



## AOB Guest Speaker Lecture Topics & Schedule:

# The Pyramid of Success

A fifteen-lecture series motivating 10<sup>th</sup> graders to fulfill their potential  
(based on Coach John Wooden's Pyramid of Success: [www.coachwooden.com](http://www.coachwooden.com))

### LECTURE TOPIC / DESCRIPTION

#### 1. Industriousness

*"There is no substitute for work. None. Worthwhile things come only from hard work. You can work without being industrious, but you cannot be industrious without work." - Wooden*

#### 2. Friendship

*"The two qualities of friendship... so important to possess and instill in team members...are respect and camaraderie." - Wooden*

#### 3. Loyalty

*"Loyalty is part of human beings' higher nature...your standards- your system, your values...First do not betray yourself. Second do not betray those you lead" - Wooden*

#### 4. Cooperation

*"To reach the full potential of the group, there must be Cooperation-the sharing of ideas, information, creativity, responsibilities, tasks...the only thing not shared is blame" -Wooden*

#### 5. Enthusiasm

*"Simply put, I mean you must love that which you do. Your heart must be in it. If you don't like what you're doing -get out. Don't whine, complain, and make excuses" -Wooden*

#### 6. Self-Control

*Self-Control is... discipline and mastery of emotions...when you lose control ...your judgment and common sense suffer. Control your 'self' so others won't have to" - Wooden*

#### 7. Alertness

*"As you strive to reach your personal best, Alertness will make your task much easier...Too often we get lost in tunnel vision and don't see things that are right in front of us." - Wooden*

#### 8. Initiative

*"Initiative means the courage to make decisions and take action...you are going to fail ...but if you are afraid to fail, you will never do the things you are capable of doing." - Wooden*

#### 9. Intentness

*Intentness: "...it means determination; persistence...or pertinacity or perseverance. It is the ability to resist temptation and stay the course, to concentrate on your objective." - Wooden*

#### 10. Conditioning

*"Practice moderation and balance in all that you do...You must identify your conditioning requirements and then attain them. Without...you will fall short of your potential." - Wooden*

#### 11. Skill

*"Skill means being able to execute all of your job, not just part of it. Mastery of Skills requires learning and it is my opinion that great leaders are lifelong learners." - Wooden*

#### 12. Team Spirit

*Team spirit is "an eagerness to sacrifice personal interest or glory for the welfare of all... Praise that comes because of your contribution to the group is the kind I prize." - Wooden*

#### 13. Poise

*Poise: "holding fast to your principles...regardless of how bad or good the situation ...not getting thrown off, or unbalanced in how you behave because of outside events" - Wooden*

#### 14. Confidence

*"There is no stronger steel than well-founded self-belief: the knowledge...that you have done all things possible to ready yourself and your organization for the competition." - Wooden*

#### 15. Competitive Greatness

*"Competitive Greatness: A real love for the hard battle, knowing it offers the opportunity to be at your best when your best is required..." - Wooden*

NOTE: In the time slotted for each topic above, guest speakers will present to two separate classes of students for 35 minutes each. All lectures are held at Clairemont High School, Classroom Computer Lab 201.