

## 4Q | 1 Life Scorecard - Self Check

**Coach / Staff Scorecard**

Weekly check to shape culture through preparation sacrifices, pressure moments, teamwork, and classroom standards. Score each question 1-5, then total each section and overall.

Name: _____	Date: _____	Team/School: _____
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**Faith (character under pressure)**

Did I lead with integrity and humility even when results or emotions were high? 1 2 3 4 5  
Score: \_\_\_\_

Did I reinforce identity/purpose beyond performance (especially after wins/losses)? 1 2 3 4 5  
Score: \_\_\_\_

Did I handle conflict and discipline with truth + grace (clear, fair, consistent)? 1 2 3 4 5  
Score: \_\_\_\_

Did I create space for encouragement, prayer, or positive words that build up? 1 2 3 4 5  
Score: \_\_\_\_

**Family (culture & relationships)**

Did I communicate expectations clearly to athletes and parents/guardians? 1 2 3 4 5  
Score: \_\_\_\_

Did I protect unity (no favoritism, no gossip, clear role clarity)? 1 2 3 4 5  
Score: \_\_\_\_

Did I intentionally develop assistants/staff and keep alignment? 1 2 3 4 5  
Score: \_\_\_\_

Did I see the person behind the player (check-ins, care, support)? 1 2 3 4 5  
Score: \_\_\_\_

**Finish (standards & development)**

Did I coach habits: effort, attitude, accountability, preparation, recovery? 1 2 3 4 5  
Score: \_\_\_\_

Did I correct behavior and technique without tearing down confidence? 1 2 3 4 5  
Score: \_\_\_\_

Did I connect practice sacrifices to game performance and long-term growth? 1 2 3 4 5  
Score: \_\_\_\_

Did I reinforce classroom standards (study hall, grades, responsibility)? 1 2 3 4 5  
Score: \_\_\_\_

**Legacy (achievement & aspirations)**

Did I help athletes process success/failure as learning, not identity? 1 2 3 4 5  
Score: \_\_\_\_

Did I teach leadership and resilience through pressure moments? 1 2 3 4 5  
Score: \_\_\_\_

Did I guide NIL/attention with values and guardrails where relevant? 1 2 3 4 5  
Score: \_\_\_\_

What one culture standard will I raise next week to help us finish well? 1 2 3 4 5  
Score: \_\_\_\_

**Section Totals**

Faith: ____	Family: ____	Finish: ____	Legacy: ____
Overall (max 80): ____			Overall average: ____

**This Week - Put It Into Action**

One standard I will reinforce daily (effort/attitude/discipline)

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One player I will develop intentionally (skill + character)

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One classroom expectation I will strengthen (grades/study/accountability)

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One culture habit I will model under pressure

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One legacy-focused message I will repeat after wins/losses

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How the score is returned: The client totals each section and overall, then brings it to the next session or submits a photo/PDF by email or upload (your process).