Website menu- Tools to perform Performance indicators, attitude

Performance Indicators - ATTITUDE

Attitude is a choice, your choice.
Make it, stick to it, apply it.
Choose to be positive.
Balance the sport and your life.
See the competition as one with yourself.
Learn from the competition experience.
Seek excellence in competition, not perfection, as no one of us is perfect.
Respect yourself and others.
Lachlan Tighe, 2015.