

## Another winner's mindset, 2021

If you don't think you can win, you're never going to win.\  
What pearls of wisdom.

And the first place you set out to win is when you state your goals, your ambition as a bowler to win something, and then, to write it down as your record.

You need to say you will win, not compete, not get selected, not to enter the event, not to be a finalist.

These statements are not a winning mindset, though they are the stepping stones to victory.

Those of you with aspirations of winning events or titles heed the words from the opening sentence.

It is a mental skill, winning.  
A winner's mindset.

To fulfill your aspirations you need to train with the intensity that enables you to win.

It requires you to train the mental skills required to succeed.

Near enough.  
Not good enough.

It is cold, miserable and wet the night you train. Gosh, do I want to be out here. Discipline is needed to remind you of your aspirations, your goals.

Have you goals???  
Are they written anywhere?

Have you a training schedule to give yourself every chance of reaching your aspiration?

The bloke who spoke the words for the opening sentence in this article uttered them in 2013.

Website column [www.lachlantighebowls.com](http://www.lachlantighebowls.com)

**Another winners mindset**

Years ago.

Nothing new.

And who was, is this bloke?

World champion, Commonwealth games gold medalist David Holt, a member of our bowls squad, pBus.

**Lachlan Tighe, 2021**