

The Champion's Creed

I am a champion.

I believe in myself.

I have the will to win.

I set high goals for myself.

I surround myself with winners.

I'm cool, positive, and confident.

I'm willing to pay the price of success.

I stay relaxed and in control at all times.

I focus all my energy on the job at hand.

I take responsibility for all of my results.

I have the courage to endure and persist.

I vividly imagine what victory will feel like.

I am a champion and I will win.



Three-Time Olympian - Ruben Gonzalez
www.OlympicMotivation.com