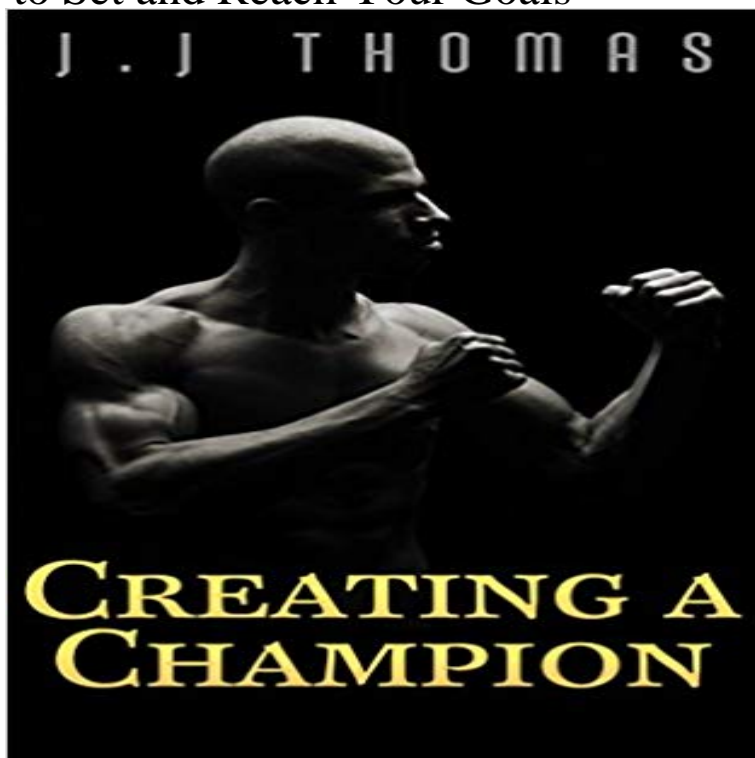


# Habit of Winning: Creating a Champion: Habitual Tools that You Need to Set and Reach Your Goals



Get in the Habit of Winning Become a Champion Today! Learn How Champions Set Their Goals, Structure Their Training, and Stay Motivated. Champions are fascinating people. They perform extraordinary things through their persistence, willpower and drive. Champions have a lot to teach us. Learn the Habits and Routines Michael Phelps contributes his success to and how you can apply them in your life! Seeing an athlete like Michael Phelps break the world record at the Olympics gives us but the briefest insight into a champions life. We watch the race which may be a few seconds long and know that the race itself is only the tip of the iceberg. We cant even begin to comprehend all of the sweat, tears and hours of hard work that went into making those seconds perfect for our champions. Peel back the lid of some of the key things that champions do to take them to the next level. We will be focused on whats under the surface, on the systems and procedures that we need to implement. This book breaks down the key elements that champions share and provides a three step actionable plan that you can implement in your daily life to excel in your endeavours. Winning is a Habit that You can develop! Start Your Journey To Becoming a Champion Today. Champions are different than most of us. They dream, they plan and they make decisions on an everyday basis that drive them towards their goal. This book can steer you on the path to living your life in this way. It will illuminate a path that may have never been lit before for you to go down in your life. It will help you to become the best version of yourself and to achieve success in a way that you havent before. A Champion Needs To Visualize Their Success + A Systematic Structure To Get There + The Will Power To Follow Through Here Is A Preview of What You Will Learn The importance of dreaming. How the likes o Michael Phelps,

Tiger Woods, and Michael Jordan set their goals  
How to break down your training into Long, Medium, and Short term routines.  
The Advantages of Cyclical Training.  
How to introduce Chaos into your training and the benefits it can bring to your performance.  
How to Motivate Yourself to Make The Right Choices for Your Goals  
Everyday And Much, Much More!

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