

# THE ANATOMY OF A CHAMPION MINDSET

The Personality Traits That Separate The Winners from Losers

## Persistence

True champions exhibit persistence on a daily basis. They don't fade in the face of obstacles, they plow through them tirelessly, always striving towards their next goal.

## Fearlessness

If you want to be a winner or a champion, there is no time for fear. Fear will only hold you back. If you have a dream - don't be afraid to do everything it takes to reach for it.

## Think Before You Speak

A champion isn't afraid to speak their mind, but they make sure everything they say is well thought out for maximum effect.

## Sincerity

A champion means what they say. They don't hide behind fake words and empty praise. They are confident enough to say what they mean.

## Positive Attitude

True champions have bad days...but they don't let it take over their life. They stay positive, keep a healthy attitude and focus on their goals.

## Integrity

Champions are fueled by their values and beliefs. They know what they believe in and don't waver in troubling times.

## Helpfulness

Helping people is one of the best ways to generate the good will that fosters a championship mindset.

## Ambition

If you don't want to be a champion - and I mean really want it - more than anything else...you never will be.

## Responsibility

Champions know that they are 100% in control of their own destiny and don't use excuses when things go wrong.

## Compassion

There is nothing weak about showing compassion. A real champion knows this. Using their ascent to greatness to uplift the people around them, creates the kind of good will that will ensure they continue winning.

**“Champions aren't made in gyms. Champions are made from something they have deep inside them-a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill.”**

**-Muhammed Ali-**

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