The Champion's Creed

I am a champion.
I believe in myself.
I have the will to win.
I set high goals for myself.
I surround myself with winners.
I'm cool, positive and confident.
I'm willing to pay the price of success.
I love the struggle and the competition.
I stay relaxed and in control at all times.
I focus all my energy on the job at hand.
I vividly imagine what victory will feel like.
I am a champion and I <u>will</u> win.

Ruben Gonzalez - Olympian, Author, Speaker
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