



## DEION "COACH PRIME" SANDERS WITH HOST DON YAEGER

### *Don's notes and favorite quotes from this episode:*

- "I don't have bad days-- I have bad moments, even bad hours. But never a bad day... I have the remote control of my life."
- "Criticize yourself happily, not angrily."
- When Nick Saban was talking, Deion said he would interject "and?" or "you're kidding?" to keep Saban talking: "I respect the heck out of him for all the wisdom he knows. He's my hero. He's my coaching guru, so I just kept prompting him to keep going. And he knew I was doing it and he just kept going... No matter where you are in your career, get a mentor. Get somebody who you look up to but who also looks out for you."
- Coaching the whole person, not just the football player: "These kids will turn out to be wonderful young men, wonderful fathers and wonderful siblings. You can't just judge us by a game and the score."
- "Belief has been important to me ever since I was a child when people said I was too small, that I didn't come from the right side of town, but I never doubted me because I knew the work I was going to put in and the gift God had given me. Marry that gift with work and understanding of the time and the moment, I never looked at an obstacle and thought I couldn't handle it. "

**Reflection Questions:** Deion talked about the importance of vulnerability. He seeks to unapologetically discuss his trials and tribulations so that his players can identify with him. They responded with, "Shoot, Coach is just like me. You did this when you were my age? You thought like this?"

*(continued on next page)*

Consider an upcoming one-on-one meeting where discussing your own past challenges and failures could foster a deeper level of trust and connection. What specific story of vulnerability could you share? Reflect on how sharing your own “I’ve been there” moments could provide comfort and guidance to someone facing similar challenges.

Think about a mentoring session or leadership workshop you might lead in the future. How can you encourage others to incorporate my personal stories of trials and tribulations to not only humanize themselves as a leader but also to empower and inspire others to face their own challenges with courage and honesty?

*Want more great stories and lessons from Deion?*

**ORDER YOUR COPY OF ELEVATE & DOMINATE**