

10 Tips for Developing a Winning Mindset

By Scott Gregory

1. To be successful you need to set a plan. People don't plan to fail, they just fail to make a plan.
2. Make the best out of the hand you were dealt. Always look on the bright side of life. I always have said things happen for a reason.
3. When you look for the good in others you make friends. Don't be afraid to show your affection to others.
4. Hard work – you don't achieve success without putting in many, many hours of hard work. Three hours a day, 20 hours a week for 10 years equals 10,000 hours – that's what is required to become a world class expert at whatever it is that you do.
5. Practice is not the thing you do once you're good; practice is the thing you do that *makes you good*.
6. Be prompt and on time. Give yourself plenty of time to prepare for the day. When you're organized and calm, you'll be more productive.
7. Don't give up. Don't quit. If things just seem like they're going against you . . . if you feel like you're not getting the results you want . . . if you have a devastating setback, keep going. Perseverance and being persistent pays off!
8. Find a support team, a group of people or a person who can help mentor you and support you. It always helps to pray for help and guidance and for those not as fortunate as you.
9. To have a champion mindset and be successful, whether it's in sports, academics or the arts, you need to be physically and mentally in shape. Get into a training program that can enhance specific needs. Read and study more about your craft or profession.
10. Have a DREAM! Make goals that seem so big they scare you. Then go after them.