

# **BE THE CHAMPION!**

Written by ©John Novak (BA, MA, LLB)  
Sports Motivator of Champions.

[www.johnnovaksport.com](http://www.johnnovaksport.com).

Think like a Champion, Talk like a champion, Act like a Champion.  
For goodness sake – no, for your own sake - whatever you do stay positive.

Isn't this obvious - so, what's the problem?

Being positive and optimistic is the way of the champion. Actually, this is the only way for a champion. Champions of all sports have total faith in their abilities whatever happens.

Your sporting career depends on you staying in the right place – positive and trusting. Spitting the dummy by chucking a 'tanty' (short for tantrum) or/and hammering yourself with some verbal uppercuts sends you spiralling down a slippery slope of more of the same.

When you start going down this path of darkness, take stock, observe what's happening in your mind, then choose to turn back and say to yourself, *if I proceed down this painful path I know I'll go straight into jail, not pass go and not collect \$200*; oh, said with a smile, of course.

Saying negative things to yourself hurts no one else but you. So, not only are you being challenged by the circumstances (your opponents, the conditions, the other team, etc) you then decide to whack yourself with a barrage of insulting thoughts which lead you further down the slippery slope of helplessness.

Stop this madness!

You are not a victim of your thoughts. You are the driver of your turbo charged RAV - your mind. Control the steering wheel of your high performance vehicle by talking to yourself in a way that stirs up the best of yourself.

Take charge!

Life in general, and your sport specifically, is full of challenges, danger, tests – hey, even opportunities - yet it's how you conduct yourself that will make the real difference. When you hold your head up high, pull your shoulders back whatever is thrown your way that's when you take a leap into the better part of yourself. And, how cool! Face the challenge, take it on the chin, and say *thankyou this is going to make me stronger*.

It's all in your attitude – the only thing you can definitely control.

Control your attitude by controlling your reactions; by cracking a smile in the line of fire or when the going gets tough, you guarantee yourself the best opportunity each and every time you practice, play and perform. Give yourself every chance of succeeding by accepting whatever happens out there graciously – like a tall wise swan parading its gift to the world at large. Gracefully, proudly, show us what you are really made of.

Present your best whatever the circumstances – get this and get ready to rocket as a terrific elite athlete.

## 80% mind and 20% body

It is well and truly accepted by the best athletes in world that the success equation comprises of - 80% mind and 20% body.

Having the right mind game is what will lead you to your wildest dreams coming true.

Despite it being well and truly accepted that being in the right mental space is the key factor at the top, most athletes spend oodles and oodles of time and energy working on their technique yet little to no time on mastering their mind: the 80% part of the success equation!

Plan for the future – being able to control your mind is where success and the big bucks lie!

**As you think, so shall you act** - a positive thought leads to a positive opportunity. Negative thoughts lead to more negativity.

Just think back to those games and times when it was all just happening; you were doing absolutely everything right. You were in your special place characterised by positive 'can do' energy. You seemed invincible. Bullet proof! You were in your flow. Your language, thoughts and actions were all in synch.

## Positive and Optimistic – NO EXCEPTIONS.

This special place is always within you and can be called upon any time. That is, your memories live with you as long as you wish to draw upon them.

The other side of the coin is, as good thoughts lead to good results so do so-called negative thoughts lead to more negativity. Actually, when you open the door of negativity what follows is not only a gust of negativity but veritable storm of negativity. Negative energy as with positive energy has momentum. When the momentum starts, if you are not careful, you can be sent flying like a tall tree in a huge hurricane. The hurricane of negativity is scary. It morphs even the strongest among you into darkness. You become your worst nightmare – Jekyll, Quasimodo, Scar of Lion King, Scary Spice (a terrible sight!) all rolled up together - unreachable; confused, doubt-filled and thoroughly helpless and comprehensively angry: Angry at the world, angry at your support crew and mostly - angry at yourself. How fatiguing!

Let go of this destructive stuff. It's simply a habit; one that doesn't serve you well, nor does it help you be at your best. See past the illusion or delusion. It doesn't have to be like this.

# Choose to act differently

Choose positive and up-lifting thoughts. It's as simple as that. Choose thoughts, words and actions that are positive and helpful. The way you talk to your teammates, yourself, your parents, your partner, wife, husband, relatives, your coach, your dog and most importantly yourself is a choice.

Please gently note: if you are hammering yourself when it isn't happening that is your choice – even though that may be difficult to recognise when it's happening. Face the fact that you are choosing negative thoughts, which don't help. In fact, they hurt you.

Take responsibility for your thoughts, language and actions. Take control of your choices.

Choose thoughts that give you the opportunity to be at your best everyday, in everyway and then commit to acting upon those words through positive and purpose-filled actions that make you feel good about yourself.

Oh, most importantly smile, sport is a game.

STICK THIS SUMMARY SOMEWHERE ON YOUR WALL - SO YOU DON'T FORGET THE BASICS.

## Summary

- Thoughts precede actions
- Your thoughts have consequences.
- Positive thoughts lead to positive opportunities.
- Negative ones harm you and lessen your chances of success.
- All thought has momentum.
- Don't give negativity any energy.
- Let it go.
- Words, thoughts and actions – always positive.
- Choose to be positive and productive. No exceptions.
- Develop self-talk that is encouraging. I've got what it takes, etc
- Whatever you do, stay cool.
- Take responsibility for your thoughts.
- You are in control.
- Stay in control.
- Dummy spits = NOT controlling yourself. Not good enough.
- Choose thoughts that make you feel good about yourself.
- Decide which thoughts you want to replay that will lead to your dreams coming true.
- Be the best you can – every day in every way.
- Be the champion
- Smile – it's a game.