



5 KEYS TO SUCCESS ON STAGE

Most times the LSR Inspirational story focuses on an individual person, the challenges they've overcome and the rewards their hard work has brought. Oftentimes, we applaud their success and use it as motivation and fuel in our journey. We've compiled the common factors that have led to the success of the competitors we've showcased as they achieved their goals. We hope these tips inspire YOU both on stage and beyond.

1 MAXIMIZE YOUR EFFORTS

To be successful you need to work hard every single day. To maximize your efforts, know that your attitude towards hard work is a choice and your choice makes the difference. You can choose to work hard or choose to not work hard; you do or you don't, the choice is yours. But know that it is our attitude that propels us forward towards successful results.

2 COMMITMENT

How committed are you to achieving success? Are you willing to do "whatever it takes" to be successful? Vince Lombardi states, "A winner must be committed to discipline, committed to sacrifice and self-denial, and committed to hard work". Commitment is essential to success. Lombardi goes on to say, "There is only one way to succeed in anything, and that is to give it everything." As a trainer, I don't ask anything from others that I don't demand of myself. "Having the will" is what gives you the mental toughness to be successful. You forget the sacrifices and hard work because "in the moment" you have the ability to keep going in spite of hurt or pain; it allows us to overcome temporary setbacks and challenges.

3 STRIVE TO BE YOUR BEST

Striving to be your best is the ultimate goal for any athlete. Evaluate where you are, identify your abilities, and develop your weak points. By developing a plan of progression and achievement and having the self-discipline to stick to the plan, even if you don't feel like it, because the reward far exceeds the tasks is what sets the

stage for creating the results we desire. Achieving the results you want comes from consistently making the effort, setting goals and having the desire for improvement every time you step on the playing field. Gayle Sayers said, "...if you want it bad enough, no matter how bad it is, you can make it."

4 PERSISTENCE & PERSEVERANCE

The most important qualities of a successful competitor are persistence and perseverance. Being a successful competitor is hard work. It won't always be easy, there will be those who don't believe in you and others who think you are wasting your time. The power to endure and push-on to overcome obstacles and do what's necessary to reach your goals in spite of these challenges leads to success on the stage.

5 INFLUENCES

The final key to achieving success on the competition stage is to surround yourself with positive influences. Find someone who pushes you to be the best you can be. Someone who holds you accountable; motivates you; someone who tells you what you need to hear, not what you want to hear; gives you energy and encourages you. It can be anyone, it can be multiple people, it can even be a competition prep trainer or coach that you hire to design and implement your program. An objective set of eyes or someone who can push you beyond your comfort zone is instrumental in providing the tools to aid you in enhancing your performance and achieving the goals your desire. Most importantly, they need to be someone who pushes you to be your best and helps you in your goals towards success.