

Discover Your Olympian Within

11 Lessons to Living a World-Class Life

Lesson 1 – Focus on Things That Are In Your Control

Lesson 2 – You Always Have a Choice (to be happy or not, take responsibility or be a victim, etc...)

Lesson 3 – What You Do Is What You Do... (not who you are, but HOW you do what you do demonstrates the type of person you are)

Lesson 4 – The Only Person That Can Make You Happy (is you)

Lesson 5 – What Other People Think (doesn't matter, it's what you think that does)

Lesson 6 – Acknowledge Your Accomplishments (no matter how small)

Lesson 7 – Focus on the Present (or the now not the past) and Create Your Future

Lesson 8 – Always Do Your Best (the only time anyone can ever be upset in your performance is if you don't)

Lesson 9 – Have Fun (life is short)

Lesson 10 – Never Give Up on Your Dreams

Lesson 11 – There Are Only Limits if You Believe There Are