

Motivation

Hello, and welcome back to Mindset of a champion. Today we are going to look at motivation. Firstly, we have to understand what motivation is. Motivation is the thing that gets you to the dojo in the first place. It's the thing that gets us into the first few judo sessions. Unfortunately, motivation is something that can dip or completely disappear. Therefore, we cannot continue to rely on motivation to take us through our whole Judo journey.

What everyone understands is that there are two key elements. One, you have to work hard and two, you have to be consistent. And these things are important. However I'm going to add an extra layer into this to help you along your journey. At the beginning of mindset of a champion, we asked you to define what a champion means to you. What a champion means to you is something that you need to be passionate about.

So whatever area of Judo you have decided to concentrate on I want you to be passionate about it. Along with passion comes deep interest. If you're not motivated and you can't really be bothered doing things, if you're passionate and you have deep interest you have increased your certainty of moving forward in your Judo career.

So we've got motivation, hard work, consistency, passion, deep interest, engagement over a long period of time and that will get you to where you want to be as a champion.