**Develop an Olympic Mental Mindset to Improve Your Workouts**

Being in the Olympics requires years of practice and training. Ask any gold-medal winner about their typical day, and they’ll tell you that they spend hours in the gym followed up by even more time practicing their sport of choice.

While joining the Olympics may not be your goal, there is a lot you can learn from the world’s top competitors. So, whether you want to improve your training or become better at a certain sport, read on.

Studies show that world class athletes possess the following qualities:

1. They are highly motivated, committed and determined. They don’t let anything stop them from reaching for their goal. They will work out for six hours a day if that is what it takes to be the best. Your lesson: Find your determination. Don’t give yourself excuses for failure. Give yourself reasons to succeed.

2. They are extremely disciplined. They do whatever needs to be done to reach their personal best. Their desire to succeed surpasses their desire to make not-so-good choices. If that means skipping some of their favorite treats or going running in the rain, that’s what they do. Your lesson: Figure out what you need to do to reach your goals and do it. Not because you have to, but because you want to.

3. They are positive and optimistic. They focus on what they are gaining with all their hard work, not on what they’re losing. They believe they can achieve what they set out to do. That belief carries them beyond any doubt that enters their mind. Your lesson: Know that you are capable of achieving your goals. Don’t believe it? Read inspirational stories of people who have defied the odds. If they can, so can you.

4. Their motivation is internal, not external. While they are striving to compete against other great athletes, ultimately most Olympians are competing against themselves. What they do, they do to satisfy their desires, not anyone else’s. Your lesson: Find what ignites your fire. Not your spouses. Not your parents. Not your friends. Yours.

5. They are positive perfectionists. This means that they set high standards and are systematic in reaching them. They develop a schedule and a plan, and they follow it. Your lesson: Set a goal and create a plan to reach it. Like the old saying goes, fail to plan, plan to fail.

6. They have laser focus. When their eye is on the prize, there is no way of distracting them. It’s like they lose their peripheral vision. Your lesson: Don’t let anyone step between where you are now and where you want to be. Stay focused. Stay driven. Reach your goals.

Implement these attitudes into your workouts and unleash your inner Olympian. You may not win a gold medal, but you will certainly feel like you did.

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