



Everything you need to become a champion is already in you.

Remember it ~ Live it ~ Be it now

Check-In Questions (Before Training/Competition)

- What story am I telling myself right now?
- Am I walking in like the athlete I want to be, or holding back?
- How can I carry myself as the champion version of me today?

Identity Reset (In the Moment)

- Shoulders back. Breath steady. Eyes alive.
- Say to yourself: “I belong here.”
- If doubt creeps in: Pause → Breathe → Reset → Step back in as champion.

Imagination Drill

- Close your eyes for 1 minute.
- See yourself as a champion (how you move, feel, sound, win).
- Open your eyes and carry that identity into training.

Mini Practices for Daily Life

- **Before class** → In seiza, visualise your champion self.
- **Walking About** → Shoulders tall, calm breath, confident steps. In the moment.
- **After setbacks** → Say “Reset” and realign to your champion identity as quickly as possible.
- **At home** → Use imagination like a video game: you are the hero character.

For Parents/Supporters

When you see your athlete sitting quietly, don’t assume they’re daydreaming. They might be training their inner world. Support it. Do it with them, but you might direct your thoughts to what you want to experience in your life.

Think like a champion ~ Walk like a champion ~ Talk like a champion ~ Train like a champion

Be A Champion — NOW!!