

#preparetoperform

Set the bar high.

Set these habits as your goal.

How are you going in your quest to reach this standard?

What can you do to lift your performance?

Habits of Highly Successful Athletes

1. Dream
 - Imagine your success.
 - Visualise yourself being successful... not only in your final goal but in each step of the journey to get there.
2. Don't skip the one percenters
 - Take time to mobilise before training.
 - Stay after training to cool down.
 - Fuel before your session.
 - Refuel within 30mins of the session.
3. Learn from mistakes – Identify with successes
 - Take lessons from the mistakes that you make and make changes that will help avoid the mistake in the future.
 - Don't dwell on the mistake once it has been made.
 - Identify with previous successes.
4. Get quality sleep
 - Sleep is the most powerful, totally legal performance enhancer we can access.... Utilise it.
5. Follow a program designed specifically for you
 - Invest in a program that progressively overloads your system and then utilises appropriate recovery protocols, allowing your body to compensate and then develop.
6. Set Goals
 - Set performance goals for each season, each cycle.
 - Set performance goals for each training session.
7. Actively work with your coach(es)
 - Diligently follow your coach's instructions/plans.
 - Ensure that you fully understand what your coach is asking of you in each session and in each activity.
 - Provide feedback to your coach about how you are feeling and about factors which may be impacting on you and your training.