

John Wooden's Pyramid of Success

<https://www.thewoodeneffect.com/pyramid-of-success/>

The life principles summarized in the Pyramid of Success had no explicit reference to basketball or athletics. The coach's diagram was simply a roadmap to being a better person.

The building blocks of Wooden's Pyramid of Success

- Industriousness:** There is no substitute for work. Worthwhile results come from hard work and careful planning.
- Loyalty:** To yourself and to all those depending upon you. Keep your self-respect.
- Alertness:** Be observing constantly. Stay open-minded. Be eager to learn and improve.
- Initiative:** Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it.
- Enthusiasm:** Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing.
- Self-Control:** Practice self-discipline and keep emotions under control. Good judgment and common sense are essential.

- Friendship:** Comes from mutual esteem, respect and devotion. Like marriage, it must not be taken for granted but requires joint effort.
- Cooperation:** With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way.
- Intentness:** Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent.
- Confidence:** Respect without fear. May come from being prepared and keeping all things in proper perspective.
- Skill:** A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail.
- Team-Spirit:** A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all.
- Poise:** Just being yourself. Being at ease in any situation. Never fighting yourself.
- Condition:** Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated.
- Competitive Greatness:** Be at your best when your best is needed. Enjoyment of a difficult challenge.