

## **Habits of Champions**

The best way to get ahead in the world is through hard work, diligence, sweat and toil. Right?

A recent article based on interviews with top-flight athletes shows that the workaholic mindset is generally not a feature of top performers. The article found that working long hours tends to put a strain on your mind and body, and causes you to burn out before you ever achieve success. Instead, a healthy dose of rest and recovery seem to be essential to long term peak performance. Think of training for a marathon rather than sprint.

Successful people also tend to know their prime work hours, and do their most important work during that time. Think of the time of day when you feel most focused, energized and creative, and structure your most important tasks during that time window.

Successful people are consistent. They tend to keep everything simple and direct, and are consistent in their training and work habits. If you want to be successful, focus on one discipline that you happen to be very good at and develop your proficiency every single day, for at least a few hours each day.

Top athletes also tend to have a support network. There's a strength coach, a training coach, a manager, and more specialized trainers like an infield coach. To become successful, choose this inner circle wisely, and consider hiring specialized professionals who will hold you accountable for your improvement.

Successful people believe they can succeed. There is something about belief and conviction that increases our chances of bringing our dreams into reality.

Successful people take the time to care for their bodies. The article suggests that you should make a daily habit to sweat every day—which actually creates more motivation for you.

Successful people make time for play. Working optimally is about balance. If you want to achieve success, also create time in your schedule for recreation and leisure, to replenish your creativity and problem-solving skills. Working all

the time tends to reduce motivation, which is actually the first point of the article.

Source:

<https://www.forbes.com/sites/juleschroeder/2017/06/26/7-surprising-things-ultra-successful-people-do-differently/#5ec389384cb7>

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