

**“There is More in YOU!”**

**The Power of Character.”**

# Honesty

*“What do honesty and integrity have to do with becoming a champion, or anything else for that matter?”*

At the heart of it, these are two of the most important principles of success for anything in life.

- Be honest with yourself.
- Know what your true goals are and your reasons for pursuing them.
- Be honest about your personal strengths and weaknesses (Talents)

# Recognizing Self Deceptions

- *Procrastinating*
- *You may be holding yourself back by hiding behind situations and circumstances.*
- *You may be telling yourself little lies, like you aren't able to do something because of family or work responsibilities.*
- *You may be making excuses to avoid putting in an honest effort.*
- *You may be making excuses to avoid facing the pressures and stresses that competition places on you. You may be hiding behind a lack of coaching or experience.*

*"Discern the truth from the errors, misconceptions and lies, both big and small."*

## *Common Excuses:*

- *"Well I didn't really try that hard, but look how good I still did"*
- *"Everything works out for a reason."*
- *"I don't care"*





# Integrity

*"Integrity is a combination of honesty and commitment. Integrity is being completely honest with yourself and staying true to your commitments despite adverse conditions and challenges that arise."*

**Eric Liddell**

1924 Olympian from Great Britain was faced with a dilemma:

*"Do I hold to my beliefs and commitments to God?"*

Or

*"Do I hold to my goals and dreams of being Olympic Champion?"*



# Responsibility

*Dog Brothers: "Higher consciousness through harder contact". Their disclaimer includes, "You alone are responsible for you at all times."*

## The Strongest Guarantee Ever:

*"If you will now, from this moment forward, take full responsibility for all your actions, desires, intentions and decisions, you will be in the top 1% of whatever you pursue."*

## Take Responsibility

- Who you are
- What you are
- What you do
- What you say
- What you think
- What you become
- How you do it.

*“You alone are responsible for yourself and your life at all times.”*

## Build Your Team

- Support people to help you.
- Coaches to teach you and encourage you.
- You are the one who has to find the right coach or right team.
- The environment that you create will significantly influence your ability to achieve your goals.



# Japanese Philosophy = "Zero Defect."

**"It is always cheaper and more profitable to do the job right the first time."**

In a team everybody is responsible for something. Just because you may not get all the glory does not make you any less responsible. If you will be responsible for your actions and contributions to the team, sooner or later you will be noticed.

**Your success corresponds directly to your willingness to take responsibility for your goals.**

**Take ownership for your life and actions.**

**"If people knew how hard I worked for my genius they wouldn't call it that."**  
Michelangelo

**"The price of greatness is responsibility." - Winston Churchill**

**H.I.R. = Ability to Deal with Adversity**

- 2011 World Championships warm up: Me vs. Coach Jeff Funicello
- Brayden Nuffer: KO'd at State Tournament







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