



**HOW TO BUILD A
CHAMPIONS MINDSET**



**THE
CHAMPIONS
CHALLENGE**

**60 DAY ALL OUT BLITZ ON YOUR
SPORTS DREAMS!**

*"NEVER! That's the word you use when someone else whispers – Quit."
– Todd Herman*

How To Build A Champions Mindset!



Todd Herman
Peak Performance
Coach

Thousands of athletes, parents and coaches from **around the world** have already begun to **dramatically** change their **results**. Their **belief** in what is **possible** and will be **forever** changed once they see the **simple** and **proven** ways to **unleash** their **potential**.

Will You Be One Of Them??

FACT: 82% of athletes between the ages of 13-18 will quit their sport due to mental and emotional struggles.
- Forrester Research

If you haven't already watched the video that accompanies this report... make sure you go to www.thechampionschallenge.com to get access to it. If you've already signed up - than check your email for the link to the video!

“Quitters never win and winners never quit!”

Something I want you to keep in mind, - Achieving athletic success isn't rocket science, there are no mysteries and it's NOT reserved for just a few special people. BUT, the players that continue to believe that training, training, and more training is the only way to reach their goals, will be steamrolled by the ones making just a few mental tweaks.

My goal for this program is to motivate and stoke the fire of desire inside of you so you can start to not only reach new heights in your performance... But inspire the people around you by your success.

Okay... now onto the fun stuff!

If you remember in the video I talked about how the person with the biggest 'WHY' will always win.

What that means is: the more and bigger reasons why you want to achieve, do or pursue something, the more your motivation and desire will be unleashed; like a starving caged dog escaping from its prison searching for food. You won't be stopped!



So to start off the process you'll want to think of a goal you'd like to accomplish. It can be anything:

- winning a tournament,
- making a certain team,
- achieving a higher ranking,
- getting physically bigger,
- earning a full-ride scholarship,
- getting drafted,
- winning an award,
- the list could go on and on...

Your job is to simply come up with the 'What'. What do you want to achieve?

Fill it in here: (or on a separate sheet of paper)

"Todd Herman, is a sports training superstar!"

~ Boston Globe

Now, think of all the reasons 'Why' you want to achieve that goal. Brainstorm as many reasons as possible. Just keep writing and don't stop to think about it.

These questions might help you:

- What type of player would this goal help you become?
- What other goals would this help you achieve?
- How would your game change if you achieved this goal?
- How would other competitors look at you?
- What skills would this goal force you to develop in order to achieve it?
- What would other coaches think about you?
- What would your parents think of you if you achieved it?
- How would you feel about yourself?
- What would teammates think of you?



- How would this help your school?
- How would this help your team?
- Would this goal make you believe in yourself even more?
- Would you become stronger physically?
- Would you become stronger mentally if you accomplished this goal?
- Would it give you the opportunity to earn a scholarship, award or money?
- What type of leader would you become? On your team, league or community?
- Would you be proud of yourself for achieving this goal?
- If you accomplished this goal would it lead to you achieving even more goals?

If you answered some or all of these questions, you'd start to come up with a pile of reasons why that goal would be important to you. But the truly best part is the feeling of excitement, motivation and desire that's bubbling up inside of you.

(If you haven't already sat down to think of all the reasons why. Stop right now and do it. Just thinking about it isn't good enough. You have to write it out!)

When I sit down and work one-on-one with my clients this is one of the first things we do. It's one of the most powerful concepts to awaken the GIANT within. So, DO IT NOW!

The Champions Challenge

Take the 60-Day Champions Challenge and I'm going to show you step-by-step how to build your confidence, set and achieve big goals, visualization strategies that accelerate the improvement of your skills and special technique I've developed called 'Scripting'. This quick strategy alone can have a dramatic impact on an upcoming tournament, event or big game.

You come to me with the potential... I'll give you the resources to make massive performance gains. Now, you just have to make the decision to join the thousands of other athletes, sports parents and coaches from around the world in the exciting Champions Challenge.

"Todd Herman, Sports Psych Coach to the pro's; has fascinating tips for improving your game. Check him out!"

~ The Team Radio Network



Todd Herman has been described as a “visionary” and “leader” in the sporting world.

His innovative approaches to helping players and teams achieve their full potential and crush the ‘confidence-sucking’ leaches of stress, game distractions, negative thinking and poor game-planning. Has attracted the attention of professional athletes and teams throughout the world.

Todd’s programs have been used by more than 5500 athletes around the world and players in leagues like:

- MLB
- PGA
- NHL
- FIFA
- World Rugby
- NCAA
- And, many more...

For workshops, speeches or to work with Todd one-on-one (limited opportunities) contact 646.450.7544 or email care@thepeakathlete.com

Say Yes! Join me for the next 60 days and beyond so I can help turn you into a potent goal achiever!

Starting today you could be joining athletes from all over the world in the **60-Day Champions Challenge** at www.thechampionschallenge.com - I’ll be giving you everything I’ve got... to make sure you can get everything you’ve got - out of you!

There’s no more waiting... no more humming and hawing... time doesn’t wait for anybody. There are people joining up right now, improving their belief in themselves, growing their confidence ... with or without you.

The countdown clock is ticking!

60 days for a bigger brighter future. So what are you waiting for?

Don’t Miss Out! Space Is Limited.

Go to www.thechampionschallenge.com to sign up!

Be Bold. Take Action.

Todd Herman

P.S. If you coach a team or run a league or association and want a large group to join in... call us for special program details! 1.646.450.7544 or email care@thepeakathlete.com

