



# MONDAYS

*with Mike*

## A champion's mindset

Kevin Eastman, in his book *Why the Best Are the Best*, shares the following statements that help us frame a solid mindset about how we should go about our work. Simply put, champions think "we" and will not accept the thought process of "me."

- Champions are about getting in and getting up . . . not giving in and giving up.
- Champions are about doing what it takes . . . and not just taking what they can get.
- Champions are about being prepared . . . not just being ready.
- Champions are about competition . . . not putting on a performance.
- Champions are about doing the little things . . . not seeing those as too little.
- Champions don't get down in adversity . . . they get involved in the solution.
- Champions are about the end result . . . not their results.
- Champions are about raising their team's emotions . . . not hijacking their emotions.
- Champions are about one agenda . . . not their agenda.

As we open our week, let's begin to hone OUR champion mindset!

