

# **The Champion's Checklist!**

**You don't become a champion overnight. Many factors determine whether you will become a champion. Are you ready to become a champion?**

## **Characteristics and qualities of champions**

I have discovered that every soccer champion possesses many of the following:

- They set goals and purposes for their endeavors
- They possess determination in abundance and are internally motivated
- They don't deviate from the path or course set forth
- They share a willingness to sacrifice and forgo a present pleasure to achieve a distant goal
- They have the ability to endure pain, criticism, and major set backs
- They have an obvious talent for the particular sport but they also know that talent is never enough
- They possess a very high work ethic and discipline to endure long periods of training
- They have a great coach, mentor, inspiration, and/or successful and encouraging peers that make them believe in the unbelievable and do things that they never believed was possible
- They continually strive to improve their game. They are never content with the present state; they always desire to become better)
- They learn early to remove toxic emotions and attitudes from their mindset. They are not procrastinators nor do they focus on defeatist attitudes.
- When it gets rough, they put in extra efforts and rise to the occasion
- They remain calm in important situations and push aside nervousness to remain calm and focused.

**The Lesson: Talent is never enough. Never!!!**