

**"Win with Your Mind:  
The 5 Traits of a Championship Mind"  
November 11, 2019**

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Article by Trent Shelton, SUCCESS Mag Nov 2019

Intro:

Who is Trent? He was a college football player with aspirations of playing in the NFL. From Ft Worth, Texas, he was cut 3 times from the NFL and finally concluded he had to move on. He could have gone victim, pointed the finger, but instead he accepted it was time to move on AND take accountability for the rest of his life. "It all starts with YOU."

Now, has a very successful business and called one of the most influential speakers in the US.

**1. Commitment**

a. Stay loyal to what you said you were going to do long after the mood you said it in has left you.

You have to have a reason of meaning.

His: promise to a close friend who took his life.

b. What is your reason? It has to be something deeply meaningful to you.

Most people are more "interested" than they are "committed"...they operate with the simplicity of interest.

c. Commitment should not be just about setting a goal but living by a standard. A goal is something YOU reach.

He maps his goals using what he calls a 3D Roadmap: Destination, Direction, and Drive

1) Destination: what is the REASON for your commitment...where are you going to go?

2) Direction: most people have a vision, but don't know how to get there.

Find a mentor, study, read, do whatever it takes to get direction to get there.

3) Drive: Most people don't get to where they are headed because they have no drive! Champions have that drive...burning desire to reach their destination.

Staying committed means being willing to be uncomfortable. Outside your comfort zone is where change takes place, and that change leads to the next trait:

## 2. Discipline

- a. Definition: Getting great at saying "NO" to the things that do not move you toward your yes.
- b. What are you willing to give up? What are you willing to do that you are not used to?
- c. Some of the strategies around Discipline may be changing your environment.  
Who you surround yourself with is who you will become...  
Mindsets are contagious...as we tend to hang with "like thinkers" and when our thinking is limited, guess what others around us are?  
How do you evaluate the mindsets of those around you?  
Get around people who make you better. Growth Environment is what YOU SHOULD DEMAND. How to build?
  - 1) Remove the bad seeds
  - 2) Plant new seeds
  - 3) Lastly, water those seeds

## 3. Consistency

- a. Anchor your action on greatness so that on a daily basis you produce nothing less than your very best.  
Sometimes is NOT ENOUGH! You need to SHOW UP no matter how you feel.  
Sometimes is not going to get you results.  
Sometimes is not going to change your life.
- b. One thing that can be standing in your way on consistency is lack of commitment!  
Re-evaluate your reason WHY...  
When the consistency is not great enough, the struggle will never be strong enough.  
Realize that you HAVE TO show up no matter how you feel!  
Feel the FEAR and do it anyway!
- c. Know that even with epic consistency you will also need patience as you typically never reach your biggest goals the way or in the time frame you imagined.

## 4. Faith

- a. Believe the odds are beatable even when the odds say it is impossible. Trust the process.
- b. Time...anything worthwhile takes time. Putting in the pain and keeping your eye on the prize is required by any worthwhile endeavor. Know that the winning moment will come.
- c. Champions understand that the process must be trusted. You cannot take shortcuts. You have to know growth is taking place even though you cannot see it. Everyday you share the products, the opportunity and just keep doing this everyday, no matter the results (although you get better every day by working with a mentor), and even though you do not see the results YOU TRUST THE PROCESS.
- d. The result is not instant and apparent.

## 5. Heart

- a. People do not care how much you know until they know how much you care!
- b. Find the strength to give more even when everything else in your mind is telling you that you have nothing left.

- c. Heart is looking at life like a marathon...no anxious, just pouring into and gradual improvement every day knowing the incredible results you are in the process of creating.
- d. "You will reach that point where you have done everything you can, your back is against the wall, and you feel like you have nothing left to give. This is the moment you break through and create new limits you did not think possible."
- e. "I am giving my all to this no matter what it is, no matter what it looks like, I'm going to keep pushing."
- f. Heart is also about staying TRUE TO YOURSELF.  
When you go through all the ups and downs, be you.  
When you finally reach success, don't live for those things that do not matter! Do not allow success to define you. Do not lose the essence of who you are.

#### 6. Start Your Success Championship Mindset Now

- a. Apply it to everything in life and notice the changes. When you start honing in on that winning mindset and use it, you will move on to the second shift: "I am actually doing this and it's working."
- b. You will be closing the gap between Vision and Reality. You will no longer wonder "can I do it?" Rather you will be asking "What can't I do?"