

PREPARE

— TO —

WIN

Do you have any
problem/s ?

Your Favorite

- Bird
- Flower
- Color
- Food
- Place



Fail to plan; is plan to fail.

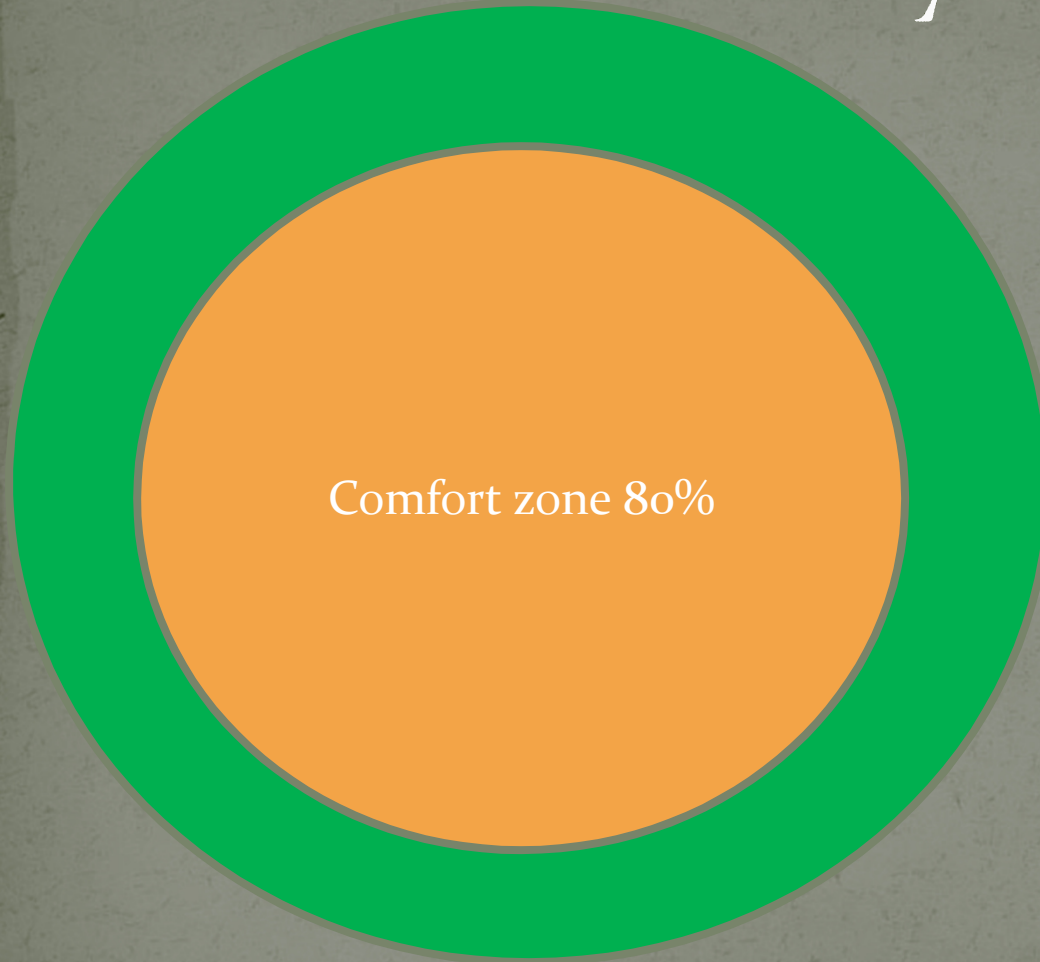
Strength

Weakness

Opportunities

Threat / Challenges

Comfort is the Enemy of Achievement



No growth Zone
Finding Excuses
living with others opinion

Find Purpose
Conquering Objectives
Live Dreams

Goal setting

Short term
goals
(0-12)months

Long term
goals
(1-4)years

Life time
goals

Positive Attitude Towards Life

- Responsible / Respectful / Honest / Loyal
- Approachable
- Down-to-earth
- Learn good things from each one of them
- Acknowledge and recognize
- Gratitude
- Never surrender



Over thinking

- Don't think of what can go wrong, but what can go right.
- Make peace with your past.
- Be realistic.
- Stop fantasizing. Be present.
- Know the difference between fear and intuition.
- Journal your thoughts.
- Live the moment.

Procrastination

- Lack of motivation
- Perfectionism
- Fear of the unknown (Doubt)
- I'll do it later
- Working on small tasks because they're easier
- Unclear about how to get started.
- Distraction.....
- This task requires lot of efforts and hard work

Expectation and Comparison

- Comparison is the thief of joy.
- Understand your uniqueness.
- Understand your purpose.
- Expect the unexpected. + and –
- Self love

Play one point at a time

Top Stormy Night



Forest Fire



Hunter



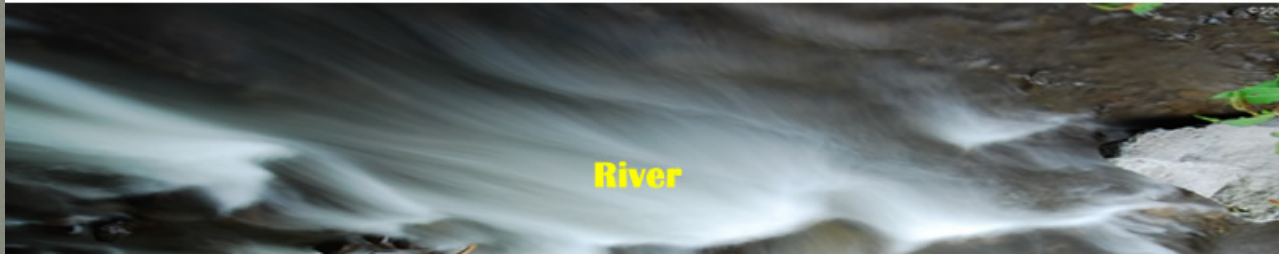
Pregnant Deer



Hungry Lion



River



Time is not the main thing.
It is the only thing

	URGENT	NOT URGENT
IMPORTANT	DO Do it now	DECIDE Schedule a time to do it
NOT IMPORTANT	DELEGATE Who can do it for you?	DELETE Drop it

Pressure is my Best Friend

- High level of Pressure (sweating, muscle tightness.....)
- Low level of Pressure (over confidence, uneasiness)
- Optimum level of Pressure (Better Performance)

Criticism

- Helpful or Hurtful



Self esteem

- Self-esteem is how you feel about yourself, or the opinion you have about yourself.
- Mind Make-up
- Use affirmations
- Be assertive
- Learn to say NO
- ME time.



Confidence and Body Language

- A picture points thousand words
- **Slow walking, dragging feet, slumped shoulder, dropped head, etc.,**
- Body language is the signal to others, just by the way you carry yourself
- It is a clear message to your opponent about how you feel about yourself
- If you show poor body language, you give energy to your opponent
- Showing negative vibes and telling them you are doubting yourself
- **Walk tall and always look in control no matter what the score or situation.**

Breathing

- Breathing through the mouth - upper lobes of the lungs - sympathetic nerve fibers - responsible for fear factors
 - Breathing through the Nose - entire lung - parasympathetic nerve fibers - responsible to slows the heart rate and helps to perform their best as a result.
-
- ❑ Inhale and walk for 3-5 steps
 - ❑ Hold the breath and walk for 3-5 steps and
 - ❑ Exhale and walk for 3-5 steps

Best Wishes