

Gail's Rules for Athletic Success

Surround yourself with strong, knowledgeable, positive, energetic & motivating individuals.

Set clear goals. Put them in writing; create and implement an action plan to achieve them.

Believe whole-heartedly that you have the ability to make them a reality.

Avoid habits, activities, actions, distractions, & people that detour you from your goals.

Consistently practice with the quality and focus you aspire to have in competition.

Make the 4 D's part of every day - Desire, Discipline, Dedication, Determination.

When in doubt, choose the more challenging route; never take the easy way out.

Remain confident, consistent, committed & competitive- in all circumstances.

Expect obstacles, mistakes, and failures. Choose to learn & grow from them.

Structure your daily training to be equal parts physical and mental.

Resist being a perfectionist; strive for excellence.

Be passionate, positive, persistent & patient.

**Always envision yourself
a winner, a success,
a good sport,
a CHAMPION!**