# Train Yourself For Success

Ever seen a great champion boxer like Manny Pacquiao? With his speed, agility and power, he has conquered lots of other great boxers of the twenty first century. In between fights, he keeps his training regime and intensifies it when another fight approaches.

Just like a boxer, we, too come face to face with many opponents in the arena of life—problems and difficulties. The bad news is, we don’t really know when our bouts with these opponents occur—no posters and promotional TV commercials; no pre-fight Press Conference and weigh in to make sure that we measure up to our opponent; and there is no Pay Per View coverage.  
Here are several reasons why you should train yourself for success like a champion boxer!

You don’t practice in the arena, that’s where your skills and your abilities are evaluated. This also means that you don’t practice solving problems and developing yourself when problems occur, you prepare yourself to face them long before you actually face them.

Talent is good but training is even better. Back in college, one of my classmates in Political Science did not bring any textbook or notebook in our classes; he just listened and participated in discussions. What I didn’t understand was how he became a magna cum laude! Apparently, he was gifted with a great memory and analytical skills. In short, he was talented.

If you are talented, you probably need less preparation and training time in facing life’s challenges. But for people who are endowed with talent, training and learning becomes even important. Avoid the lazy person’s maxim: “If it isn’t broken, why fix it?” Why wait for your roof to leak in the rainy season when you can fix it right away.

Training enables you to gain intuition and reflexes. Malcolm Glad well, in his book Outliers, said those artists, athletes and anyone who wants to be successful, need 10,000 hours of practice to become really great. With constant practice and training, you hone your body, your mind and your heart and gain the intuition and reflexes of a champion. Same thing is true in life.

Without training, you will mess up. Without training, you will not be able to anticipate how your enemy will hit you. You will trip at that hurdle. Your knees will buckle before you hit the marathon’s finish line. You will lose control of your race car after the first lap. With training, you lower the likelihood of these accidents

Winners train. If you want to win, train yourself for it. You may be a lucky person and you can win a race, or overcome a problem at first try. But if you do not train, your victory may be like a one-time lottery win, which you cannot capitalize on over the long run. And you become fitter and more capable of finishing the race.

Keep in mind that training is borne out of discipline and perseverance. Even if you encounter some setbacks in your training regime, if you keep at it and persevere, you will soon see results in your life and when problems come, you will be like the champion boxer who stands tall and fights until the final round is over and you’re proclaimed as the champion!