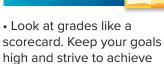# COMPETITION®

I am **ambitious and hard-working**, invigorated by contests and excited to compare my progress against that of others.

Academic Life

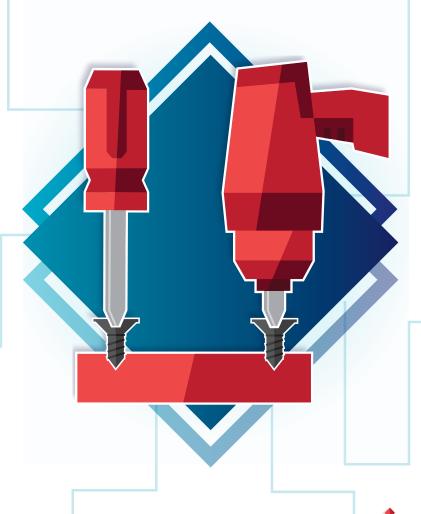• Look at grades like a scorecard. Keep your goals high and strive to achieve them.

• Study your opponents (your classmates) and identify their strengths and strive to do better.

• To set markers for yourself, discover how aspects of your classes are weighted.

Career Goals

• Decide whether you prefer to compete alone or on a team and pursue career paths that cater to your preference.

• Environments that reward performance with status and prestige will allow you to thrive.

• Interview like-minded individuals in competitive fields, such as law or sales.

Decision Making

• Keep performance scores that show where you stand every day and refer to them for context.

• When you win, be sure to investigate which decisions led to your win, as you can learn much about how you achieve success.

• Try to turn ordinary tasks into competitive games, so that any task holds your attention and makes it easier to decide free of boredom.

Leadership Tips

• Take time to celebrate your wins and include your peers. They will feed off your positivity and competitive energy.

• Design mental strategies to cope with loss so you can employ them and keep your peers from seeing your disappointment.

• Encourage others to win. Even if they aren't competitive, the positive reinforcement will improve any environment.

Relationship Building

• Identify a high-achieving person against whom you can measure your own achievement. You can spur each other to new heights.

• Let people know that being competitive is not the same as putting people down.

• If you do suffer a loss, it can deal a heavy blow. Be sure to communicate to friends and family that you need time to overcome this setback.

Extracurriculars

• Speech and debate can offer you the chance to flex your mental muscles in a competition.

• See what competitive sports or teams exist on campus, and try out for those that interest you.

• Run for a leadership position on campus and campaign to win!