

## Maximize your Performance

1. **Work to remain healthy in all parts of your life, both on and off the field.** Keep in mind that your physical wellness is only one part of the equation. Ask any successful NFL player, and they will talk about the work they put in to stay healthy emotionally, spiritually, and financially as well.
2. **Use your resources.** You have access to some of the best resources that exist to help you maximize your potential—coaches, trainers, nutritionists, psychologists, medical doctors. Don't wait until there is a crisis before you reach out. Your decision to utilize your resources will keep you healthy—and hopefully help you to avoid a crisis from occurring in the first place.
3. **Develop a healthy support system.** You know the importance of having a great team around you, and now that's true more than ever. Take a look at your current team—what are their strengths? Weaknesses? Identify people who are having the kind of success you would like to have, and include them in your support system. At the same time, carefully vet people for yourself—don't just take someone else's word for it.
4. **Minimize off the field distractions**—they always have a way of impacting on the field performance.
5. **Keep learning.** The more you learn, the more you grow. Players who have had long and successful careers understand that there will always be something more to learn. Don't make the mistake of thinking that you know all there is to know.
6. **Enjoy the experience.** Remembering what you enjoy about the game makes it easier to put the work in, and it increases your performance on the field. This is a perspective that should be applied to any career you pursue.