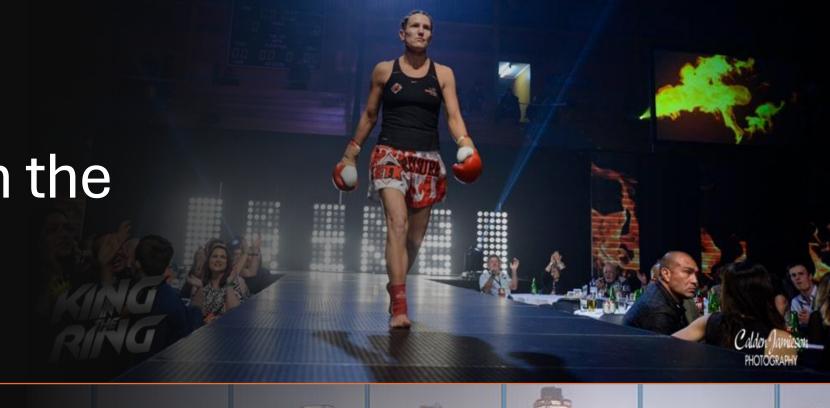
Lessons from the Arena to the Boardroom





## **Lessons Learnt**

### Consistency is king

Excellence is built when no one is watching by consistent behaviours: how we prepare, how we treat people, how we handle ourselves, day after day.

#### Fuzzy Goals don't cut it

Clear goals focus effort, fail to plan, plan to fail

### Proximity is Power

Learn from someone who has achieved what you want to achieve and surround yourself with the best team

#### Take the small wins and enjoy them

1% better everyday - One percent better each day may sound small—but over a year, those small gains add up to massive impact



# **Lessons Learnt**

Get comfortable with being uncomfortable

Nothing worth having is ever easy – discipline sets the standard – you have to walk the walk

Never a loss, always a lesson

Failure is not the opposite of success – its part of success, use it for growth.

- The comeback is always bigger than the setback
  Keep showing up even when shit gets hard
- Forget motivation

You need Grit – Grit is your strength of character

Adaptability

All success is successful adaptation - Change is the only constant



