



Seven HIGH PERFORMANCE HABITS OF GREAT ATHLETES

CHAMPIONS AREN'T BORN WITH GREATER TALENT THAN OTHERS, THEY AREN'T CREATED IN THE GYM, THEY AREN'T THE PRODUCT OF GREAT COACHING AND THEY SURE AREN'T SPECIAL.

CHAMPIONS UNLOCK THEIR TRUE POTENTIAL FROM DEEP INSIDE EARLY IN LIFE. THEY CHOOSE TO THINK AND ACT IN A CERTAIN WAY. THEY CHOOSE TO LIVE A LIFE DEDICATED TO ACHIEVING THEIR DREAMS AND THEY LET NOTHING GET IN THEIR WAY.

GREAT ATHLETES DO THINGS DIFFERENTLY THAN EVERYONE ELSE. THEY'RE NOT DIFFERENT THAN YOU OR I, THEY JUST CHOOSE TO THINK AND ACT IN A DIFFERENT WAY. THIS DIFFERENT WAY DOESN'T HAPPEN SOMETIMES, IT HAPPENS DAY IN AND DAY OUT. THESE ATHLETES CHOOSE TO CREATE HIGHER QUALITY HABITS SPECIFICALLY DESIGNED TO PROPEL THEM FORWARD ATHLETICALLY, SEEMINGLY WITH VERY LITTLE EFFORT.



THE ALMOST EFFORTLESS "TALENTED" MOVEMENTS THESE ATHLETE MAKE MAY SEEM INNATE AND NATURAL, BUT WHAT YOU DON'T SEE, IS THE HOURS, DAYS, MONTHS AND YEARS, THEY'VE SPENT WORKING ON THEIR MENTAL AND PHYSICAL CRAFT TO MAKE IT LOOK EASY ON GAME DAY.

WE'LL WET YOUR APPETITE WITH THE TOP SEVEN HIGH PERFORMANCE HABITS ELITE ATHLETES IMPLEMENT EVERY DAY THAT 99% OF EVERYONE ELSE EITHER DOESN'T KNOW OR DOESN'T IMPLEMENT ON A DAILY BASIS.

YOU CAN CHOOSE TO LEVEL UP YOUR GAME SIMPLY BY ADDING IN OR UPGRADING THE QUALITY OF HOW YOU DO ONE OF THESE SKILLS. SET YOURSELF APART FROM THE REST, BY INCORPORATING ALL SEVEN IN A HIGH QUALITY WAY FOR YOU, EVERY DAY!

1

WE KNOW



GREAT ATHLETES KNOW THEY ARE CAPABLE OF ACHIEVING ANYTHING THEY CAN DREAM OF ACCOMPLISHING.

THEY CHOOSE TO USE THEIR MIND TO PROPEL THEM FORWARD. THEY CHOOSE TO WORK HARDER MENTALLY TO IDENTIFY THE ONE REASON WHY THEY CAN DO SOMETHING, RATHER THAN FALLING PREY TO THE MILLION REASONS WHY THEY CAN'T OR SHOULDN'T BE ABLE TO.

THESE ATHLETES USE THEIR OWN IMAGINATION, CREATE A BETTER WAY FOR THEM TO PERFORM, TAKE STEPS TOWARD PERFECTING THAT WAY IN THEIR MIND OVER AND OVER AND THEN TAKE ACTION ON THAT MENTAL IMAGE UNTIL THEY PHYSICALLY PERFORM IT IN THE SAME WAY THEY SEE IT IN THEIR MINDS EYE. THEN THEY CHOOSE TO MAKE THAT PICTURE AND THE QUALITY OF WHAT THEY DO BETTER DAY AFTER DAY.

WE EDUCATE OURSELVES EVERY DAY

2

GREAT ATHLETES MAKE IT A HABIT TO EDUCATE THEMSELVES ON THEIR OWN EVERY DAY. THIS EDUCATION IS MENTAL IN NATURE AND FOCUSED ON SELF-IMPROVEMENT TOWARD MENTAL AND PHYSICAL EXCELLENCE.

THESE ATHLETES MAKE TIME EVERY DAY, NO MATTER WHAT ELSE IS GOING ON, TO LEARN SOMETHING NEW ABOUT THEMSELVES AND HOW THEY CAN IMPROVE THE QUALITY OF HOW THEY THINK AND THE ACTIONS THEY'RE CAPABLE OF CREATING. THEY READ BOOKS AND WATCH VIDEO OF ATHLETES WHO HAVE PERFORMED BETTER THAN THEY HAVE TO SPARK INTERNAL, INSPIRATION & CREATIVITY.



3

WE SET DAILY GOALS & ACHIEVE THEM

GREAT ATHLETES MAKE IT A HABIT TO SET PERSONAL HIGH PERFORMANCE GOALS EVERY DAY FOR EVERY ASPECT OF THEIR LIVES.

THESE ATHLETES COMPETE AGAINST THEIR PERSONAL BEST IN EVERYTHING THEY DO. FROM THE LITTLEST THINGS TO THE MOST IMPORTANT, THEY ALWAYS INSTINCTIVELY CREATE A BETTER WAY OF PERFORMING AND THEN THEY CHOOSE TO ACT IN A HIGH QUALITY WAY TO ACHIEVE THEIR GOAL. DAILY SPORT WORKOUTS TAKE ON PERSONAL MEANING FOR THESE ATHLETES AND THEY ALWAYS MAKE IT THEIR PRIORITY AND HABIT TO BE BETTER TODAY THAN THEY WERE YESTERDAY.

WE SEE OPPORTUNITY IN EVERY OBSTACLE

4

GREAT ATHLETES ACTIVELY SEARCH OUT OBSTACLES TO FORCE IMPROVEMENT.

DIAMONDS CAN ONLY BE FORMED UNDER PRESSURE. A GREAT ATHLETE MUST GO THROUGH PRESSURE TO LEARN TO BECOME GREAT. GREAT ATHLETES CHOOSE TO OPT-IN TO THE MORE DIFFICULT OPPORTUNITY WHEN THAT OPPORTUNITY PRESENTS ITSELF. WHEN THEY BEGIN TO ACT ON THAT OPPORTUNITY, THEY USE THEIR IMAGINATION TO MAKE IT AS EFFICIENT FOR THEM AS POSSIBLE. THEY PERSIST WITH THIS HIGH QUALITY WORK UNTIL IT DOES BECOME EFFICIENT FOR THEM. THEY DON'T QUIT UNTIL IT DOES.

5 WE ARE NEVER SATISFIED

GREAT ATHLETES ALWAYS KNOW THERE'S A BETTER WAY, THEY JUST NEED TO SPEND THE TIME TO FIND IT.



NO MATTER HOW WELL TRAINING OR A COMPETITION RESULT MAY BE, GREAT ATHLETES KNOW THEY CAN LEARN SOMETHING FROM IT AND USE IT TO MAKE THE QUALITY OF HOW THEY PERFORM BETTER. THE FIRST INSTINCT OF A GREAT ATHLETE IS TO LOOK AT WHAT THEY DID RIGHT, THEN THEY FOLLOW THAT UP WITH HOW THEY CAN IMPROVE ON WHAT COULD HAVE GONE BETTER. BECAUSE OF THIS PERCEIVED VIEW OF PERSONAL PERFORMANCE, THEY ARE ALWAYS FOCUSED ON HOW THEY CAN ATTAIN THEIR PERSONAL GOALS AND NEVER TIE THEIR SELF-WORTH WITH HOW THEY PERFORM OR WHAT THEY DO.

WE CREATE THE "SUCCESS HABIT"

6

GREAT ATHLETES KNOW THE BIGGEST SECRET TO SUCCESS IS CREATING HABITS THAT MAKE THEIR LIVES MUCH MORE EFFICIENT. THEY KNOW THE QUALITY OF HOW THEY CHOOSE TO THINK AND ACT EVERY DAY, DETERMINES HOW QUICKLY THESE HABITS ARE FORMED.

GREAT ATHLETES BUILD THE SUCCESS HABIT BY ALWAYS THINKING ABOUT WHAT'S POSSIBLE, CONSTANTLY KEEPING A GREAT ATTITUDE, NOT MATTER WHAT OBSTACLE THEY ENCOUNTER; THEY CHOOSE TO GIVE THEIR HIGHEST QUALITY EFFORT IN EVERY OPPORTUNITY; AND THEIR ACTIONS ARE ALWAYS PRODUCING THE BEST PHYSICAL MOVEMENT THEY CAN POSSIBLY PRODUCE. IT DOESN'T MATTER IF IT'S PRACTICE, COMPETITION OR LIFE OUTSIDE OF SPORT, THEY ARE ALWAYS PRODUCING THE BEST THOUGHT, ATTITUDE, EFFORT AND ACTIONS THEY CAN CREATE, EVERY DAY.



7

WE TAKE OWNERSHIP OF OUR PERFORMANCE

GREAT ATHLETES TAKE COMPLETE OWNERSHIP OF THEIR PERFORMANCE RESULTS.

THEY UNDERSTAND COACHES, TRAINERS AND PARENTS DON'T PERFORM THE SKILLS IN PRACTICE OR COMPETITION, THEY DO. THEY UNDERSTAND THE RESULTS THEY EARN ARE THE PRODUCT OF THE QUALITY OF THOUGHT, ATTITUDE, EFFORT AND ACTION THEY CHOOSE TO EXHIBIT EVERY DAY IN WORKOUTS. THEY UNDERSTAND IT IS UP TO THEM TO EXECUTE THE SKILLS THEY CREATE IN WORKOUTS WHEN THEY GET TO COMPETITION.

GREAT ATHLETES KNOW THEY MUST EARN WHAT THEY DREAM OF ACHIEVING AND THE QUALITY OF HOW THEY MENTALLY AND PHYSICALLY PERFORM EVERY DAY PRODUCES THOSE RESULTS.



EVERY ATHLETE CAN LEARN TO UNLOCK HIS OR HER TRUE POTENTIAL. IT'S A MATTER OF LEARNING HOW TO TAP INTO THEIR OWN MIND IN A WAY THAT'S NOT TAUGHT IN SCHOOLS OR BY MOST COACHES. IT'S ABOUT BEING WILLING TO TRAIN BOTH THEIR MIND AND BODY EVERY DAY IN THE HIGHEST QUALITY WAY THEY CAN DEVELOP ON THEIR OWN.

NO ONE CAN CHOOSE YOUR DESTINY BUT YOU. IF YOU WANT SOMETHING MORE; IF YOU WANT SOMETHING BETTER; IT'S UP TO YOU TO LEARN HOW AND LIFESPARQ CAN HELP.

SPORT COACHES TEACH YOU SKILL & STRATEGY.

WEIGHT COACHES TEACH YOU HOW TO BECOME STRONGER.

SPORTS DIETITIANS TEACH YOU TO FUEL YOUR BODY FOR HIGH PERFORMANCE.

MENTAL HIGH PERFORMANCE COACHES TEACH YOU HOW TO TAKE OWNERSHIP OF YOUR SUCCESS.

WWW.LIFESPARQPERFORMANCE.COM