

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

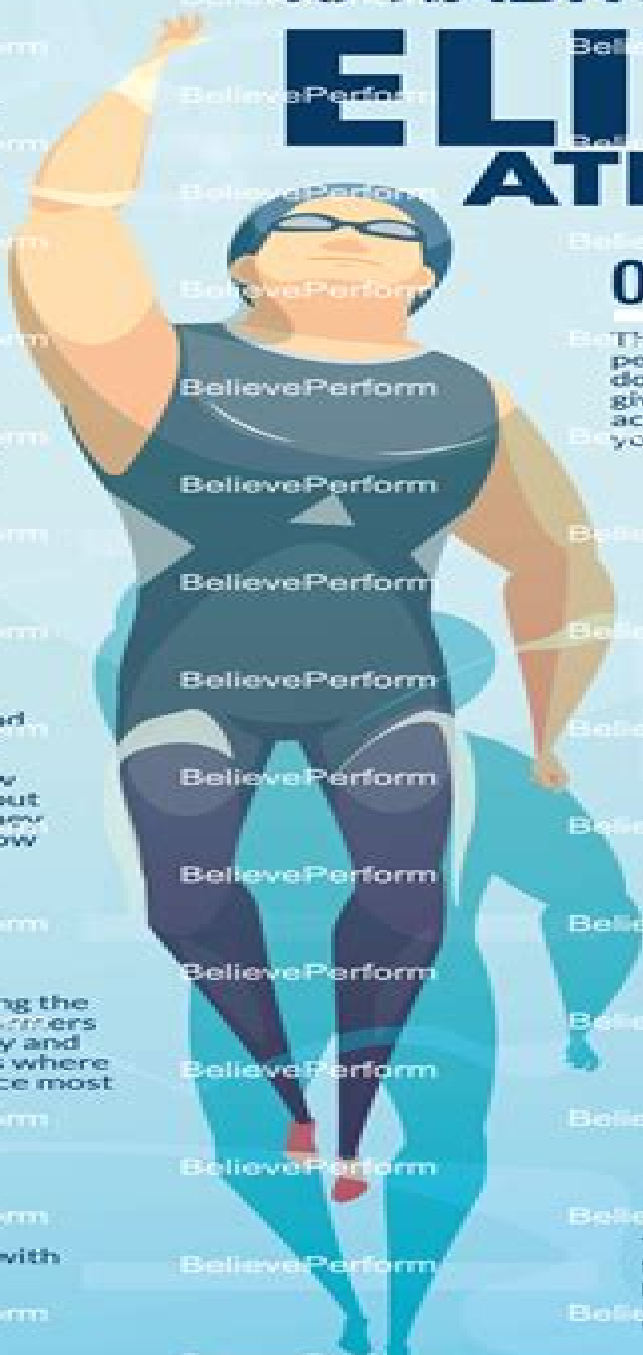


They're aware of their mindset and emotions, so they stay in control of these to help approach their work in the best state they can

10



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



Elite Athlete

Pattie Freeman, CH.t, MST



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