

Dream,
BELIEVE,
Achieve!





PERFECT
PRACTICE
Makes
PERFECT



Always Do
ONE MORE

Set Goals With Your
FIVE SENSES



Choose To
WIN



Top 10 Things
I LEARNED ON MY
Olympic Journey

10) Use your 5 senses when setting your end goals. Bring them to life, let them be REAL. When you can see it, smell it, taste it, hear it and feel it you are more invested in achieving it!!

9) With that being said – don't get so caught up with achieving the end goal that you disregard the journey. Trust me, when the goal has been achieved or not, it's the journey that will leave you with the fondest memories, incredible experiences and friendships that will last a lifetime.

8) Getting enough sleep, being properly hydrated (with water), eating healthy meals and exercising daily are essential for making peak performance possible, but more importantly, allowing it to be sustainable.

7) No matter whom you are speaking with, say please and thank you, and do so with a smile.

6) It's not the fun and exciting work that makes winners. It's doing the work that no one is willing to do under challenging conditions that makes winners.

5) Cultivate your community, you never reach your goal alone!! Put together a list of your mentors, coaches, peers, friends, family and advocates.

4) Be humble in victory, but more importantly be gracious in defeat.

3) Time is your most valuable asset. Maximize and protect your time as best as you can. Do not waste it, nor let others hijack it.

2) Fear is not real. It is the product of thoughts YOU create. Danger is very real, but fear is a choice.

1) If you don't believe in yourself 100%, no one is likely to believe in you either.

BONUS) Always do "1 More." It doesn't have to be big, but it does have to be important. It's all about going above and beyond your competition to be the absolute BEST you can be!!



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