

# THE STAR WAY

## November Focus: Industriousness

### What is it?

**Industriousness:** the act of working energetically and devotedly

### Wooden Says...

"You can work without being industrious, but you can not be industrious without work."

### At Star Athletics...

... we use this word more than the average gym. We know that showing up for practice is not enough. All athletes work to the fullest extent of their abilities. Personal success is not possible without having an industrious mindset. **How often do you work with an industrious mindset? Can you use this outside of the gym? What can you do to ensure your team is working to it's top potential? Are you giving all that you have to improve yourself during "crunch time"? How will being industrious lead to your success at Showcase and beyond?**

### Plain and Simple...

*If you wish to be successful, you must be **industrious**. Be busy. Make sure your work is useful. If you are willing to put in the right kind of work, you will find success.*

Our featured athlete is Shannon. Her work ethic is obvious, as she is always present in the

gym. However, it is what Shannon does when she is in the gym that is most important. She asks questions and tries to understand every skill. She is a great student and masters her drills. All of her reps are meaningful and productive. She is not afraid of hard work and because of this, she will continue to gain skills and confidence. Her success is no secret. Her **industrious** qualities make her the perfect teammate on both of her teams.

Personal growth will lead to happiness. Personal growth in an area that you love is even better. Our athletes are so lucky that they get to experience success while doing something that they love.

**Industriousness** is the key... we cannot stress this word enough!

