

THE COOK BOOK

By Quinn Cook



A RECIPE FOR SUCCESS

Written with Jack McClinton III



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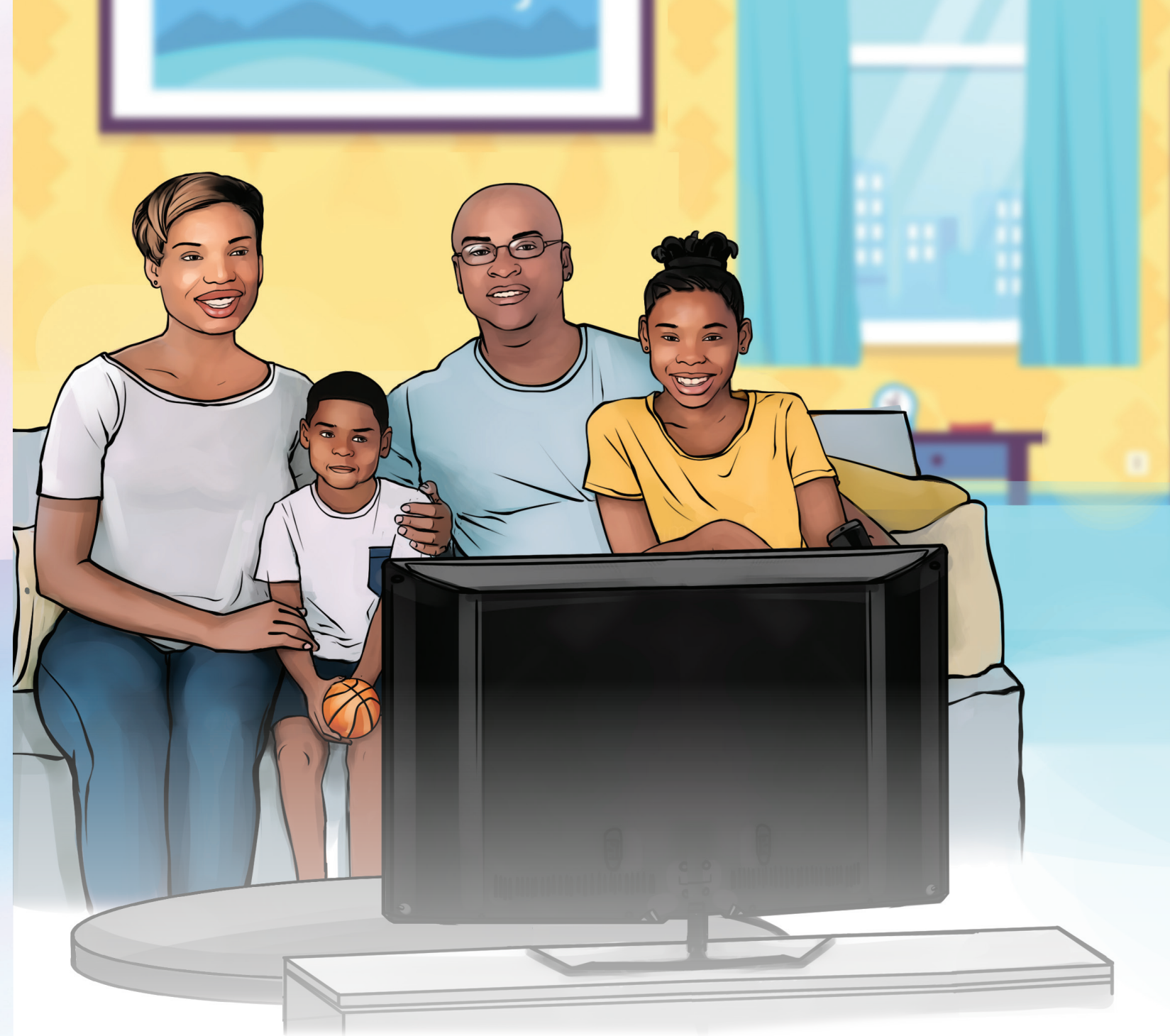
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To Dad,
Mom and Kelsey and I miss you every day. We thank you always
for sharing your *Recipe for Success* with us.

Love, Quinn

It started as a dream . . .



"Alright, it's win or lose. Game six for the Chicago Bulls, with ten seconds on the clock, and the **NBA** Championship on the line. Jordan shoots a twenty-footer at the **top of the key**. It's GOOD!" screams the sportscaster.

That night in 1998, as my family watched the Chicago Bulls and Michael Jordan win their sixth NBA title, Dad put me to bed. Time seemed to stand still as he watched me slowly close my eyes and drift off to sleep. At that moment, Dad **envisioned** a dream: One day, I would become an NBA athlete.



Soon, Dad's dream became my dream as well.

From an early age, at home and in the nearby playground, my parents took the time to support my interest in basketball. Together, we watched competitions at the NBA, college, and high school levels. Together, we studied the skills and moves of the players we watched. I soon grew to love the game of basketball more than anything else.

Each day, with the help of Mom and Dad, I learned the rules of the game and honed my skills. And at each step of the way, my **motivation** to reach for Dad's dreams increased.

"Remember, you can be anything that you dream of becoming. You just need to **believe** in yourself," they continually told me.



"Maximus?" I asked myself. "What does that mean?"

I did some research and learned that *Maximus* means "greatest" in Latin.

Maximus and superhero? I then thought, "Yes, I can be a superhero on the basketball court and help my teammates play well and win games."

Mom's words warmed my heart and made me smile. "I do have superpowers, and I do feel as though I can realize my dreams," I thought. "I'll show everyone that I've got game!"



Dad also shared his **wisdom** with me.

"Hey, son, your mother told me about your experience at the gym today," Dad said. "You know, you've reached an age where you have to welcome challenges in life as opportunities to grow. It is time for you to learn our family's *Recipe for Success*. Do you think you are ready to learn it?"

"I'm ready, Dad," I exclaimed. "Teach me how to become a superhero like Maximus."

"Well, there are eleven must-have ingredients in our *Recipe for Success*," Dad said. "I am going to make a list of them for you to have."



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SUCCESS **RECIPE** REMINDERS

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ATTITUDE

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