



MONDAYS

with Mike

AULTCARE

Weekly
PLAN

monday

Opening the New Year – Focusing on the Basics

Alan Stein, Jr. is considered one of the top performance coaches in the nation. For years, he has worked with some of the best basketball players in the world. Alan worked with Kobe Bryant back in 2007 when he was in the prime of his career and was considered the best basketball player in the world. Nike flew Alan out to the Kobe Bryant Skills Camp so that he could see just how hard Kobe worked. There was talk that these workouts were just insane.

The Lakers guard told Alan to meet him at 4:00 AM, which is when Kobe's workouts started. Alan set his alarm for 3:00 AM because he wanted to beat Kobe to the gym. Upon his arrival, Kobe was already dripping with sweat with a warm-up before his workout was even in full swing.

Alan recalled how he was bored to death because, for the first 45 minutes, Kobe was practicing basics that any middle schooler would do. Later that day, Alan asked Kobe why the best player in the world was spending so much time on the basics.

Kobe replied, "Why do you think I am the best player in the world? Because I never ever get bored with the basics."

You see, even though he was focusing on the basics, he was attacking those basics with an unmatched attention to detail and a ferocious competitiveness. He didn't just practice until he got it right. He was practicing until he couldn't do it wrong.

This week, let's take this attitude into our relationships, parenting, work, and overall engagement with those in our life's spaces. Let's strive to be the best in the world in this way!

Have a "fundamentally" great week!

