

## **What is a Champion?**

Hello, and welcome to the very first in the series of mindset of a champion. In this section we are going to look at how a champion comes in very different shapes and forms. We're going to look at identifying what a champion is to you and whom you should be a champion for.

Champions are not always the people that stand at the top of the podium, with the gold medal around their neck. To some people that maybe their vision of a champion. You may have a different vision of being a champion.

For example, you may think that your vision of being a champion is achieving your black belt. It may be winning the Scottish or British championships. It may be being a World or Olympic medallist and all of those visions are absolutely fine.

Plus it's absolutely fine to have a different vision of being a champion to someone else. What we must never do though, is compared to our vision of being a champion to someone else's vision of being a champion.

Therefore it's very important that you identify what you want to be and what you define as being a champion.

Below are three questions that are going to help you identify what you think a champion is for you.

The last thing that I want to address is whom you should be a champion for. This is very, very important. You should be a champion for you. Not for your coach. Not for your mum and dad, not for your grandparents,

Your vision of being a champion and succeeding to be that champion has to be done for you. Whatever you want to achieve in judo, it your vision that matters the most.

Once again, if you have any questions around the mindset of a champion please feel free to reach out to me personally. And I am more than happy to discuss what a champion is to you and lot lots more.