

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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