

# Traits of a Champion

Sports psychologists have identified six reoccurring traits common among gold-medallist athletes. These “traits of a champion” apply to both men and women.

- **Self-analysis**  
The successful athlete knows her strengths and weaknesses, and engages in critical appraisal. Be honest, but never negative.
- **Self-competition**  
A winner knows she can only control her own performance, so she competes against her own best efforts, not that of others.
- **Focus**  
The champion is always “in the present,” concentrating on the task at hand.
- **Confidence**  
Successful athletes control anxiety by setting tough but reasonable goals. As goals are reached, confidence increases.
- **Toughness**  
This is a mental trait that involves accepting risk and trying to win, rather than trying not to lose. A winner sees change as opportunity and accepts responsibility for her own destiny.
- **Having a game plan**  
Even elite athletes know talent is not enough. They have a game plan.

Everyone can develop these traits. *Everyone!*