



How to develop a 'Champion Mindset'

1. Have a clear **VISION** and **FOCUS**.

So many of us don't understand why we never get anywhere, why our business fails, why our marriage falls apart and so on. We spend our time focusing on what we don't want – I don't want to fail, I don't want my husband to have an affair, I hate doing finances, I hate not having enough time, bla bla bla.

Instead, when we focus all of our energy into what we do want, how we do want to live, how we **do want** to feel, how we **do want** our finances to look, how we **do want** our marriage to succeed, we get results! When you decide to control your focus, control your thoughts, language, body language, interactions with others you control your future.

You must be able to **visualise it**, feel it, see it, know that the final result is yours, you deserve it!

Questions to ask yourself if you are focusing on the 'positives'

Were am I focusing all my energies in life?

What is already bringing me happiness?

What's within my control?

What is my picture of success?

2. You **MUST** have **NO** other option:

No...no one foot in, one foot our scenario. No...well if this doesn't work then I can always go and wait tables. When my husband won his Olympic gold medal, there was no, well I can always go home and make furniture, I can always try at the next Olympics – he was too old anyway, this was it, his last chance to achieve what he'd always wanted in life – an Olympic Gold Medal. There was no other option! He was truly committed to his success. I am not suggesting here that you give up your day job and go flying balloons around the world. If you have to work part time along the way, earn money from other avenues, then so be it, but these must all be with the clear intention of supporting your vision!

Questions to support your vision.

If I could not fail I would do what?

If I won the lottery tomorrow I would?

When am I at my best?

3. You **MUST** have a **COMPELLING REASON** to succeed.

Ok, Scott's was fairly clear, if you know the story, you know we had lost our beautiful baby son to heart problems 2 and half months prior to The Olympic games. His compelling reason was this, if I don't at least attempt win GOLD and I no longer have my son – then **what have I got?** It was his way of salvaging what was left...and there was no other option! He felt compelled. Not everyone has such a compelling reason, but if you don't take action, and don't do this thing you so desire, **What have you got...is it enough?** Is it enough to sustain you for the next ten years, is it enough to help you live congruently, to motivate you, propel you forward, for you to be the best YOU can BE?

Questions-

What is your compelling reason for success?

If you don't take action what pain will you experience in life?

What belief about yourself do you need to let go of to support your vision?

4. You **MUST** have **SELF BELIEF** beyond all doubt!

Have you ever come across a successful business person who doubted the value of their product or service? You probably didn't buy what he had on offer, did you? Or maybe you did out of pity? The successful business person has an unwavering belief in what they do – hence the reason they made it! What belief or thoughts are holding you back? Do you secretly think you are too old, young, slow, lacking credibility, for that job? Whatever it is, it has to go – because it is only a thought – it means nothing! Even though Scott went to the games with about 70% of the fitness one would normally require to win such an event, he sat himself down 5 minutes before the race and gave himself a 'good old talking too'. Now, I won't use the language he used but it went something along these lines: Well, you are here now, I don't care if you haven't done the training you need too, I don't care if you haven't prepared the way you normally do – you have what you have and today it will have to be enough to win!. He describes it as turning on a light switch. He went on that track with the mindset that he was here to win!

Questions to maintain self belief?

What do you need to believe in order for you to succeed?

What will you tell yourself every day about your goal?

When have I felt success before? How can I learn from that experience?

5. You **MUST TAKE ACTION**, and **ENJOY** the process!

Get started, it won't happen overnight, but it will happen! Scott had 12 long years in between Olympic games, but he didn't give up. He knew he had what was required. He planned out each year, what events he would peak for, and he did the necessary training ! But most importantly, he truly loved what he was doing, he loved the camaraderie of the teams he was in, he loved and celebrated his all of his victories along the way. There was so much more to his career than just winning an Olympic gold medal, it was just the icing on the cake.

When what you are doing is right, it doesn't feel like work – you just do what is necessary with vigour and enthusiasm! Sure you will have days when you wonder, what am I doing here, this is so hard, all these losses and so on, but they are just that – days, moments, small events! What matters is that most of your days are rewarding, most days you are on track, most days you feel you are getting somewhere! Remember Rome wasn't built in a day!

Questions for taking massive action.

What will be your first step?

How will you know you are on track to succeeding?

How will you know when you 'get' there?

What is after there?

6. You **MUST** have the **FLEXIBILITY** to tackle the **OBSTACKLES** along the way!

If your vision, beliefs and desire is strong enough, you will challenge any obstacles that come your way. What are you willing to put up with? This is up to you to decide. Know when to tackle things head on and when to stand back and look at your challenge from another perspective. Remember to ask for help, get people on board to help you achieve your goal. Many hands makes light work! Remember 'Obstacles are unrecognised opportunities'.

Questions –

How will you handle challenges along the way?

What sort of person do you need to be to achieve your goal?

Who is on your side to help you achieve your goal?

7. You **MUST** be **GRATEFUL** for everything that comes your way!

The art and practice of 'gratitude' helps one to focus on the positive aspects of our lives! Being grateful for the opportunities given to you. Gratitude helps you to remain centred and a tip for practising gratitude could be looking back to where you began and listing what you have achieved so far! Coming up with a daily 'Mantra' like 'I am grateful for my beautiful self, husband and children life is great just how it is!' Or, simply listing each day the things you can be grateful for in a journal!

Remember a state of 'eternal happiness' is unrealistic in life. Just like we have four seasons in our year, we have many different emotions that must be acknowledged and respected. If you feel sad have a cry, happy then laugh, angry, find a safe way to release it! Either way, accepting that we are not super humans and that 'stuff happens' and we all respond to challenges differently is OK! It is just up to you to **decide when** to let go of that emotion and move on.

Questions for gratitude

What is my new daily mantra?

What can you be grateful for *right now*?

What are your 3 qualities that make you so unique in this world?