

## COMPETITOR'S CHECKLIST

### **Respect yourself highly.**

Competitors link their personal identity to the honesty and courage of their EFFORT. Competitors always give their best effort because they feel their very name is at stake.

### **Be responsible for your own attitude.**

Your attitude directly determines the degree of your success.  
Only you can set your mind and heart right – others can't do it for you.

### **Focus ONLY on things you control.**

You control your intensity, effort and race plan execution.  
Do not focus on things you do not control.  
You do not control weather, meet schedules, lanes or what other athletes do.

### **Understand courage and develop a skill for using it.**

"Courage is putting fear aside and doing your job."  
"Courage is grace under pressure."

### **Counteract fear with courage and resolve.**

In competition, fear will come. Focus on doing your job as you have trained to do.  
Competitors perform in spite of fear.

### **Distinguish between what must be done versus what you want to do.**

Competitors know there is a difference between the two.  
When a job must be done, it must be done. Fear, nor fatigue changes that reality.

### **Understand that training is preparation for competition.**

Approach it that way.

### **Set achievable goals.**

Achieve them, then set a new goal. Repeat several times.

### **Find inspiration.**

Inspiration is everywhere, but it is passive. Seek it. Inspiration will not find you.

### **Earn everything you get daily.**

No one owes you anything.

### **Do your job.**

Let others do theirs.

### **Accept coaching.**

### **Focus on effort and execution. Don't focus on outcomes.**

Outcomes are excellent when effort and execution are excellent.