TALATA
BASKETBALL

FROM COACH DENG

The idea in your head.

How I think, and the small things I do every day. Nothing crazy. Daily habits, daily reps.

HOW I THINK

Six things I believe

1 **The first person who has to believe it is you.**

Nobody else gets to decide what you think about yourself. The more you believe in you, the more others will too.

2 **Your idea only seems crazy because it's not out there yet.**

Talata started as a camp idea in my head. Today it's a club, camps and a whole community.

3 **Try it.**

Whatever idea you have, start small and start now. You learn more from trying than from planning.

4 **Daily habits beat big days.**

Daily reps, every day. Small things done often are what make you good.

5 **Every failure is a lesson.**

When something goes wrong, write down what happened and what you learned. Then go again.

6 **Think positive. Believe you can.**

Keep working at it, keep building at it, keep grinding at it. Before you know it, the idea becomes real.

EVERY DAY

Four things, every day

Morning	Write one goal for today. One line.
Reps	Do your work. Ball in your hands, homework, training. Show up even when you don't feel like it.
Evening	Write one thing that went wrong and what it taught you.
Before bed	Say one thing you did well today. Out loud.

TRACKER

Tick it off for one week

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
One goal							
Reps done							
One lesson							
One win							

Want reps for your body too? Get my free 4-week home program at talatabasketball.dk/program. 20 minutes a day, a ball and a wall.

> **Keep making ideas. That's the most important thing.**
>
> Coach Deng

TRAIN WITH US IN PERSON

Holiday camps in the school breaks

At Hafnia-Hallen in Copenhagen. Dates, ages and prices at talatabasketball.dk/camps