



Reinventing Your Champion Spirit

The most profound influence from the "outer world" is most certainly OTHER PEOPLE.

The people you allow into your life and who you spend the most time with, are the greatest external factors to the direction your life will take. Yes, external influences are that powerful.

It is known that you will be the combined average of the 5 people you spend the most time with; you will have the combined lifestyle, health practices, thinking processes, expectations and income.

Think about it. Whatever is consistently entering your experience ends up becoming your reality. Similarly, whoever is consistently in your experience is bringing dominate thoughts, attitudes and actions to your reality.

Who we spend our time with determines what conversations dominate our attention and the observations, attitudes and opinions we are repetitively being introduced to.

Eventually, we start to eat what they eat, talk like they talk, read what they read, watch what they watch, treat people how they treat people, even dress like they dress and think like they think. All the while this may not even be a conscious transition.

Your associations don't shove you in a direction; they nudge you ever so slightly over time.

Have you ever been out to eat with a group of people who are more health conscious than you might normally be? Did you find yourself compelled to order something a little more healthy than normal? That is the power of associations; you were influenced to match their "stride".

Unfortunately the same compulsion is true if you go out to eat with a group and everyone orders multiple drinks, heavier foods, deserts etc. Even though you will try your best to be a maverick, over time you will slowly but surely start "matching" their stride as well. This is true of attitudes, expectations, perspectives, beliefs, opinions, etc – in every area of your life. Even the most self-contained individual is subconsciously lured into the grip of associations' influence.

One key for improving your income, career, health, fitness and happiness in life is to check your associations.

So, what is the best way for you to achieve your Champion potential? Check out who you hang out with?

You will then see the power of influence work for you, rather than against you. You will then learn what they read, how they talk, how they observe circumstances around them and their attitudes. You will start to eat what they eat, exercise like they exercise and treat people as they treat people. You will start to see all of the behaviors and attitudes which attract that level of success to them, and by doing the same (creating the same causes), similar effects will be attracted to you.

So who is on your team? Who is on your bus, taking part in your life journey? Who is there in the background, on the balcony, behind the scenes cheering you on?

For the next 30 days give this exercise your best efforts and watch your support grow...

7 time World Champion creating Champion Mindsets® with Jaylor-Made Solutions!

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1. Observe the relationships around you, paying close attention:
 - Which ones lift and which ones lean?
 - Which ones encourage and which ones discourage?
 - Which ones are on a path of growth uphill and which ones are going downhill?
 - When you leave certain people do you feel better or worse?
 - Which ones always have drama?
 - Which ones don't understand, know or appreciate you?

2. Seek relationships with quality, respect, growth, peace of mind, love and truth:
 - List the people around you who possess these attributes and more;
 - What qualities do they possess that you admire and aspire to emulate?

The relationships you have highlighted are your 'balcony people'; your Champion team who will cheer you on. They will be your witness as you declare yourself and your dreams!

"If you cannot 'change' the people around you, change the people you're around."

Shelley Taylor-Smith, 7-time World Marathon Swimming Champion, Self-Motivation Teacher, Success and Performance Coach In need of motivation, inspiration, education or a kick in the pants to get you fired up for the year ahead? ...then log on at <http://www.championmindset.com.au/inspire.htm> and receive the fortnightly Champion Motivations ezine...full of tips and tools to boost your self confidence and energise for success!

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