

# Lessons from the Arena to the Boardroom

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# 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



When you know your  
why, you'll know  
your way

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