

Empowerment

Hello, and welcome back to the last in the series of Mindset of a Champion. My name is Callum Woods and it has been my absolute pleasure to take you along this journey.

In this series, we have looked at what a champion to you. We have looked at the mindset needed to become a champion. We looked at the difference between the growth mindset and the fixed mindset. We have looked at dealing with failure and how to reposition it. And we have looked at motivation and what else we need to keep us going along our journey.

This series on top of you being coached in Judo clubs and conversation you have with your parents all leads to one thing, and that is empowering you the Judo player to get out of judo what you want.

I hope during the series we have been able to raise awareness of what you want to have out of Judo. Give you clarity on your goals and give you a direction to move forward. And it's so important that when we align ourselves with our goals, values and beliefs there we will no hesitation in becoming a champion.

Once again, it's be my great pleasure to take you through this journey. There's an attached PDF that I hope you take some time to complete. And if you have any questions around Mindset, then please do not hesitate to get in touch.