

10 WAYS TO BECOME CHAMPION MINDED

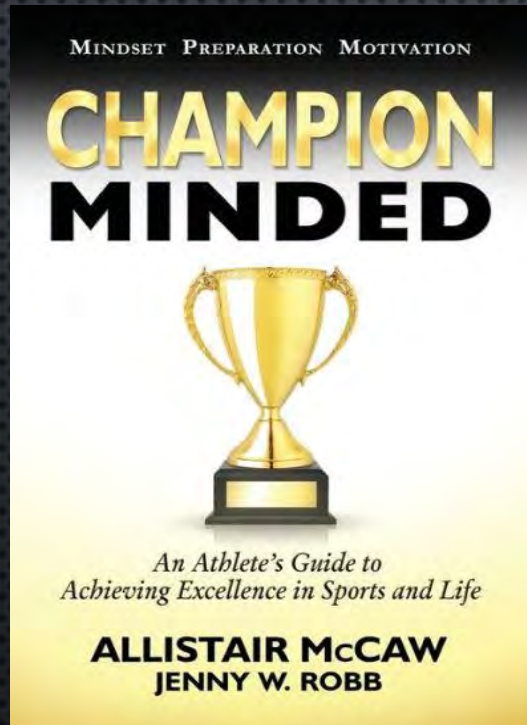


PRESENTATION BY ALLISTAIR MCCAW

BWF WORLD COACHES CONFERENCE, **BASEL SWITZERLAND, 2019**

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CHAMPION MINDED MODEL



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1. DEFINE SUCCESS & FIND YOUR PURPOSE



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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.

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*“REAL JOY AND FULFILLMENT IN LIFE COMES
FROM FINDING YOUR GREATER **PURPOSE**
AND ALIGNING IT WITH WHAT YOU DO
EVERY DAY.”*

- ALLISTAIR MCCAW

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2. 'G.A.S.' UP EVERYDAY



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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.

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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.



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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.



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3. HAVE A **GAME PLAN** TO YOUR DAY



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EITHER YOU RUN THE DAY
OR IT WILL RUN YOU.

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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

GET
IT
DONE

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Mc CAW FORMULA FOR EXTRAORDINARY PRODUCTIVITY

$$TM + EM = EP$$

TIME MANAGEMENT + ENERGY MANAGEMENT = EXTRAORDINARY PRODUCTIVITY

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4. ADD VALUE TO OTHERS



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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.

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5. EXERCISE DAILY



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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



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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

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7. DEVELOP YOUR 'E.Q'



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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.

KINDNESS LISTENING CONTROL
OF
EMOTIONS
SELF-
AWARENESS
SELF-REFLECTION
EMPATHY PATIENCE
EMOTIONAL INTELLIGENCE
BEHAVIOURS
CLARITY MINDFULNESS SOCIAL SKILLS
SELF-CONTROL
STRONG RELTIONSHPIS

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**"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.**

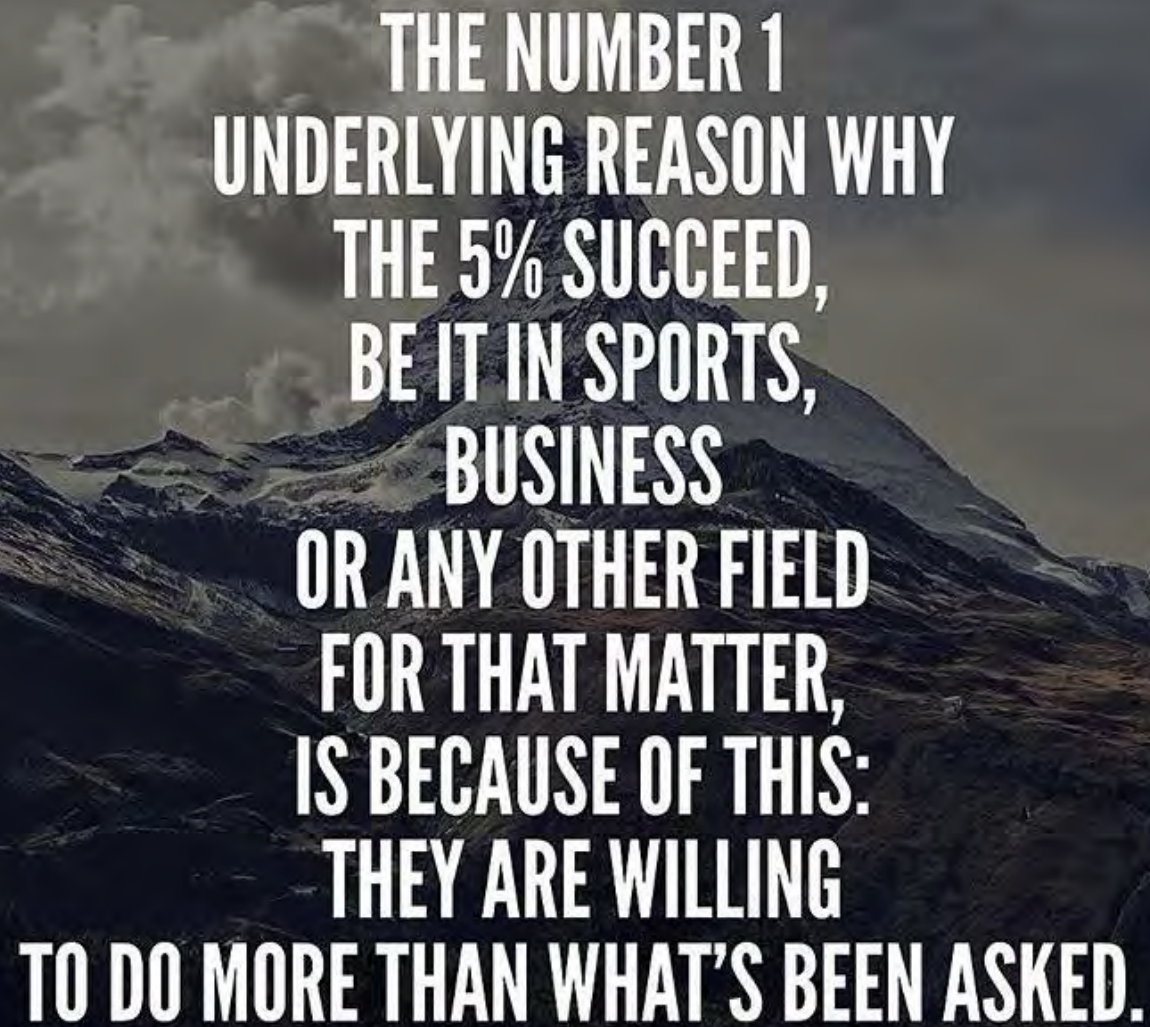
~ Carnegie Institute of Technology

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8. GO THE EXTRA MILE



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**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* —

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9. CONTINUALLY INVEST IN YOURSELF

INVEST IN YOURSELF

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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



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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.



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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.



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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?

*Make
yourself
a priority.*

At the end of
the day,
you're your
longest
commitment.

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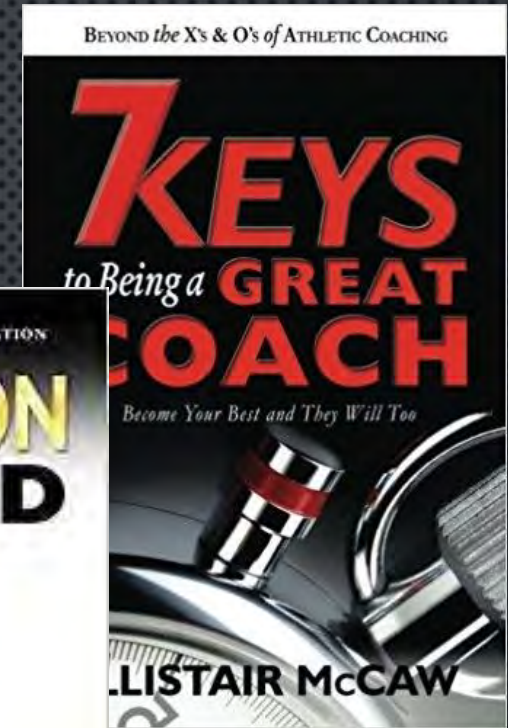
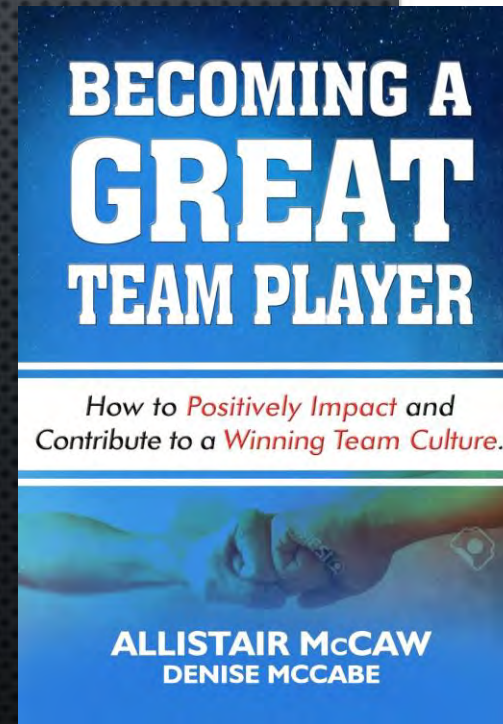
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PODCAST "CHAMPION MINDED"

BOOKS AVAILABLE ON AMAZON



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