

# CHAMPIONS.....

Are persistent.

Fall down 10 times get up 11.

Are committed to constant improvement.

Strive for excellence not perfection.

Are generous with their knowledge and talent.

Teaching increases your own understanding.

Take responsibility for themselves.

Laying blame robs you of the opportunity to improve.

Are self-starters

Don't wait for things to come to you, go get what you want.

Are honest, most of all with themselves.

You may be able to fool everyone... but you will always know.

Work for quality, not quantity.

It's not how many hours you put in; it's what you put in to those hours.

Measure success thru goal setting, not by a win/loss record.

If you don't know where you're going, you're sure to end up somewhere else.

Are disciplined.

Do the right thing, especially when no one is around to give you credit for it.

Prepare, then are decisive in their actions.

Believe in yourself, be courageous. Inaction holds more regret than action.

Seek positive associations.

Surround yourself with people who will help you reach your goals.

Remember their passion and review their goals often.

Even if you love it, it ain't always fun. Your WHY has got to be bigger than the HOW!

Give more than is expected.

Doing just enough to get by won't put you on top of the podium.

Have a can-do attitude by controlling their emotions.

Being angry at the world is a waste of energy. Life is 10% what happens.... and 90% how you react to it.

Are critical, yet forgiving, of themselves.

Dwelling on mistakes allows them to control your future.

