

10 HABITS OF ELITE ATHLETES

01



They use opportunities throughout the day to stimulate their mind and body, and as a way of stopping stress building

02



They choose their support both inside and outside of sport. Friends, family and colleagues all play a key part in giving the support needed to keep striving for success

03



They regularly build their confidence. They know their strengths and are confident to play to them as often as they can. They quickly review performances to draw out what went well, what they did to contribute and how to keep progressing

04



They focus on controlling the controllable. Elite performers invest their time, energy and attention into the areas where they know they influence most

05



They aim to turn their intentions into actions with conviction and focus

06



They obsess on the performance (what you do and how you do it), to give the best chance of achieving results (what you achieve)

07



They understand the importance of staying hydrated and they act on it

08



They understand the importance of keeping energy levels up, so regularly fuel well with good meals

09



They're aware of their mindset and emotions, so they stay in control of these to help approach their work in the best state they can

10



They take responsibility for themselves and their performance. Mistakes are seen as opportunities to learn and to get better



Elite Athlete

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Gringarten**



Elite Athlete:

The Top Books of the Year Elite Athlete The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have captivated audiences this year. Elite Athlete : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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