



'S FOR Success

Preparation

Mental preparation is motivation, not stress, fear or anxiety

People

We need good people to mentor and support us in all aspects of our life

Practice

The side effect of practice is improvement.

Persistence

Develop the persistence you possessed as an infant.

Patience

Patience is another word for endurance. Anything worth having is worth working and waiting for

Progression

Recognise that you are progressing in your performance and skills

Positive

You must stay positive and always see the best of any experience in life. When we feel good our performance will usually be good.

Pleasure

It is essential to keep enjoyment in your practice and performance. All human beings move towards the thought or feelings of pleasure.

Perception

By changing your perception you will never let anything make you feel small.

Pretend

Always use your imagination to become who or what you dream of becoming in the future. Your imagination has no limits so use it to fuel your drive towards your goals

Prayer

Be grateful and connect to the highest mind in the universe.