

5-STEP ROADMAP TO CHAMPION

The road to success is earned one step at a time.



STEP 1

Decide. Make a decision and commit to doing what it takes to become successful. Know in advance that it will be scary and it will be hard, and choose to do it anyways.

STEP 2

Show up and get to work. Get to training and act like you want to be there. Push yourself to try. Don't be afraid to fail, fail fast and fail often, Learn from it!, and keep working.

STEP 3

No Excuses. You won't be perfect. Don't pretend to be. Rather take the lessons, be resilient, and always get up to try again. Never complain and never quit. You are either learning or losing. Pick learning.

STEP 4

Success happens when no one is looking. The extra work that is required is often done in the dark when everyone else is asleep. Do more! Study, sweat, and tears...

STEP 5

CHAMPION. The greatest lesson in sports is the process of finding a way to succeed. This path to Champion is the same in everything you do for all things in life!