

## What does it take to become a 'World Champion'?

OK you know that it doesn't just happen by chance. Everyone (who is or was a world champion in any form) knows there is a formula. Not a difficult one, not one that only elitists can accomplish but a simple, effective and very powerful formula to success and I'm going to briefly going to introduce you to it, remember, the rest is up to you. Do you want to be a World Champion? Successful? More Motivated?

### Goals

1. Make sure the goal you are working for is something you really want, not just something that sounds good.
2. The important thing to remember here is that your goals must be consistent with your values.
3. If you need help from someone in achieving your goal, will you have their cooperation?
4. Write your goal in the positive instead of the negative.
5. Work for what you want, not for what you want to leave behind.
6. Write your goal out in complete detail.
7. Make sure your goal is high enough.
8. Shoot for the moon, if you miss you'll still be in the stars.
9. This is most important - write your goal as though it is already accomplished.

For example, "I am the fittest or strongest etc."

They need to be YOUR very own and only you or someone essential to your success should know about your goals.

### Success

"Success is the continuous journey towards the achievement of predetermined worthwhile goals." - Tom Hopkins, American motivator

Success is a matter of personal growth. If every day you are developing or growing a little you're taking the small steps to being a champion.

### How To Achieve Success

The first step towards achieving success is to define what it represents to you. A key factor is understanding yourself and what "makes you tick".

What is your DEFINITE PURPOSE in life? If you know where you want to head, it'll be far easier to set in place a plan to get you there. What motivates you? I think the most important step on the road to SUCCESS is first ACKNOWLEDGING yourself for what you are: your faults, strengths, "warts and all". Your HOPES and DREAMS for your life are vitally important.

## Formula for Success

The key ingredients in the formula to success are as follows:

1. A PLAN
2. FOCUS
3. DETERMINATION and most importantly;
4. A POSITIVE ATTITUDE

Along with;

- DRIVE
- ENERGY
- ENTHUSIASM and
- A SINGLED-MINDED PURSUIT of your objective.

*Now you have the plan, what will you decide to do with it and the rest of your life?*

*TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.*



Connie