• 2,632 consecutive games played
• Nearly 17 straight years without missing a game

The traits required to break my record:
1. The right approach
2. Strong will to succeed
3. Passion
4. Love to compete
5. Consistency
6. Conviction
7. Strength
8. Life management

The right approach

• Right Attitude
• Personal Mission Statement
• Honest and Simple Approach
• Genetic or learned?
• Internal drive
• Fire within/Desire

• Love what you do
• Dad’s perspective
  “There are too many people in this world doing things they hate”
• Carries you through… makes it worthwhile

Competitive challenges… internal and external

• Adjust and re-adjust
• Ability to perform everyday
• Solve problems and find solutions quickly
• Makes you irreplaceable

• Thick skin
• Stubborn
• Seeing things through to the end

• Physical
• Mental
  - Understanding the link between exercising and maintaining focus
Achieving Balance

- Professional
  - Managers
  - Media
- Personal
  - Family

"We gotta play' em one day at a time."

"I'm just happy to be here. Hope I can help the ball club."

"I just want to give it my best shot, and the good Lord willing, things will work out."

Crash Davis – Bull Durham

Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to rank with those poor spirits who neither enjoy nor suffer much, because they live in the gray twilight that knows neither victory nor defeat.

- Theodore Roosevelt