

# Training – One of the greatest lessons

Kurt Warner called it the,  
*“Greatest lesson he ever learned about life and football.”*

In 1992, Kurt Warner was a backup quarterback at the University of Northern Iowa.

He was more talented than the starter, but he wasn't playing so he asked the coach why.

The coach said, “The reason you're not starting is that you're not very good in practice.”

The response shocked Warner.

He knew he could throw better than the other QBs. He outshined them when the lights came on, whether it was spring ball or the game.

But then he started to think about it.

He realized that almost 99% of the time his coaches and teammates saw him, was in practice.

This moment shifted his mindset and perspective. Warner said, “That was one of the greatest lessons that I ever learned about life and about football. You have to bring it every day. You got to show them what to expect from you every single day.”

He realized: How you do one thing is how you do everything.

People watch what you do all of the time, not just when the lights are on or not just for one moment. Every moment is a moment to lead by example.

That moment changed everything for him. He started to take

practice seriously and the results started to appear.

In 1993, Kurt Warner was the starting quarterback for the University of Northern Iowa. He led the team to an 8-4 season with over 2,500 yards and 17 TDs.

He was invited to training camp with the Green Bay Packers and that was just the beginning for him.

**Takeaway 1: Be the Example and Lead by Example**

In every aspect of life, not just sports, people look to your behavior and actions. It shows consistency, reliability, and the standard that you set for yourself in life.

Great leaders lead through how they act. It means demonstrating what to do through your values, actions, and behaviors every day. It's essential to consistently demonstrate the qualities and behaviors we wish to see in ourselves and those around us.

**Takeaway 2: Value Feedback and Embrace Growth**

Growth is a habit and a choice. Feedback might not always be easy to hear or accept, but it's your choice whether to grow from it or deny it.

You have to be honest with yourself on where there are opportunities to grow. Whether in your career, sports, or personal development, being open to constructive criticism and actively seeking opportunities for growth leads to greater success and achievement.

“If you're willing to put yourself and your dreams on the line, at the very least you'll discover an inner strength you may not have known existed.” – Kurt Warner (@kurt13warner)