

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 will win.



Ruben Gonzalez - Olympian, Author, Speaker

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