

BETTER THAN YESTERDAY

FOCUS ON THE PROCESS - ONE DAY AT A TIME

THE PROCESS MINDSET

- ✓ Focus on what you can control
- ✓ Take it one day at a time
- ✓ Be better than you were yesterday, on the ice, in the gym, in school and in life

The results will take care of themselves when we live the process



THE E'S & A'S - OUR CONTROLLABLES

- Effort
- Energy
- Engagement
- Enthusiasm
- Attitude
- Attention
- Awareness
- Accountability

Bring these EVERY SINGLE DAY!

PLAY HARD. PLAY SMART. PLAY TOGETHER

We focus on the process, not the outcome. Each day, our goal is to be better than we were yesterday, whether in attitude, effort, skill, school, recovery, or mental health. By living out the E's & A's, we control what we can, and the results will follow

TEAM STATEMENT