

Therrian Fontenot Shares Five Daily Disciplines That Built His Career and Can Strengthen Yours

Former NFL cornerback Therrian Fontenot, who played for the Green Bay Packers, Cleveland Browns, and Philadelphia Eagles, shares the personal standard that carried him from Los Angeles to professional football and continues to guide his work.



Tampa, Florida Jul 23, 2026 ([Issuewire.com](https://www.Issuewire.com)) - The Framework That Separates Talent From Results

Therrian Fontenot learned early that raw ability would not be enough. Growing up in Los Angeles after moving from Louisiana as a child, he discovered that discipline, not talent alone, determined who moved forward and who fell behind.

"At a young age, I realized football wasn't just something I liked. It was something I could build my life around," Fontenot said.

That realization led him to develop a personal framework built on five daily disciplines: show up prepared, hold yourself accountable, maintain consistency, protect your mindset, and apply structure even when motivation fades. These practices carried him through high school at Leuzinger High School in Lawndale, California, earned him a full scholarship to Fresno State, and sustained him through stints with the Buffalo Bills, Green Bay Packers, Cleveland Browns, Philadelphia Eagles, and Edmonton Eskimos.

Why Talent Without Discipline Fails

Fontenot saw firsthand that talent alone does not guarantee results. At every level of competition, from high school to the NFL, the players who advanced were not always the most gifted. They were the ones who prepared consistently and held themselves to a higher standard.

"Everybody at that level was talented. The difference came down to preparation and consistency," he said.

He watched teammates with more natural ability fall short because they lacked structure. He also witnessed players with fewer physical gifts succeed because they refused to make excuses and showed up every day ready to work.

"You learn quickly that excuses don't help you improve. You either put in the work or you fall behind," Fontenot said.

His college coaches at Fresno State reinforced that message. They expected discipline, effort, and accountability from every player, and they made it clear that inconsistency would not be tolerated.

"The coaches expected a lot from us. You had to show up prepared. It wasn't only about talent. It was about consistency and effort," he said.

The Five Daily Disciplines

Fontenot distilled the lessons from his football career into five daily practices that anyone can adopt, regardless of their field or goals.

- **Show Up Prepared** Preparation means more than physical readiness. It includes mental preparation, planning the day ahead, and anticipating challenges before they arrive. Fontenot learned that waiting until game day to prepare was already too late. Success required daily effort long before the spotlight arrived.
- **Hold Yourself Accountable** Accountability starts with personal honesty. Fontenot stopped blaming circumstances or other people when things went wrong. Instead, he asked what he could control and what he could improve. That shift in mindset changed his trajectory.
- **Maintain Consistency** Consistency matters more than intensity. Fontenot found that showing up every day, even on bad days, built momentum that occasional bursts of effort never could.

Small, repeated actions compounded over time.

- **Protect Your Mindset** Mental toughness became one of the most valuable tools in Fontenot's career. Physical ability mattered, but mindset determined how he responded to setbacks, injuries, and disappointments.

"Playing professionally showed me how important mental toughness really is. Talent matters, but mindset matters more," he said.

- **Apply Structure Even When Motivation Fades** Motivation is unreliable. Structure is not. Fontenot learned that discipline meant doing the work even when he did not feel like it. Structure provided the framework that carried him through difficult seasons and transitions.

"Football teaches you structure. It teaches you how to show up, even when you don't feel like it," he said.

How These Disciplines Apply Beyond Football

Fontenot now applies these same principles to his work with Help2Others, an emerging charitable initiative focused on encouragement, personal growth, and giving back. He also uses them in his fitness routine and community involvement in Tampa, Florida.

The disciplines that worked in football work in life because they address universal challenges: distraction, inconsistency, and the temptation to quit when progress feels slow. Fontenot believes anyone can benefit from adopting these practices, whether they are building a career, managing a household, pursuing education, or working toward personal health goals.

"If you're not disciplined every day, it shows immediately. That's true in football and in life," he said.

30-Day Implementation Plan

Adopting these five disciplines does not require a complete life overhaul. Fontenot recommends a gradual, structured approach that builds momentum over four weeks.

Week 1: Establish Your Baseline Identify one area where lack of discipline is holding you back. Write down your current habits and the results they produce. Choose one of the five disciplines to focus on first. Set a specific daily action tied to that discipline. For example, if you choose preparation, commit to planning your day every morning before 8 a.m.

Week 2: Add Accountability Continue your daily action from Week 1. Add a simple tracking method such as a checklist, journal, or calendar. At the end of each day, note whether you completed your action. If you missed a day, write down why and what you will do differently tomorrow. Share your goal with one person who can check in with you weekly.

Week 3: Introduce Consistency Checks By now, your first daily action should feel more automatic. Add a second discipline from the list. For example, if you started with preparation, now add consistency by setting a non-negotiable time each day to work on your goal. Review your tracking from Week 2. Look for patterns in when you succeed and when you struggle. Adjust your environment or schedule to remove obstacles.

Week 4: Build Mental Toughness and Structure Continue both daily actions from Weeks 1 through 3. On a day when motivation is low, complete your actions anyway. Reflect on how it felt to follow

through despite not wanting to. That is mental toughness. Add structure by creating a weekly routine that supports your goals. Schedule your daily actions at the same time each day. At the end of the week, assess your progress and set your plan for the next 30 days.

Personal Discipline Checklist

Use this one-page checklist to track daily progress. Print it, post it, or save it on your phone.

Daily Checklist

- ☐ I showed up prepared today (planned my day, anticipated challenges, reviewed my goals).
- ☐ I held myself accountable (no excuses, identified what I could control, took responsibility).
- ☐ I maintained consistency (completed my daily actions even if I did not feel motivated).
- ☐ I protected my mindset (avoided negative self-talk, focused on progress, practiced gratitude).
- ☐ I applied structure (followed my routine, honored my commitments, stayed disciplined).

Weekly Reflection Questions

- What went well this week?
- Where did I struggle?
- What will I do differently next week?
- Who can I share my progress with?

Monthly Review

- How many days did I complete all five disciplines?
- What results have I seen in my life?
- What is my goal for the next 30 days?

A Call to Adopt the Standard

Fontenot believes that discipline is not a personality trait. It is a skill anyone can develop through daily practice. He encourages people to start small, stay consistent, and trust the process.

"Coming from where I came from, earning a full scholarship showed me that hard work really matters," he said.

The five daily disciplines that carried Fontenot through high school, college, and professional football are available to anyone willing to commit to them. The framework is simple. The results depend on daily action.

Adopt the standard. Use the checklist. Share it with someone who needs it. Discipline is a choice you make every day.

About Therrian Fontenot

[Therrian Fontenot](#) is a former professional football cornerback who played in the NFL and CFL. Born in Pineville, Louisiana and raised in Los Angeles, California, he earned a full scholarship to Fresno State after excelling at Leuzinger High School. He played professionally for the Buffalo Bills, Green Bay Packers, Cleveland Browns, Philadelphia Eagles, and Edmonton Eskimos. Today, he applies the

lessons of discipline, structure, and resilience learned from football to his work with Help2Others, an emerging charitable initiative focused on encouragement, personal growth, and giving back. He is based in Tampa, Florida.

Media Contact

Therrian Fontenot

*****@therrianfontenot.com

<https://www.therrianfontenot.com/>

Source : Therrian Fontenot

[See on IssueWire](#)