

# 5 Things I've Learned from Football

By Herm Edwards

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I've coached football since 1992, and what I've learned also applied off the field.

## **1. Success is a journey, not a destination.**

As soon as you say success is this one thing only, then you've got no more room to grow. I can't say, "I won a Super Bowl, that's it." I have to try to win two. Don't say, "I graduated from college, now I'm done." No, now you'll go get your master's. The journey should never end.

## **2. Stress can be a good thing.**

It lets me see how ready I am to take on the daily challenges of life. If I can handle my stress, that tells me I've done what I needed to. If I can't handle it, I know next time, I have to be better prepared.

## **3. Take something good to bed with you.**

You can't tell me something good didn't happen today. It might be the smallest of things: Your phone didn't ring off the hook, your daughter gave you a hug, you and your mate watched a movie straight through with no interruptions. Find something positive about your day and keep it in mind as you go to sleep.

## **4. If you really want to win, you do what it takes.**

That goes for marriage too. My wife, Lia, is just as busy as I am, but every Friday night, no matter what, is our night. That time together is something we need to keep our relationship strong, so we make sure we're free.

## **5. We're in it together.**

Lia probably has the healthiest habits of anyone I know, yet a few years ago she was diagnosed with diabetes. She got very upset. I reassured her, "Hey, we'll both deal with it." Then it came time for me to prove it. Lia was terrified of having to test her blood sugar level, so I took a deep breath, grabbed one of those needles and pricked my own finger to show her it was no big deal. And you know, it wasn't, because we were facing it as a team.

[Herm Edwards coaches the Kansas City Chiefs.](#)