

Definition of a disciplined athlete

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DISCIPLINE is doing what has to be done, when it has to be done, and doing it that way all the time.

1. Process

Disciplined athletes are focused on the process. They focus on the day-to-day. They know their end goals will only be reached by engaging in the process. They live in the moment. They trust the process.

2. Preparation

Discipline athletes know that a 'failure to plan is a plan for failure.' They know it is what separates the good from the great. They achieve because they are prepared for the moment.

3. Habits WIN

Disciplined athletes know that, in the end, Habits WIN. They focus on creating positive daily habits. These habits become their process. They start with simple habits and follow these with relentless consistency. This is how their greatness is achieved.

4. Growth Mindset

Failure does not exist with disciplined athletes. They know that failure is simply an opportunity to grow and improve. They believe in a growth mindset. There is not a task that they cannot overcome. It is the mindset of a champion.

5. Poise and Control

Finally, great athletes 'discipline themselves so others do not have to.' They are in control. They are poised. They carry themselves in a way that builds confidence in their teammates.