

THANKS TO ALL OF YOU FOR THE PART YOU PLAYED AND YOUR SUPPORT OF THIS STUDENT DRIVEN EVENT THIS WEEK

THANKS ALSO TO ROTARY AND ALL THE STUDENT AND COMMUNITY GROUPS THAT MADE THIS WEEK POSSIBLE

What are you doing to Create the Champion within yourself?

MINDSET:

Are you working on the mindset of a champion?

The strongest thing you will ever own will be your mindset, aka paradigm, aka "20 cent"

Your "20 cent" is your perspective on life:
how you choose to see yourself, see others,
see the world... how you see what you have been through,
your present circumstances, and where you are going in the future....

- You need to take ownership of your mindset BECAUSE
- WHAT YOU SEE IS WHAT YOU GET
- WHAT YOU BELIEVE IS WHAT YOU GET

People always look for and find support for their own "20 cent", so it becomes self fulfilling
BUT, if you make an effort to "flip your 20", you can see it from a different perspective
Every moment of every day you can choose your paradigm, your "20 cent"

WE ALL HAVE STUFF:

How you choose to perceive "your stuff" is big. You can choose

- to be resilient and overcome some stuff
- or you can choose to live with it and the self fulfilling prophecy that will follow

You are NOT ALONE, EVERYONE HAS STUFF!

Finding one caring adult who has your back, no matter what, is important, could be at home, school, anywhere

YOU CAN GIVE UP, OR YOU CAN GET UP

Your stuff does not determine your future

WHAT YOU DON'T TALK ABOUT, YOU WILL ACT OUT IN SOME WAY...possibly destructive in some way

YOU MATTER!

Perfection is not a human quality. It is not

If you want to be influential, you have to let people know you are human

Take off your mask and show who you are, be authentic

Show up as who you are and be seen!

FEAR IS A LIAR:

You should not be afraid, only uncertain of the result

If a person turns you down for a date, you say NEXT!

We give fear power over us because of how we perceive it, our "20 cent"

DON'T BE AFRAID TO MAKE MISTAKES! That's how you grow

That's how you become a Champion!

GOALS

I believe I will accomplish everything I set my mind to

If a goal matters to you, you keep at it!

Story of "head under water moment" swimming as youngster and how it took years to "flip her 20" to go under water again

What is your "head under water moment"?

LIFE DOESN'T HAPPEN TO YOU, IT HAPPENS FOR YOU!" Tony Robbins

WHY ME?..... INSTEAD, STEP UP AND SAY **"WATCH ME!"**