

Why champions achieve

because generally they keep working on all of most of the points below knowing that such are necessary to maintain that level of excellence

- *plan evaluate and set new goals as meet standards*
- *develop leadership skill*
- *committed not involved*
- *stick to the basics (of skill excellence)*
- *Identify areas/ skills that require attention to excellence*
- *plan of action to improve those areas*
- *decision making skills refined*
- *develop the will / program in practice to train at best performance and also eliminate disruptive elements*
- *develop self confidence by stretching skill levels*
- *honest- mirror & window analogy- seek feedback*
- *foster a positive attitude toward team mates*
- *use coach / others to develop new ideas for performance*
- *know their skills and when to use them*
- *eliminate disruptive elements that hinder performance*
- *know and use relaxation techniques*
- *seek a role model to emulate*
- *self development opportunities*
- *work on all forms of skill beyond technical*
- *an attitude of ...no limits*
- *want to be on the BUS that has the right people*

and for those not able to meet the level.....

**People failing to achieve in sport
always have excuses**

but....

here are the reasons for non achievement

- ***Lack purpose or direction / persistence***
- ***Lack persistence***
- ***Do not aim above average***
- ***Not bothered to improve skills / correct defects***
- ***Not bothered to correct bad habits***
- ***Lack self discipline / Procrastinate***
- ***Cannot control negative thoughts/***
- ***concede losses rather than learn from losses***
- ***Basic negative attitude***
- ***A 'something for nothing' attitude***
- ***Involved not committed***
- ***Dislike criticism***
- ***misread criticism***
- ***Unwillingness to be honest- mirror & window analogy***
- ***Unwilling to take calculated risks***
- ***Unwilling to take on new ideas***
- ***Mix with uninspiring people – eagles & turkeys***
- ***Close the mind no new ideas***
- ***Generalise rather than achieve one aim***
- ***Lack enthusiasm***
- ***Inability to be a good listener***
- ***Guess rather than plan or think***
- ***Do not seek assistance (of professionals)***
- ***want to be on the BUS but are there as passengers***

'...Where your mind goes, everything else follows'
Lachlan Tighe, 2/1/2011