

WISDOM SESSION

212

“The task ahead of us is never as great as the power behind us.”

Ralph Waldo Emerson

Following is an excerpt from Walk-On (an excellent book to read by the way) by Alan Williams. It describes a session that Wake Forest Coach Skip Prosser had with his team to try to inspire them to play at a higher intensity level.

Coach Prosser loved history and often encouraged us by using famous quotes from Winston Churchill or Ralph Waldo Emerson.

One time he didn't feel like we were playing hard enough, so he put the number 211 on the board. He asked, “Know what this number represents?” It was quiet for a second; nobody knew the significance of 211. Then Coach went on to tell us that 211 was one degree below 212 – the point at which water begins to boil.

Then he said to us, “Right now you guys are playing well, but I need you to take your level of intensity up one degree. If we do that, then that's when we'll start to boil; that's when we'll begin to play at the level we need to play at to make a run at the Final Four.”

- Walk-On

“All hard work brings a profit, but mere talk leads only to poverty.”

— Proverbs 14:23

ABCD - Actions Bring you Closer to your Dreams

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David Trent believes that wisdom comes from continually seeking to learn and grow through relationships and reading, which leads to personal development. In an effort to inspire learning in others, David Trent sends out weekly Wisdom Sessions. He recommends purchasing and reading any book source used in these Wisdom Sessions.