

# THE 10 COMMANDMENTS OF WINNING TEAMMATES



**APPLICATION GUIDE  
FOR TEAMS  
AND TEAM LEADERS**

## **The Ten Commandments of Winning Teammates**

- 1 - Remember to have fun and remain positive
- 2 - Always give and request clear expectations
- 3 - Frequently share appreciation and thanks
- 4 - Continue to grow and stay coachable
- 5 - Be aware of and encourage others
- 6 - Do more than is expected with enthusiasm
- 7 - Respect the clock and the calendar
- 8 - Know your role and contribute your strengths
- 9 - Prioritize team goals ahead of personal gains
- 10 - Claim personal responsibility for results



“Successful people ask better questions, and  
as a result, they get better answers.”

– *Tony Robbins*



**THIS GUIDE WILL FOCUS ON HELPING YOU  
TO DO TWO IMPORTANT THINGS:**

**1.**

**Make the Lessons Relevant to Your Situation**

**2.**

**Apply the Lessons Daily in Your Life**



# ACTIVITY ONE – MAKE THEM RELEVANT

For each of the *10 Commandments of Winning Teammates*, write out two specific actions you could take to apply them to your situation...

1 - Remember to have fun and remain positive

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2 - Always give and request clear expectations

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3 - Frequently share appreciation and thanks

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4 - Continue to grow and stay coachable

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5 - Be aware of and encourage others

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7 - Respect the clock and the calendar

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8 - Know your role and contribute your strengths

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9 - Prioritize team goals ahead of personal gains

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10 - Claim personal responsibility for results

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“Ideas Are Easy, Implementation Is Hard”

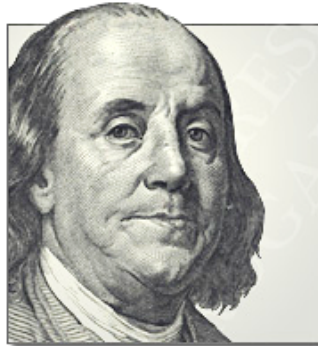
- *Guy Kawasaki*



## ACTIVITY TWO – DAILY APPLICATION!

Make each of the *10 Commandments of Winning Teammates* a powerful habit that you continue to focus on every week...

Benjamin Franklin learned early the value of education and the importance of personal virtue.



As a young man, Franklin's character evolved as he set out to improve himself and the world around him. At the age of twenty-seven, Franklin composed a list of thirteen virtues for living well.





Franklin carried the list of virtues in his pocket for many years.

But far more important than making or carrying the list of virtues,  
Franklin constructed a PLAN to implement them.

Ben Franklin chose to focus on one of the virtues each week, and over the course of a year he would have intentionally focused on each virtue a total of four times...

But our world moves more quickly – and **you want to see the positive results** and impact that these ideas can have on your team as soon as possible.

**So... this application guide for *The 10 Commandments of Winning Teammates* provides you with charts and strategies to implement them successfully over a short period of time.**

You and your team may choose to use either of the three effective methods that are shared with printable charts in these pages...



# APPLICATION OPTIONS TO CONSIDER FOR YOU AND YOUR TEAM:

## Option 1 –

Focus on implementing all 10 commandments each day

## Option 2 –

Focus on implementing a single commandment each day for 10 days

(this would require a 2 week cycle for completion)

## Option 3 –

Focus on implementing two commandments each day for 5 days

(this would require a single week for completion)

**Simply print our copies of the provided charts for yourself and/or the people on your team, and make more copies as often as you need them...**



# 1. THE DAILY APPLICATION OF ALL COMMANDMENTS

(ALL 10 TO BE APPLIED BY THE END OF EACH DAY)

COMMANDMENT	WHAT DID YOU DO TO LIVE OUT THIS COMMANDMENT DURING YOUR DAY TODAY?
remember to have fun and remain positive	
<i>always give and request clear expectations</i>	
<i>frequently share appreciation and thanks</i>	
<i>continue to grow and stay coachable</i>	
<i>be aware of and encourage others</i>	
do more than is expected with enthusiasm	
<i>respect the clock and the calendar</i>	
<i>know your role and contribute your strengths</i>	
<i>prioritize team goals ahead of personal gains</i>	
<i>claim personal responsibility for results</i>	



## 2. THE DAILY APPLICATION OF INDIVIDUAL COMMANDMENTS

(ALL 10 TO BE APPLIED OVER A TWO WEEK PERIOD)

COMMANDMENT	DAY	WHAT DID YOU DO TO LIVE OUT THE COMMANDMENT DURING YOUR DAY TODAY?
remember to have fun and remain positive	1	
<i>always give and request clear expectations</i>	2	
<i>frequently share appreciation and thanks</i>	3	
<i>continue to grow and stay coachable</i>	4	
<i>be aware of and encourage others</i>	5	



## 2. THE DAILY APPLICATION OF INDIVIDUAL COMMANDMENTS

(ALL 10 TO BE APPLIED OVER A TWO WEEK PERIOD)

COMMANDMENT	DAY	WHAT DID YOU DO TO LIVE OUT THE COMMANDMENT DURING YOUR DAY TODAY?
do more than is expected with enthusiasm	6	
<i>respect the clock and the calendar</i>	7	
<i>know your role and contribute your strengths</i>	8	
<i>prioritize team goals ahead of personal gains</i>	9	
<i>claim personal responsibility for results</i>	10	



### 3. THE DAILY APPLICATION OF TWO COMMANDMENTS (ALL 10 TO BE APPLIED OVER A ONE WEEK PERIOD)

DAY	COMMANDMENT	WHAT DID YOU DO TO LIVE OUT THIS COMMANDMENT DURING YOUR DAY TODAY?
1	remember to have fun and remain positive	
	<i>always give and request clear expectations</i>	
2	<i>frequently share appreciation and thanks</i>	
	<i>continue to grow and stay coachable</i>	
3	<i>be aware of and encourage others</i>	
	do more than is expected with enthusiasm	
4	<i>respect the clock and the calendar</i>	
	<i>know your role and contribute your strengths</i>	
5	<i>prioritize team goals ahead of personal gains</i>	
	<i>claim personal responsibility for results</i>	





“Repetition is the Key to Learning”

- *John Wooden*



# ABOUT THE AUTHOR

Sean Glaze inspires people to have fun laughing together so they can have more success working together.

His two other books, [The Unexpected Leader](#) and [Rapid Teamwork](#) are powerful parables for building and leading great teams!

As a successful basketball coach and educator for over 20 years, Sean gained valuable insights into how to develop winning teams, and founded Great Results Teambuilding to share those lessons...

Today, he travels around the country delivering interactive events and entertaining keynotes that transform employees into **winning teammates!**

