

## **Motivation**

For this section please take the time to detail as much as possible for you to gain clarity around passion, deep interest, hard work and consistency.

*What area of Judo are you passionate and have deep interest about?*

*On a scale of 1-10 what is your current level of hard work and consistency?*

*If below a 7, what do you feel is the reason for this?*

*If above 7, what can you do to make it a 10?*

*List 3 actions you will take to move you towards being a Champion.*