

The *New York Times* Bestseller

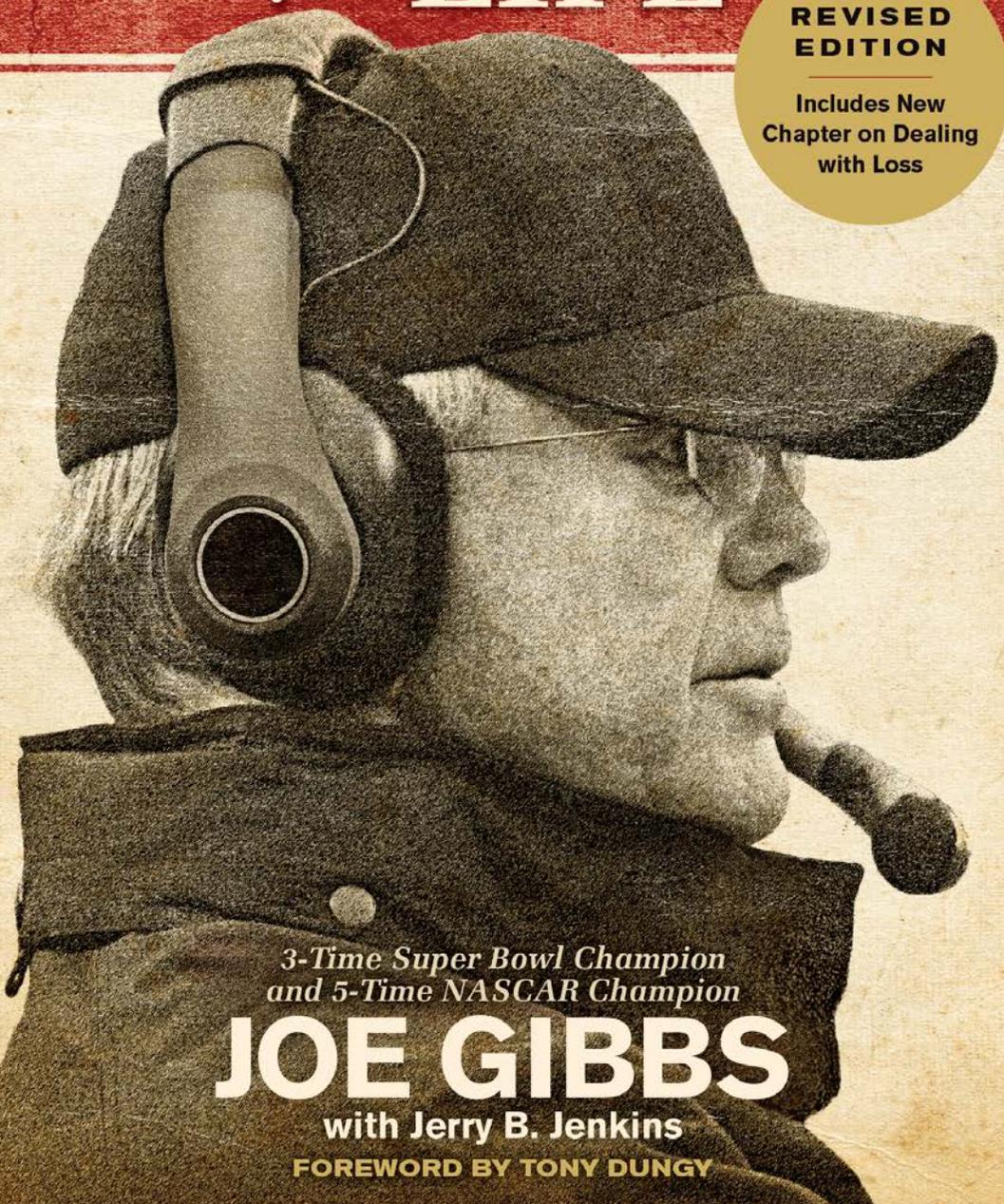
GAME PLAN

YOUR PERSONAL PLAYBOOK FOR SUCCESS

for **LIFE**

**REVISED
EDITION**

Includes New
Chapter on Dealing
with Loss



*3-Time Super Bowl Champion
and 5-Time NASCAR Champion*

JOE GIBBS

with Jerry B. Jenkins

FOREWORD BY TONY DUNGY

**YOUR PERSONAL PLAYBOOK
FOR SUCCESS**

GAME PLAN *for* LIFE

JOE GIBBS

with Jerry B. Jenkins



A Tyndale nonfiction imprint

Visit Tyndale online at tyndale.com.

Visit Tyndale Momentum online at tyndalemomentum.com.

Visit the author's website at gameplanforlife.com.

Tyndale, Tyndale's quill logo, *Tyndale Momentum*, and the Tyndale Momentum logo are registered trademarks of Tyndale House Ministries. Tyndale Momentum is a nonfiction imprint of Tyndale House Publishers, Carol Stream, Illinois.

Game Plan for Life: Your Personal Playbook for Success, revised edition

Copyright © 2009, 2021 by Joe Gibbs. All rights reserved.

Front cover photograph copyright © by George Gojkovich/gettyimages. All rights reserved.

Front cover background copyright © by Duncan Walker/iStockphoto. All rights reserved.

Back cover photograph copyright © by Michael Conroy/AP Images. All rights reserved.

Designed by Ron C. Kaufmann

Edited by Dave Lindstedt

All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible, *New International Version*,® *NIV*.® Copyright © 1973, 1978, 1984 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

Scripture quotations marked NASB are taken from the (NASB®) New American Standard Bible,® copyright © 1960, 1971, 1977, 1995 by The Lockman Foundation. Used by permission. All rights reserved. www.lockman.org.

Scripture quotations marked NKJV are taken from the New King James Version,® copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked NLT are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked ESV are from The ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture verses marked *Phillips* are taken from *The New Testament in Modern English* by J. B. Phillips, copyright © J. B. Phillips, 1958, 1959, 1960, 1972. All rights reserved.

For information about special discounts for bulk purchases, please contact Tyndale House Publishers at csresponse@tyndale.com, or call 1-855-277-9400.

The Library of Congress has cataloged the original title as follows:

Gibbs, Joe J.

Game plan for life : your personal playbook for success / Joe Gibbs with Jerry B. Jenkins.
p. cm.

Includes bibliographical references.

ISBN 978-1-4143-2979-6 (hc)

1. Christian men—Religious life. 2. Success—Religious aspects—Christianity. I. Jenkins,

Jerry B. II. Title.

BV4528.2.G53 2009

248.8'42—dc22

2009013139

ISBN 978-1-4964-6131-5 (HC)

ISBN 978-1-4964-5791-2 (SC)

Printed in the United States of America

27 26 25 24 23 22 21
7 6 5 4 3 2 1

To our grandchildren:

Jackson

Miller

Jason

Ty

Elle

Taylor

Case

Jett

*It is Pat's and my hope that one day
they will also be part of
a moral reawakening
in America.*

Sincere thanks to my team:

Phyllis Blair
Barry Leventhal
Cindy Mangum
Don Meredith
Chuck Merritt
and all the contributors,
of course.

I am grateful to “my guys,” who selflessly gave their time and effort to this project. Their friendship and professional teamwork provided material and spiritual support at critical times. Special thanks are due to Chuck Merritt of White Post Media, who so freely gave numerous hours to help me tell my story.

Thanks to the folks at Tyndale House Publishers for allowing me to collaborate with Jerry Jenkins and for the creative freedom to do it my way.

We pray that this book will be part of a moral awakening in America. Thanks be to God, who causes us to triumph in life.

CONTENTS

Foreword xi

>Tony Dungy

1 No Game Plan, No Victory 1

2 My Own Journey 15

3 The Ultimate Playbook 27
Can I Believe the Bible? > Josh McDowell

4 The Coach 57
Who Is God? > Ken Boa

5 Creation 79
How Did Life Begin? > John C. Lennox

6 Sin and Addiction 103
How Do I Deal with Sin and Addiction? > Alistair Begg

7 Salvation 125
How Do I Get on God's Winning Team? > Charles Colson

8 Relationships 149
What Does God Say about Marriage and Sex? > Don Meredith

9 Finances 171
How Do I Master My Money? > Ron Blue

10 Vocation 197
How Do I Build a Successful Life
and Career? > Os Guinness

11 Health 219
How Do I Achieve True Health?
> Walt Larimore, MD

12 Purpose 239
How Do I Get the Most Out of Life? > Tony Evans

13 Heaven 261
Where Will I Spend Eternity? > Randy Alcorn

14 Dealing with Loss 289

15 Still Battling 315

Resources for Further Reading 323

My Team 327

About the Authors 333

Notes 335

Foreword

TONY DUNGY

I was just starting my pro coaching career in 1981, as an assistant for the Pittsburgh Steelers, when Joe Gibbs took over as head coach of the Washington Redskins. Coach Gibbs went on to win three Super Bowl titles in the next eleven years. His teams were always well prepared, but what struck me was that they seemed to thrive in the toughest environments.

Joe's Redskins had a great record in the playoffs, when the pressure is the highest, but they also happened to win championships in 1982 and 1987, both years when we had player strikes and uncertain schedules.

Although I was never privileged to work for Coach Gibbs, he had a tremendous impact on my career. Because of the way his teams played, he intrigued me. I watched him, studied him, and talked to many people who knew him. I wanted to know how he did things, how he was able to get his players to perform with such precision and togetherness—how he was able to get them focused to function so well under pressure and in times of adversity.

Frankly, it didn't surprise me to learn that the Redskins' success under Joe was no accident. I discovered that Joe was a person who believed in God and God's plan for a man's life. Coach Gibbs governed his life that way and led the team that way—with Christian principles learned from the Bible. Though, naturally, his goals as a coach included winning football games, winning was never his sole purpose. His purpose was to let everyone around him see how Christ was leading him, and to let people see those Christian principles in action.

Joe has brought that approach to whatever venture he has

GAME PLAN FOR LIFE

undertaken—whether coaching the Redskins or owning a NASCAR racing team. Now he has brought that passion for helping the world see Christian principles in action to a different forum—*Game Plan for Life*, which I believe you will find is a great guide to successful living.

In football, each player gets a playbook at the beginning of the season. It has all the strategy, assignments, and techniques that can make him successful. Our players study that playbook and learn the key parts so they can perform on the field. The job of the coaching staff is to help the players assimilate what's in the playbook for maximum success. As a Christian, I agree with Joe that the best playbook for life is the Bible. It contains all the information we need to lead a successful life and thrive.

Any head coach will tell you that the task of surrounding himself with the best assistant coaches can make or break his season. In addition to telling his own story here, Coach Gibbs has put together the best staff of “assistant coaches” you could imagine to help you understand the playbook. These eleven men have taken eleven fundamental biblical topics and laid them out in a way that brings clear insight into God's thoughts on each one.

You may be a Christian already, or you may be entirely new to this kind of thinking. Regardless, I urge you to give *Game Plan for Life* a fair reading and see what you think. In just talking with Joe, I can feel his passion for this project. He has always been driven, and unwilling to settle for second best. Whatever challenge he's undertaken, he has always delivered championship results. His drive now is to get God's message out and to equip people to handle the tough issues our world throws at us every day.

Once again, he's done it at a Super Bowl level.

CHAPTER 1

No Game Plan, No Victory

“Joe, I’ve got awful news. Sean Taylor was shot early this morning. He’s at Jackson Memorial in Miami.” It was 6:00 a.m. on a Monday, and I’d just been awakened by a call from my boss, Dan Snyder, the owner of the Washington Redskins.

Sean Taylor was our superstar safety. He’d played in the Pro Bowl in 2006, and now in 2007 he was tied for most interceptions in the NFC, even though he’d missed the last two games. Some in the media said Sean had the talent to become one of the greatest NFL safeties of all time.

“How bad is it?”

“He got shot in the leg, so I’m not sure.”

How bad can that be? I wondered. *Certainly not life threatening.*

Our first-round draft pick in 2004, Sean was having a remarkable season in what was otherwise turning out to be not such a great year for the Redskins. It was November, and we’d just lost to the Tampa Bay Bucs 19–13 at Tampa—our third loss in a row. We were 5–6 on the season, and it sure didn’t look like we had a chance to get into the playoffs.

Due to a knee injury, Sean wasn’t required to attend the Tampa

GAME PLAN FOR LIFE

Bay game. Instead, he was at home with his infant child and her mother in Miami, where he'd grown up.

This was my fourth year back as head coach of the Redskins, and my experience this time around was a long way from what the media had called the “Decade of Dominance,” during my first stint as the Redskins' head coach from 1981 to 1992, when we won three Super Bowls.

Now this.

Sean Taylor—nicknamed “Meast” by his teammates because he was “part man and part beast,” named by *Sports Illustrated* as the hardest-hitting player in the NFL—shot in the leg. To my horror and the devastation of our whole team, Sean died from his wounds the next day.

A year later, I was in my office at Joe Gibbs Racing in Charlotte, and the incident with Sean still weighed on me. The 2008 NASCAR season had ended, and I was catching up on business with one of our bankers, a good friend.

Out of the blue, he asked if I knew Jerry Moore, the football coach at Appalachian State. I did. “Well,” my friend said, “I think you two have the same spiritual father, George Tharel.”

I was more than a little surprised to hear George Tharel's name, because he had died seventeen years earlier in Fayetteville, Arkansas. George had taken me under his wing in 1971, when I was an offensive line coach for the University of Arkansas Razorbacks. My wife, Pat, and I had met George just after we'd moved to Fayetteville and began attending the same local church.

Now here I was in my office in Charlotte—a world away from that college town—learning that the same man who'd had a huge influence on me had also inspired Coach Moore, who had passed through Arkansas early in his career.

You might ask, “What's a spiritual father?” For me, he was the guy who took the time to help me understand the spiritual truths I still live by today.

George Tharel had been my Sunday school teacher for two years. He was a man quietly driven to make an impact on other men. As my career took me around the country, I stayed in regular contact with George, because the wisdom he shared kept me grounded and pointed in the right direction.

To anyone else, George might have looked like an ordinary guy. To me, he was extraordinary. He had a great family, managed the local JCPenney store, and served in his church. Here was someone who had lived his life to the fullest, had a big influence on others, and had been gone for years.

That conversation with my banker friend about George Tharel got me thinking.

What had made George's life so significant? Money? No. That he'd worked his way up to manage a local department store? No. That's all forgotten and gone.

That he was some larger-than-life "life coach"? No.

If it was not fame or fortune or reputation, what was it?

What remains of George Tharel is the impact he had on other men's lives. Mine. The college coach my friend was talking about. And every man George took the time to teach spiritual truths throughout the years. His legacy lives through each of us today.

Sean Taylor's death made me realize how fragile life can be. George Tharel's life made me recognize the lasting impact our influence can have on others. As I thought about these two lives, I evaluated the kind of impact *I* was having on other men. With this book and the project that will follow, I want to pass on some of the truths I've learned and the most important discoveries I've made about life. I hope it will help you avoid some of the mistakes I've made too.

I'll come back to Sean and George again, later in the book. But first, let me set the stage for what's to come.

In the Company of Men

Okay, here's the deal: My whole life has been in the company of other men. I had a brother. I played sports from day one—baseball, basketball, and football in high school, football in college—and I coached in college and the pros. Pat and I have two sons. I now own a NASCAR team.

In short, I know men, and life's not easy for them these days.

Wherever I go—on business or for speaking engagements, sporting events, or whatever—I run into guys who all seem to have the same questions and challenges. I can relate to these men because I've faced many of the same issues in my own life.

Many men see me as a success because of the Super Bowl rings and the NASCAR championships, and I'm not going to pretend I haven't lived what looks like a charmed life. But what guys want to know, everywhere I go, is how they can succeed too. And they're not just talking about becoming rich or famous or winning trophies. They want to be happy. They want to be good husbands and fathers, good people. They want to find true success and relevance in their lives.

Experts tell me that the two sports that have dominated my adult life have about a hundred million fans. Are you one of them? Is that maybe why you picked up this book? Let me tell you right off the bat, I'm gonna be straight with you. I've heard so many questions about life that I gathered a few trusted colleagues and friends, "my guys," and we started talking it through. What is it that men really want to know about, and what do I have to tell them?

See, the bottom line is that I have found something special, something that works, something that has given me a sense of peace and purpose and fulfillment. But despite what a few sports-writers and a kind business associate or two have said along the way, I'm about as far from being an intellectual as you can get. I

was a P.E. major. You know, physical education: ballroom dancing and handball!

People thought I had coaching talent because the college offenses I helped to coach were very successful, and that helped me land an NFL coaching job. And I know it requires some smarts to manage a coaching staff, come up with creative—and successful—game plans, and lead a football team. I'm just saying I'm no scholar. I'm a regular guy who saw his dream come true. I don't apologize for having a competitive nature and striving for excellence. But what I want you to know is that it makes sense that my name is Joe. I'm your Average Joe. I've got a nice résumé and have created some really special memories, but the best—and hardest—lessons I've learned in my life have come from failures, my own shortcomings, and buying into some of the biggest myths our modern society has to tell. If this book can help you avoid even one of those, I'll consider it a success.

Now, let's get after it.

Winning at the Game of Life

I have thought a lot about life—what is it? Life to me is a game, and you and I are the players. God is our Head Coach, and no one wants to lose in the biggest game of all. I'm going to explain what it takes to win a football game or a car race, but what does it mean to win at the game of life? What is true success?

First, I need to say that when I call life a game, I mean that it's a contest, not that it's trivial or all fun and games. You've learned that by now. But if life is a game, you and I are playing the most important contest of all. All my experience in leading men—as a coach and team builder—has convinced me that to win a game you need a game plan.

If you watch football, you've seen the coach on the sidelines, wearing a headset and carrying a white laminated card. That card is the game plan. While I was with the Redskins, I had thirteen

GAME PLAN FOR LIFE

coaches helping me lead the team. We had a coach for the running backs, the quarterbacks, the defensive line—coaches for each of the positions and teams. One of the most important things we did as coaches was craft game plans for the next game.

We coaches would spend dozens of hours working through plays and on-field scenarios. We'd watch the films, study the stats, and scrutinize the opposing players for strengths and weaknesses, matching them to our own. In short, we'd develop a specific game plan to win that game. Playing the Cowboys required a totally different game plan than the one we'd use against the Falcons or the Eagles. Each week, we spent many, many hours—whatever it took—to get the game plan right.

When our players came to Redskins Park on Wednesday, we'd hand each one a two-inch-thick binder that would have everything they'd need to know about the other team and the plays and formations we'd be running. Throughout the rest of the week, we'd start to specify certain plays for certain situations—short yardage, goal line, third down priority plays, and so on.

By the end of the week, we'd have the game plan developed down to the exact plays and formations we'd run in every situation. *Nothing was left to chance.*

Maybe you watch a lot of football. If so, you've heard the announcers talking about the “red zone”—referring to the area on the field from the 20-yard line to the goal line. Our game plan was so detailed that it divided those twenty yards into five-yard increments, with specific plays for each segment.

Out of hundreds of plays and dozens of formations, my coaches and I picked the best ones for each game and each situation. That was our game plan. As I said, nothing was left to chance.

The same thing is true for a NASCAR race.

Have you ever seen a crew chief sitting on his box with a white card in his hand? Well, he's the head coach of that team, and he's holding the game plan for that race. At Joe Gibbs Racing,

NO GAME PLAN, NO VICTORY

Runs

REGULAR

40/50 Gut Seal (Nr - Zip)
 60/70 Hammer (Nr)
 Alert 60/70 Z Behind (Nr - Zip)
 'ick Hog (Spr-SL-Zm)
 'gt - Tackle)
 Pick Stretch
 70/60 Stretch *Peek* "Go"
 60/70 Stretch *Peek* (Tra)
 √ Storm (Flip-Dbl)
 Alert Paint 10-11/22-23

1st & 10 -- 2nd Down (Passing)

(R) 1. CH 10-11 Stop
 (R) 2. Fire Rt. 2
 (R) 3. Angle Pass
 (R) 4. Angle Pass
 (R) 5. 70/60 Cowboy Boot "Ghost"
 (R) 6. 70/60 Boot
 (R) 7. 60/70 Naked
 (R) 8. CH 40 X 4 - Z Read
 (R) 9. Ruby 40/50 X Option
 (R) 10. Scat H Drive
 (R) 11. Scat Dbl. Pump

Flip (Spread)
 Flip (Nr - Zip)
 (Far - Zeke)
 Flip (Nr - Zip)
 Flip (Double)
 (Tra - Whiz)
 Flip (Nr - Rt. Zip)
 Flip (Nr - Zeke)
 (Tra - Zm)
 Flip (Dbl - Spear)
 (Swap - Freeze)
 Flip (Nr - Zeke)

"Look* Veer 12-18 (Miss - Fly - Out)
 90 Sweep (Full-Tra-Zap)
 80 Broom (Open X - In)
 (R Blocks)

(R) 12. F/L 6 Pivot
 (R) 13. F/L Hook
 (R) 14. Scram R Dodge
 (R) 15. Slip Screen to X
 (R) 16. Scram 25-24

Flip (Split - SL - Zm)
 (Missile - Fly - Out)
 Flip (Double)

HEAVY

Murder 30 Dork -Georgia(Far-Wg-Hu)
 40/50 Belly (Far - Wing)
 80/90 Bus (Far-Wg-Sh-Mot)
 Pick Pony (Deuce)

(H) 1. Slip Screen to Z
 (H) 2. Angle Pass
 (H) 3. 70/60 Naked Crossbuck
 (H) 4. R.P. 60/70 CTR Ld.

(Trips - Zeke)
 (Far - Wg - Jug)
 (Far - Wing)
 (Trips - Zoom)

3rd Down Runs

(R) 80/90 Sweep (Full-Tra-Zap)
 *3W) T 60/70 OT (Tra - Whiz)

\$\$\$ 3rd ^ 2-6

(3W) 1. Speed Lt. Run It
 (3W) 2. Scram Lt. X Choice
 (3W) 3. Fire Rt. 33-33
 (3W) 4. Slip Screen Lt. to X
 (R) 5. Light 6 Pivot

(Stem Trio Lt. - Zm)
 (Stem-Walk-Rt.-X- In)
 (Flip -Dbl - Rt - Flex)
 (Mix - Lt. - Zm)
 (Stem - Walk - FA - Whiz)

SPECIALS

(R) 1. 80 Diamond Bazooka (Spr - Zip)
 (R) 2. Alert 60/70 Z Behind (Nr - Zip)

3rd & 7 Plus

(3W) (R) 1. Light Hook Switch Navy
 (3W) 2. Light 712
 (3W) 3. Speed Lt. Pump
 (3W) (R) 4. Lightning Dallas "Navy"
 (3W) 5. Fire Rt. 2

(Tw - FA - Zoom)
 (Flip - Tr - FA - Whiz)
 (Stem - Tra - FA - Fly)
 (Flank - FA - Zoom)
 (Dbl - Rt. - FA - Fly)

RED AREA +30

BIG SHOTS

1. F/L Stutter/Pigeon (Trips)
 2. Scat Double (Swp-Freeze)
 3. Ruby 50 X Option (Flip-Nr-Zeke)
 4. CH 40 X-4 Z Read (Flip-Nr-Rt-Zip)
 5. Speed Pump (Lt.) (Spr - SH - Mot)

REGULAR

1. CH 10-11 Stop
 2. Fire 2 (Flip Spread)
 3. Angle Pass (Flip-Nr-Zip) (Far-Zeke)
 4. 60/70 Naked (Tra - Whiz)
 5. 70/60 Boot (Flip - Double)
 6. Slip Screen to X (Miss - Flyout)

HEAVY

1. Angle Pass (Far-Wg-Jug)
 2. 70 Naked Crossbuck (Far - Lt- Wg)
 3. Slip Screen to Z (Trips-Zeke)

BOOTS/NAKEDS

(R) 1. 70/60 Cowboy Boot (Flip-Nr-Zip)
 (R) 2. 70/60 Boot Flip (Double)
 (R) 3. 80/90 Boot(Broom) (Open - X-In)
 (H) 4. 70/60 Boot Cyclone(Big -FA-Jug)
 (R) 5. 60/70 Naked (Tra - Whiz)
 (R) 6. 70 Naked Crossbuck (Far - Lt - Wg)

+10 IN

(3W) 1. Scram Lt. Double Dig (Gun - Rt)
 (H) 2. 60/70 Boot Cyclone (Big - FA - Jug)
 (R) 3. Scram Lt. H Choice (Gang-Rt - Z - Spear)
 (R) 4. 90 Boot (Open - X - In)
 (R) 5. Scram Lt. X Choice (Flip - Unit - Rt.)

ANGLE PASSES

(R) 1. Angle Pass (Fl-Nr-Zip)
 (R) 2. Angle Pass (Fl-Fr-Zeke)
 (H) 3. Angle Pass (Fr-Wg-Jug)

GOAL LINE

(J) 1. 90 Express (I-Lt-Tw)
 (J) 2. 10 Wedge (I-RT-Tw-Whiz)
 (J) 3. 70 Lead "Keeper" (I-Lt-Tw-Zm)
 (J) 4. Pass 60 Wg (Far-Lt-Tw-FA-Zm)
 (J) 5. R.P. Rt. Bang (I-Rt-Tw-Bang)

SHORT YARDAGE

(H) 1. Alert 50 Belly - White 22 (Far - Rt. - Tw)
 (H) 2. Angle Pass Rt. (Far - Lt-Wg-Jug)

GAME PLAN FOR LIFE

we have a game plan for each of our four Cup cars: numbers 11, 18, 19, and 20.

Let me tell you this: there may not be any sport where a game plan is more crucial to victory than in racing.

The crew chief orchestrates a team of about a dozen “assistant coaches”—from the engine tuner to the shock specialist—and through them, a few hundred race team employees back in Charlotte.

Fuel mileage is a key to a racing game plan. If we think the race is going to come down to fuel mileage, our strategy takes into account when we will pit to take on fuel. We also have a tire strategy. We might change two tires sometimes, as opposed to all four. Obviously, the car gains a lot of track position with a shorter pit stop, but we have to weigh that against tire wear and performance.

There are four basic track types in the NASCAR Sprint Cup Series: short tracks, intermediates, superspeedways, and road courses (which aren’t the normal oval and require right- and left-hand turns).

Does that matter? You bet it does. It means a whole different car setup if we’re racing at Talladega, a superspeedway with speeds near two hundred miles per hour, or at Watkins Glen, a road course where we have to worry about the brakes overheating. Different type of track? Different game plan.

As in football, the crew chiefs build flexibility into the racing game plan to adjust for weather. Is the track likely to get hotter and slicker during the race? Or is it going to get cooler and provide more traction?

Our NASCAR race team even has the equivalent of football’s special teams.

Track position is everything in racing, so pit stops are incredibly important. Like a special teams unit in football, the five-man pit crew must perform under pressure. In eleven seconds, these guys jump the wall, change two or four tires, make wedge and rear

NO GAME PLAN, NO VICTORY

Race: **Phoenix 2** Date: _____ 20

Tire Data							
Tire Codes		Vertical Loads		Lateral Loads		MC Camber	
4038	4040	550	2000	950	2000	1 to 1.5	6 to 6.5
		700	1850				

Ackerman Notes
We want about 1/2 deg of ack in our slip range. Ack might be a plus with the quicker 10:1 box. Try bumping the LF out. We're .010 in @-3.5".

Camber Notes
LF wants all it can get. The RF looks like it can be over cambered but have yet to see that on the track. We can be less aggressive on RF camber and not give up so much on the long run.

AP Notes
Some teams ran low LS AP (11 psi) or RIC and LOU. We seem to take off too slow with low LS AP. CS is a max on the RS at 42 psi.

Optimum AP

18-23	low
18-23	low
RF min: 30	

Qualifying Data							
Qual AP		Build		Hot		Qual Rec.	
20	41	3	6	23	47	19	39
22	35	3	5	25	40	21	35

Qualifying AP Notes
We rolled our qualifiers in last time. We can be lower on our LS and RS AP.

Race Data							
Race AP		Build		Hot		Race Rec.	
11	30	7	14	18	44	12	30
13	29	6	14	19	43	14	29

Race AP Notes
Whatever we can do to limit RF build up will be a plus. Race wears showed too much RF camber last time.

Caution History
Cautions: 8
In First PW: 1
In Last PW: 3
GF Runs: 1 mid
Avg Run: 40
Pit RPM: 2nd 4600
MPG: 3.9
Pit Window: 85 laps

Race Strategy Notes
We had 2 GF runs in the spring. 1 mid way and we ended on a GF run. We raced the 16 and 6 too hard on the last run which let the 29 catch us. The 29 came from 8th to first on the last run with his bleeders. Quite a few cars ran out at the end. We were tight MC and needed fwd bite. As it cooled down fwd bite was less of an issue.

Pit Stop Adjustments
We were free entry / exit and tight MC early. The fwd bite came to us as the race went on. We probably helped it a little with AP out of the rears. We got tight center out but helped it by taking wedge out. We were too free exit on the final run. We never really helped the tightness MC. We probably should have taken the last 1/2 psi out of the RF.

Front Suspension Data																
Wheel Travels				Roll Angle				Lateral G				Loads				
max 1	mc 384	exit 4	s/f	max 1	mc 384	exit 4	s/f	max 1	mc 384	exit 4	s/f	FER max	Rear Spring			
LF	4	3.5	3	2	0.9	1.29	1.36	-0.38	1.82	1.55	1.34	0	?	?	1100	1500
RF	5	4.75	4.25	2												

Game Plan		
Last Time	This Time	Post Race Thoughts
<p>We could never get it to turn just before center.</p>	<p>We need to stay off the LF coils. We might be able to run less rebound with the LF i/b. We have a lot of platform / VC-CC options with the RF. We should run less RF camber than last time. We also should work with our bump / ackerman. It will be a bigger deal with the quicker 10:1 box.</p> <p>REV RS bushing not a good option.</p> <p>Try moving RR back more.</p> <p>Use the V1G standard way.</p> <p>132 is 20% stiffer on the LF than 063, try</p> <p>8d_p6 H1_2A</p>	<p>We struggled to make this car do anything on the 7-post and on the track. We went around the world on engagements and front end geometry and never really made a difference. We didn't try to get 100% off the RF spring, but 90% off the RF was no better than moderate engagement. 470 LF i/b or O/B was no difference. We almost missed the roof height after the race. The LF appeared to engage alot more than practice but could have been an isolated incident. We came from 23rd to 11th on the first run and thought we were going to be decent. We were tight the whole race. Low LS AP was not a plus. We raised the PHB 0.5 rounds! Should have tried a 500 RF, split TA, less rear spring and a higher PHB. PHX grip 60 counts worse than RIC?</p>

Actual race day game plan for #20 at Phoenix

GAME PLAN FOR LIFE

track bar adjustments, empty two eleven-and-a-half-gallon fuel cans into the tank—and then get out of the way.

If they blow it, there's a good chance we won't win.

We have a designated outdoor area at Joe Gibbs Racing where our pit crews practice their choreographed stops. Watching the guys train, or running into them in the team weight room, reminds me that they are true athletes and that their contribution to winning is so important.

In football, the postseason playoffs lead to the Super Bowl. In NASCAR, the Chase for the NASCAR Cup Series Championship encompasses the last ten races of the season. Only the top sixteen drivers compete in the final chase for the Series Championship.

If you are in the running for a championship at the end of the year, finishing high is more important than risking everything to win. You are not going to take the chance of running out of gas to win a race. On the other hand, if you don't have a shot at the championship, you have nothing to lose. You might say, "We're going to stretch our gas mileage and skip the last pit stop to try and win this race." You get the picture.

Whether it's NASCAR, the NFL, or life, when you're playing to win, you have a game plan. If you're serious about winning, nothing—I mean *nothing*—is left to chance.

You also need a head coach to craft and develop that game plan. He's the one person ultimately in charge of preparing the team to win a game or a race.

That's been my life for more than fifty years. As a head coach and team builder I've learned a few things about competition and game plans.

Here's where *you* come in to the *Game Plan for Life*.

I told you earlier that you and I are playing the most important game—the game of life. Well, here's the deal: *yes*, there is a game plan, and *yes*, there is a head coach—God.

Now, listen, don't write me off as "too religious" because I say

that God is our Head Coach. Yes, I'm a person of faith, and I'm not trying to sneak up on you with this. If my success in sports has earned me any respect, all I'm asking is that you stay with me. If you really want to get a handle on life, I believe I've got something to offer you.

From the questions men ask me at my speaking engagements, to the discussions I have had with my friends, and even to the interactions I've had with my grown sons, J.D. and Coy—both husbands and fathers themselves—over the years, it's clear to me there are some common areas most of us struggle with at some time in our lives.

There are also some areas in which men are just looking for guidance, hoping to have successful relationships with their friends, wives, and kids. Maybe they feel stuck in a rut at work. Maybe they feel it is too late to change, or they're sorry for the way they've acted toward their loved ones.

I've struggled in some of these areas myself, as you'll see.

So when I talk about a game plan for life, I've got a good idea about the challenges we face. And as you can tell from my NFL and NASCAR experiences, I'm not really one to leave anything to chance, especially something this important.

So, my guys and I hired a research firm to survey a cross-section of American men to find out what was really on their minds and what they wanted to know more about in their search for success and victory in life.

Why do a poll?

Because coaches like player stats?

Yes—to some degree.

You see, we first wanted to validate our notions of what men are interested in, to see if we were on track. Second, we wanted to see if there were any topics men were concerned about that we hadn't considered. (Answer: yes.)

Last, we wanted to have a better understanding of how men viewed spiritual things, so we could talk with them clearly about God and His game plan for life.

GAME PLAN FOR LIFE

To do the survey, we hired a Washington, D.C.-based research firm that does a lot of corporate and political work. In May 2008, the firm surveyed seven hundred randomly chosen men. We asked them seventy-nine questions about what was important to them in life.

About a third of the guys were completely nonreligious, a third had some religion in their lives, and a third were interested in growing spiritually. We also included one hundred pastors, priests, and elders, selected randomly from national church lists.

Frankly, we were a little surprised to find out how deep and spiritual some of the responses were. But the sampling was broad enough to accurately reflect what many men are thinking about, and we hope you'll identify with a lot of these areas.

Think about this: If we're the players and God's our Head Coach, would He put us on the field without a game plan? Absolutely not. He left us His Word, the Bible.

All right, there I go sounding religious again, but hey, I know I'm not going to get anywhere with you if I'm not straight up—especially about the questions you might have about the game plan, which I do believe is the Bible.

Having spent a lot of time with corporate leaders, broadcasters, sports professionals, and other well-educated guys, I know the objections that generally come up when the Bible is mentioned.

They go something like this:

- “Coach, come on, really. The Bible was written two thousand years ago. It's not relevant today.”
- “Right, Coach, it's important; but for the life of me I can't find the subjects I'm interested in learning about.”
- “Coach, it's just too big and full of confusing language that's a struggle to understand. It's intimidating.”

Maybe you have one of these objections yourself. That was my own experience until George Tharel took a little time to help me understand the Bible and how it could change my life. I believe *Game Plan for Life* will provide answers to these objections.

You might be surprised at how many men have learned to turn to the Bible to be successful in the game of life.

Let me tell you that if you hang with me through the end of this book, I think you'll see that the Bible is a lot more relevant than you might think.

Key Things Men Want to Know About

Once we had the results back from the survey, my guys and I identified eleven topics we felt men wanted to understand better. Then we identified eleven scholars widely recognized as experts in their fields and who have spent their lives studying what the Bible says about their particular topic. I asked each of them to write part of a chapter in the *Game Plan for Life*.

Like I said, I'm no intellectual. But I know an expert when I see one.

These guys are experts. One of them, John Lennox, is a professor of mathematics at Oxford University in England and holds three doctorates.

Some of them debate at the top universities around the world.

But don't worry. We asked John and the other experts to make things clear to the Average Joe—to you and me. We have to understand these concepts if we want them to be of any use in real life.

You might say that the eleven authors who helped me lay out *Game Plan for Life* are my team. I will introduce them later. Their goal is to help you understand that the Bible is the game plan and that God is the Head Coach.

When I refer to “my guys,” I'm talking about my “assistant coaches,” the group of close friends and associates who have helped me develop this project: Don Meredith, who has been a close

GAME PLAN FOR LIFE

friend and business associate for more than thirty years; Dr. Barry Leventhal, academic dean of a well-respected seminary and one-time offensive captain of the UCLA football team; Chuck Merritt, a communications and marketing consultant who has served with Don and me on a board over the years; Phyllis Blair, who worked with me at Joe Gibbs Racing and previously at the youth home we founded in Virginia; and Cindy Mangum, my longtime assistant, who is often the hub between me, Pat, our sponsors, the media—you get the drift. My team understands me and where we are going with this project.

In the next chapter, I'm going to develop the "life as a game plan" idea. I'll also get a little more into my background to help you understand where I'm coming from. You'll see we have more in common than you might think.

With my own life as evidence, let me tell you this: Following the wrong game plan leads to disaster. Following God's game plan for life led me to success. Believe me, if a P.E. major can do it, you can too.