

## **Mindset needed to be a Champion**

Hello, and welcome back to mindset of a champion. Once again, my name is Callum Woods, and I'm really looking forward to taking you along this journey. Today, is about the mindset needed to be a champion, and we're going to look at three key learning points. The first one is a clarity of the goal that you want to achieve. The second is looking at the timeline to achieve this goal and the third one, the most important one is the Mindset of the learner.

Let's look at the first one first. Clarity of the goal you want to achieve. So it's very easy to turn around and say, I want to achieve my black belt. Anybody can say that, but taking the actions that you need to do to gain your black belt, that's a whole different story. The first thing we want to look at is to get even more clarity around the goal. For example if the goal is to be a black belt, that's great. What we need next need to look at is the reality of now. Just say you're 10 years old and you're thinking "I want to be a black belt". Well, to be a black belt that can't happen until you're at least the age of 14 upwards. So you know that the reality is your 10 years old, you've got at least four years before you can start taking that extra steps to get your black belt.

However, between the age of 10 and 14, there are lots of things that you can do. And this is where a lot of people miss out. They think "Oh, I'll just do it when I'm 14". You have just lost lots of experience in there. The reality is you have to be doing lots of things right now that are the building blocks to become a black belt. That's very, very important. Then we've got look at your options. So do you add an extra training day? Do you take some time during the week to look at throws on YouTube? Do you inquire more, ask more questions, when you are in your judo session with your coach? All these things are building blocks to becoming a black belt. And then it's very important that from your options, you decide which way is the best way forward for you.

The next thing I want to talk about as timeline. So for the example we've used already you're 10 years old, you want your black belt. You know, you've got a good four or five year timeline. This is very, very important in judo to give yourself enough time. Physically, we need to improve. Technically we need to improve. Mentally and emotionally we need to mature to be able to go for that black belt. Remember this, with a long enough timeline with enough dedication and hard work, you can achieve whatever you say to achieve. The third thing we are going to look at is your attitude. Every time you step into a Dojo, you should see it as a learning experience. It's very, very important that we don't go into Dojo's thinking we know all. It doesn't matter if you're five or you're 55, Judo is a lifetime sport and the learning is the key component. So the mindset, for me, of a champion is to be a continued learner. Every time you walk into a Dojo, be willing to learn.

There are lots of places you can learn. You can learn from your peers. You can learn from your friends. You can learn from your Coaches. You can learn every time you walk on into a judo contest. It's very, very important that when you look at judo, you think what is my learning experience here?