

# Burning River Lacrosse



**"The Disease of Me." These are its 6 danger signs (and how to avoid them) by Pat Riley.**

## **1. Chronic Feelings of under-appreciation**

It's nearly impossible to achieve anything worthwhile if you're consumed with getting credit.

- Make peace with it now:
- Not everything you do will be celebrated.
- Find small wins and share in others' success.

## **2. Paranoia over beating cheated out of one's rightful share**

Are players consumed with increasing their "personal brand" over the team's?

- If this is the focus, little else will matter.
- You'll essentially have empty achievements on a poor team and fail to get recognized either way.

## **3. Leadership vacuum resulting from the formation of cliques & rivalries.**

Teams within the team.

- It frequently leads to distrust, resentment, badmouthing and animosity
- Great teams in any field have one mission, one voice and are abundantly clear about their larger purpose.

## **4. Feelings of frustration even when the team performs successfully**

Success isn't for an individual - it's for the whole.

- a. But one negative voice can really drain the excitement out of it.
- b. Key Q to routinely ask: How can I better fit what this specific group is looking for?

## **5. Personal effort mustered solely to outshine a teammate**

Competition within a team is great, but only when it fuels everyone to reach a higher level.

- a. If effort is only put in to up one's standing, it's essentially fake. It shouldn't be conditional.

## **6. Resentment of the competence of another**

Someone starts rooting for a teammate to fail.

- a. It's truly cancerous and can take a team from the top to the bottom.
- b. This mentality must be confronted and now allowed to fester.
- c. Simple rule: Cheer for your teammates' success.

**So, how do you avoid "The Disease of Me?" To Riley, it's about tradeoffs. The best organizations:**

- make sacrifices
- don't look for individual credit
- cheer on their peers
- speak with one voice
- make the bigger picture abundantly clear