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Task : Writing a book

Date of submission:1/20/2017

SUCCESS

PRINCIPLES

Do I really enjoy gymnastics? Do I love the competition regardless of the scores and the accolades? His answer was yes! So he decided to recommit himself into the sport-not just to win competition, but for the art of it, and the love of it?

Unfortunately, without the intense drive to win, his performance suffered. At the 2007 U.S. nationals, held nine months before the 2008 Olympic team was selected, he bombed. His performance was rocky, and for the first time in nine years, he did not even make the national team. He had to own up to the truth: What he was doing was not working.

A few days later, a friend of his, a 2000 Olympian himself, handed Raj a book and said, ”You need to read this” .Raj took it from him and saw on the cover a picture of a white – hired guy with a big smile and the words :How to get from where you are to where you want to be. He thought, No book can get me to where I want to be; my problem is different. But when his coach recommended the same book a few days later, Raj decided to give it a chance.

I will let Raj tell the rest of the story:

The book was the success principles, and the first thing I learned was that, to be successful. You have to take 100% responsibility for everything that happens in your life. This was a tough one to swallow considering I had been convinced-for years – that life had played against me. Soon however I realized that harboring resentment and dwelling on “what happened” had gotten me nowhere. Suddenly, instead of continuing to look for someone to blame, I began to turn that energy inward and examine how my recent performance. Where was my fear coming from, and what was causing these negative thoughts in my head?