



The FIFTH QUARTER PROJECT

...because the game is still on!

Application for Participation





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The White Belt

When Jigoro Kano, the founder of judo was quite old and close to death he called his students around him and told them he wanted to be buried in his white belt.

How humble, how touching...the world's highest ranking judoist in his last days to ask for the emblem of the beginner!

Was it really humble though or was it simply realism...at the moment of death, the ultimate transformation, we are all white belts.

If death makes us beginners, then, so does life...again and again.

In the master's secret mirror, even at the moment of highest renown and accomplishment there is an image of the newest student in class...eager for knowledge...willing to play the fool.

For all who walk the path to mastery, however far that journey has progressed, Kano's request becomes a lingering question, an ever-new challenge...

...Are You Willing To Wear the White Belt?

You've come to this place in your life...reading this document as you are today for a reason.

It's obvious that I don't know the reason specifically though do think it's safe to say it's closely connected to the fact that somehow, someday you are not proceeding toward a destination in your life that feels on target.

Why that's the case?

That's a conversation to be conducted later and possibly often along the way of the curriculum offered via **The Fifth Quarter Project** but for what it's worth, the TRUTH is this...

Being at the proverbial "fork in the road" happens to many more people than will ever admit it or then appropriately address that fact! (This accounts to why according to Gallup Poll study **85%** of people are unhappy with/hate their jobs... **EIGHTY FIVE PERCENT!!!**)

It certainly has happened to me and may very well again...that's life!



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The only real constant in life is CHANGE...

The best type of CHANGE is the type that we modulate, design and implement.

(The worst type is change that happens to us...the type over which we have no control.)

“When we are no longer able to change a situation, we are challenged to change ourselves.”

Viktor Frankl

There are essentially three reasons people don't do things:

1. Don't want to (apathy)
2. Don't know how (ignorance)
3. Don't want to because they don't know how (ego)

As much as anything, this application is designed to ascertain where you are TODAY with respect to your own life and your motivation to instill change.

Are you willing to wear the white belt?

Nobody can help you if you "don't want to" change.

Roger Federer, Jack Nicklaus, Arnold Palmer, Michelle Wie etc all wanted to “wear the white belt” and each of them had people on their team to assist them in their never-ending quest to improve! (Arnold hired a new coach when he was 60+!!)

Whether or not we wind up working together remains to be seen...

Whether or not you wind up having your application to **The Fifth Quarter Project** accepted or whether or not you decide to participate if accepted remains to be seen as well of course.

Regardless though I can assure you that even the action associated with going through this application process will be greatly informative and focusing to all concerned.

Clarity is King and you'll attain a great level of personal clarity working within this application process.



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Your commitment to gaining a “brutally honest sense of your current reality” will help you immeasurably today, tomorrow and for days, weeks, month, years, thereafter. It will also be of enormous assistance to anyone else whom you beckon into your inner-circle.

Participants in “**The Fifth Quarter Project**” will have the opportunity to

- Help themselves
- Help reshape the focus of entire educational system, (we’d all agree that it needs a far greater focus on less theoretical more “real-world” curriculum)
- Be a part of an exclusive group of successful career visionaries who live life based on their TRUTHS, strengths, priorities and passions
- Create career/business breakthroughs together and leave a lasting legacy for future members of The FIFTH QUARTER PROJECT community

Here’s your chance to:

- Learn the TRUE secrets of how successful career strategies are built and implemented from experts whose acquired knowledge in the field spans 5 decades
- Remove yourself from procrastination and doubt and move to the career/life success fast track
- Connect with and learn in an ongoing basis with ultra successful business leaders, mentors, entrepreneurs and educators
- Connect “live” and/or online with like-minded peers who like you have goals and ambitions of continuous improvement

This program is profound because it deals in reality and ...

Reality asks each of us these two questions each and every day:

1. Are you committed to calibrated, well-reasoned change?
2. Are you willing to “wear the white belt”?

All applications will be judged on their creativity, authenticity, humility aspirations and overall attitude

If you’re ready to get started, turn the page and let’s get moving...the game is indeed still on and looking for the winners!

Barry



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PROGRAM APPLICATION

CONTACT INFORMATION

(confidentiality assured)

Name _____ Spouse Name (if applies) _____

Employer _____ Title _____

Years on Job _____ Years w/Employer _____

Best Email Address _____

Mobile Telephone _____



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HISTORY

Please answer as specifically as possible

Outside of your formal education but in any pursuit whatsoever, have you ever worked with a teacher/coach?

Yes___ No___

In what capacity/capacities? (*This could be anything from sports, to music to professional development to formal education subjects aka "tutoring"*)

On a scale from 1 - 5 (5 being the highest) how would you rate the outcome(s)?

1__2__3__4__5__

(In 50 words or less) describe the outcome:

(In 50 words or less) knowing what you know today, describe what you could have done to improve the outcome:

(In 50 words or less) describe why you've decided to work with a coach now:

(In 50 words or less) describe at least one outcome you want to derive from the relationship:

Improvement in a specific area/skill OR goal planning OR career direction skill/strategies etc



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MISSION/VISION/VALUES

Reflecting, Reading, Writing

PART I - Reflecting

“... vision without systems thinking ends up painting lovely pictures of the future with no deep understanding of the forces that must be mastered to move from here to there.” - Peter Senge

For any relationship to thrive there must be clarity of mission, vision and values...for all concerned. This application is designed to assist you gain the clarity needed to define (as you know yourself today) your mission (clarity of purpose), your vision (where you are vs. where you want to be) and your values (strength of purpose). Armed with those you can then understand the level of commitment needed to put into place and follow the processes needed to bring them to life...your life!

Gary Ryan Blair (aka The Goals Guy) speaks about in terms of an “**Integrity Pledge**” (next page)

The dictionary defines INTEGRITY as a “steadfast adherence to a strict moral or ethical code”

For any change to occur one must begin with a “brutally honest sense of current reality”

- **Where are you today?**
- **Do you have enough of life’s essentials providing a foundation for whatever changes need be made? (food, rent, transportation, relationships etc)**
- **What’s Important Now? (W.I.N.)**

(In a stream of consciousness taking no more than 30 minutes) make a 5-6 item prioritized list of:

WHAT matter most in your life...

WHY they matter as they do...

*Walk away from your list for an hour, or a day...revisit, tweak if you’re so inclined (20-25 minutes max...) proceed to **PART II***



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PART II - Reading

“INTEGRITY PLEDGE”

By Gary Ryan Blair

Commitments present themselves in delineations of black and white: after all you either honor your commitments or you don't.

Success is the result of making and keeping commitments with yourself and others, while all failed unfinished goals, projects and relationships are the result of broken obligations. It's that simple, that profound and that important.

A commitment made must be a commitment honored, as each one counts in more ways than you can possibly imagine. Your ability to honor your promises directly impacts your credibility, reputation, trustworthiness, earning ability and overall peace of mind.

Character defines an individual: honoring commitments helps to define character.

Every day, you make commitments to customers, family members and associates. Some are explicit, others implied; but each one ultimately results in success or failure.

Nothing builds confidence and loyalty more reliably than a history of well-kept promises; and by the same token, nothing will undermine your reputation faster than a string of broken commitments.

If you look at successful people in any field, you may not discover that they are necessarily the brightest, best looking, fastest or strongest of the bunch...

What you will find, however, is that they are the ones with the deepest reservoir of commitment. They fully understand that all great accomplishment is preceded by great commitment.

So...how great is the power of your commitment?

Proceed to PART III...



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PART III - (Writing)

Using Gary Ryan Blair's "Integrity Pledge" as your guide write:

1. Both positive and less than positives examples of it's authenticity in your own life.
(The more specific you are the better!)
2. Your own "Integrity Pledge"

(To help "prime the pump" for your writing here's a synopsis of that pledge...)

If you make a commitment honor it.

If you make a promise, keep it.

If you set a goal, achieve it.

I look forward to reading your application complete with your **signed** "Integrity Pledge..."

-Barry

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