

Empowerment

Welcome to the last worksheet in the Mindset of a Champion series.
Take your time to answer each question as fully as you can.

What role did Mindset had in your Judo journey before doing this course?

Describe the role Mindset will have now in your Judo Journey?

What is your top 3 learning points from the Mindset of a Champion series?

1.

2.

3.