

Characteristics of a Winner

- 1. Shows Good Sportsmanship**
- 2. Appreciates the Value of Teamwork**
- 3. Uses Goal Setting and Planning**
- 4. Applies their Creative Abilities**
- 5. Turns Weaknesses into Projects**
- 6. Master's the Fundamentals**
- 7. Is Prepared and Organized**
- 8. Uses Affirmations and Visualizations**
- 9. Understands Perceptual Set vs. Paradoxical Intention**
- 10. Is Pro-active in Personal Change**
- 11. Has Positive Expectancy**
- 12. Accepts Progress not just Perfection**
- 13. Strives to Achieve their Personal Best**
- 14. Understands the Value of Encouragement**
- 15. Uses Good Time Management**
- 16. Is Accountable for Decisions and Commitments**
- 17. Realizes the Need for Taking Appropriate Risk**
- 18. Can Choose Courage as an Option**
- 19. Has Grace Under Fire and Keeps his/her Head**
- 20. Works through Adversity**