

Train Your Leaders

- **Self Belief** - You will never attempt to accomplish more in life until you believe that something inside of you is bigger than your circumstances. The way to increase your self-belief is through the people you associate with and the books you read.
- **Courage** - Courage separates the winners from the losers. Every success you've had up to now or will ever have is the product of your courage to act and your courage to endure. Action is the proof of your courage. How Olympians are taught to increase their courage.
- **Challenges** - Consistently facing your challenges will make you great. Goliath is the best thing that ever happened to David! If you want to marry the princess, you have to slay the dragon!
- **Perseverance** - As long as you don't quit, you've still got a chance. If you absolutely refuse to quit, you have a 95% chance of reaching your goals. That knowledge gives you the power to be bold in the pursuit of your dreams.
- **Goal Setting** - Your dream defines your success. The world will step aside for the person who knows where they are going. Your goals help you realize your dream. How Olympians are taught to set and achieve goals. When you boldly commit to achieving your goal, the universe conspires to help make it a reality.
- **Seeing Yourself Succeed** - How to program yourself to become a "guided-missile" that cannot miss its objective.
- **Self Talk** - What you say to yourself influences what you think. What you think determines what you do. What you do consistently becomes your habits. Your habits determine your results. If you are not happy with your results, changing your actions will not help because you'll ALWAYS revert to your old habits. You need to change your self-talk in order to replace your ineffective habits.