have to match. Each player has to commit to making sure their socks match. If you're wearing socks that read "L" and "R", the left one must be on the left and the right one must be on the right.

Why? Socks are often a small detail most people don't pay much attention to. Be a team that trains itself to pay attention to the details most teams don't.