

TRAITS OF A CHAMPION

Sports psychologists have identified six reoccurring traits common among gold-medalist athletes. These “traits of a champion” apply to both men and women, and are also dominant factors in the lives of those who succeed in non-athletic vocations.

Self-analysis

The successful athlete knows her strengths and weaknesses, and engages in critical appraisal that is honest, but never negative.

Self-competition

A winner knows she can control her own performance, so she competes against her own best effort, not those of others.

Focus

The champion is always “in the present,” concentrating on the task at hand.

Confidence

Successful athletes control anxiety by setting tough but reasonable goals. As goals are reached, confidence increases.

Toughness

This is a mental trait that involves accepting risk and trying to win, rather than trying not to lose. A winner sees change as an opportunity and accepts responsibility for her own destiny.

Having a game plan

Even elite athletes know talent is not enough. They have a game plan.

EVERYONE CAN DEVELOP THESE TRAITS! EVERYONE!