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# How do you overcome complacency?

Jim Johnson

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April 16, 2025

## How do you overcome complacency?

By: [Jim Johnson](#)

*Have you ever had to overcome a feeling of complacency?*

Complacency is a dangerous feeling. It's when previous success has now led to a feeling of satisfaction that could lead to poor future results. But, how can this be? After watching two of the College Basketball powerhouse programs – UConn (Women's) & Florida (Men's) win National Championships, I wanted to share some insights this week on how you and your team can remain sharp after success. Becoming complacent is not an option. Enjoy!

- *Mission. Are you clear on your team mission? Does everyone know what is expected of them individually and the team as a whole?*
- *Energy. Does your team have a positive vibe about it? Is everyone seeking to consistently improve? Do you have a Personal Wellness Plan in place? Who is pushing team members to always do one more?*
- *Service mindset. Do your team members embrace helping others first? Always ask how can I support you? Make sure to service others on the team first.*
- *CANEI Formula. Constant and Never-Ending Improvement. Who on your team is the Chief Reminding Officer (CRO)? Never stop learning.*
- *Recovery. Take time to recover after successful games and seasons, but never confuse this recovery time with complacency. These breaks are to recharge, not get lazy.*
- *Mentors. Are you seeking new mentors? Are you part of a mastermind group? The more you can surround yourself with like-minded successful people in your field, the better.*
- *Habits. How often do you add/subtract habits? Are you asking your team about their habits? Your goal should be to add a new habit every quarter to keep things fresh.*
- *Mental. Are you in the right headspace to be a good leader? Encourage your team to utilize mental imagery and breathing exercises before every game.*
- *Themes. Each new year/season should come with a new theme or focus for your team. Introduce these new themes as soon as the previous season comes to a close.*

*Life Tip #30: Work harder on yourself than you do on your job.*

*About the Author:*

*Based on what transpired in a few short moments in early 2006, [Coach Jim Johnson](#) is now an authority on the subject of realizing your dreams. In his many public-speaking appearances, the Rochester, New York resident relates his role in a basketball game that got Hollywood calling. He also emphasizes the importance of teamwork and sportsmanship, delivering his talks with a heartfelt style that has brought audiences to their feet.*

*Coach Johnson has developed winning high-school basketball teams for 30 years, taking over three losing varsity programs and turning them into winners in short periods of time. Of his 428 career victories, one in particular will surely never be duplicated.*

*On Feb. 15, 2006, Coach Johnson made the kindhearted gesture of inserting his autistic manager, Jason McElwain, now known to the world as J-Mac into Greece Athena High School's final home game, which the Trojans won 79-43. J-Mac scored 20 points in just over four minutes, including six three-point baskets, to become an instant national celebrity. Coach Johnson, also, was featured in major news outlets around the country.*

*To make the Hollywood ending complete, Greece Athena captured the first Section V title of Coach Johnson's career a few weeks later.*

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