10 WAYS TO BECOME CHAMPION MINDED

PRESENTATION BY ALISTAIR McCAW

BWF WORLD COACHES CONFERENCE, BASEL SWITZERLAND, 2019
CHAMPION M INDED MODEL
1. DEFINE SUCCESS & FIND YOUR PURPOSE
MY DEFINITION OF SUCCESS

To wake up each day healthy. To be able to choose how my day will be. To be able to do what I love to do with those I love to be around.

MY PURPOSE

To live each day intentionally and with purpose. To inspire others to discover their purpose and personal greatness. To leave a legacy that made a difference.
“Real joy and fulfillment in life comes from finding your greater **PURPOSE** and aligning it with what you do every day.”

- Allistair McCaw
2. ‘G.A.S’ UP EVERYDAY
DAILY G.A.S.

- GRATITUDE
- APPRECIATION
- SELF REFLECTION
BENEFITS OF GRATITUDE

- Gratitude opens the door to more relationships.
- Gratitude enhances empathy.
- Gratitude improves self-esteem.
- Gratitude makes you a nicer person to be around.
BENEFITS OF APPRECIATION

• Appreciation changes your mood.
• Appreciation helps you see the good in people & things.
• Appreciation helps you build relationships.
• Appreciation of others involves complimenting.
BENEFITS OF SELF-REFLECTION

• **Self reflection helps build awareness.**
• **Self reflection helps us become a better person.**
• **Self reflection improves our social skills.**
• **Self reflection helps our emotional intelligence.**
3. HAVE A **GAME PLAN** TO YOUR DAY
EITHER YOU RUN THE DAY
OR IT WILL RUN YOU.
MY DAILY SCHEDULE

10:00PM BED
5:00AM - WAKE UP & SHOWER
5:20AM - READ
5:40AM - THOUGHTFULNESS
6:00AM - EXERCISE
7:00AM - CHECK SCHEDULE FOR DAY
7:30AM – POWER BREAKFAST
8:00AM LEAVE FOR MY PURPOSE
10:00AM – PROTEIN SHAKE AND SNACK
12:00AM - 1:00PM E-MAILS, INTERVIEWS & RETURN CALLS
1:00PM – 1:20 LUNCH
1:20PM – 1:40PM – NAP
2:00 – 6:00PM – CONTINUE WITH MY PURPOSE
6:00 – 7:00PM E-MAILS, CALLS
7:00PM DINNER
8:00 PM – WRITING
9:30PM SHUTTING DOWN / READ
Mc CAW FORMULA FOR EXTRAORDINARY PRODUCTIVITY

TM + EM = EP

TIME MANAGEMENT + ENERGY MANAGEMENT = EXTRAORDINARY PRODUCTIVITY
4. ADD VALUE TO OTHERS
3 THINGS THAT DETERMINE YOUR VALUE

1. You don’t get paid for your time, but rather for the value you bring.
2. You are paid in direct proportion to the difficulty of the problems you solve.
3. A great way to increase your value is by doing more than what’s been asked of you.
5. EXERCISE DAILY
BENEFITS OF EXERCISE

• It Can Make You Feel Happier.
• It Can Help With Weight Management.
• It Can Improve Your Self-Image.
• It Can Increase Your Energy Levels.
• It Can Reduce Your Risk Of Chronic Disease.
• It Can Help You Become More Confident.
• It Can Help With Relaxation and Sleep Quality.
6. NURTURE RELATIONSHIPS & CONNECT WITH OTHERS
5 “S” APPROACH TO CONNECTING WITH SOMEONE IN PERSON

1. SMILE ON APPROACH.
2. SHAKE HANDS – USE A FIRM GRIP.
3. SHARE A COMPLIMENT.
4. SHARE CONTACT DETAILS (CARD).
5. SEND FOLLOW UP MESSAGE WITHIN 24 HOURS.
“The more hands you shake, the more relationships and opportunities you make.”
- Allistair McCaw
7. DEVELOP YOUR ‘E.Q’
WHAT IS E.Q?

• SIMPLY PUT, IT’S UNDERSTANDING AND MANAGING YOUR OWN EMOTIONS AND HOW YOU REACT TO THE EMOTIONS OF OTHERS.

• IT’S USING THAT INFORMATION TO GUIDE THE WAY YOU ACT, BEHAVE, RESPOND, ETC.

• PERSONAL COMPETENCE & SOCIAL COMPETENCE.

• IT’S SOMETHING THAT CAN BE LEARNED.
EMOTIONAL INTELLIGENCE

EMPATHY

KINDNESS

LISTENING

SELF-AWARENESS

SELF-REFLECTION

PATIENCE

SOCIAL SKILLS

CLARITY

MINDFULNESS

SELF-CONTROL

STRONG RELTIONSHPES

CONTROL OF EMOTIONS

BEHAVIORS
“85% of your financial success is due to your personality and ability to communicate, negotiate, and lead. Shockingly, only 15% is due to technical knowledge.

~ Carnegie Institute of Technology
8. GO THE EXTRA MILE
THE NUMBER 1 UNDERLYING REASON WHY THE 5% SUCCEED, BE IT IN SPORTS, BUSINESS OR ANY OTHER FIELD FOR THAT MATTER, IS BECAUSE OF THIS: THEY ARE WILLING TO DO MORE THAN WHAT’S BEEN ASKED.

— Alistair McCaw —
9. CONTINUALLY INVEST IN YOURSELF
5 KEY AREAS TO INVEST IN:

1. HEALTH (MENTAL & PHYSICAL)
2. RELATIONSHIPS (FAMILY & FRIENDS)
3. SPIRITUAL
4. CAREER (KNOWLEDGE & RELATIONSHIPS)
5. FINANCIAL
MY DAILY 4X20’S:

1. EXERCISE AT LEAST 20 MINS PER DAY.
2. READ AT LEAST 20 MINS PER DAY.
3. SPEND 20 MINS IN THOUGHTFULNESS.
4. TAKE A MID AFTERNOON NAP FOR 20 MINS.
10. AIM TO LEAVE A LEGACY
THE CHAMPION MINDED LIFE

1. DEFINE SUCCESS & FIND YOUR PURPOSE.
2. G.A.S UP!
3. HAVE A GAME PLAN TO YOUR DAY.
4. ADD VALUE TO OTHERS.
5. EXERCISE DAILY.
6. NURTURE RELATIONSHIPS.
7. DEVELOP YOUR E.Q.
8. GO THE EXTRA MILE.
9. CONTINUALLY INVEST IN YOURSELF.
10. AIM TO LEAVE A LASTING LEGACY.
TOP 5 REGRETS OF THE DYING

• I wish I'd have had the courage to live a life true to myself, not the life others expected of me.

• I wish I'd have had the courage to express my feelings.

• I wish I'd have stayed in touch more with my friends.

• I wish that I'd have let myself be happier.

• I wish I hadn't worked so much.
5 QUESTIONS TO FINISH UP WITH:

1. What does success look like for you?
2. Have you found your greater purpose?
3. Who’s coaching you?
4. How much time are you intentionally setting aside each day to invest in yourself?
5. What are the areas you most need to work on and invest in?
CONNECT

**Twitter** @allistairmccaw
**E-mail** mccawmethod@aol.com
**Instagram** #bechampionminded
**Facebook** “Allistair mccaw page”
**Website** allistairmccaw.com
**Podcast** “Champion minded”
**Books** available on Amazon