

# Training #1

## Your Champion Life: The Foundation to Your Champion

Hello Champion!

Over the past 40 years, I have coached thousands of individuals taking them from physically unhealthy, hurt, broken, and wandering to healthy and fit, healed, whole, and happy – living a Champion Life. All of us have a Champion inside, but many people go through life not even knowing that the Champion exists. As I have coached these many individuals, I have found some common denominators that have hindered them and squashed their Champion. Through troubleshooting, analyzing, and studying outcomes, I have discovered a process and a pattern that I will guide you through to help you discover and live Your Champion Life.

It's very important you understand that there is a difference between winning a Championship and actually being a Champion. Winning a Championship is an event and something that you do, but being a Champion is who you are. When you become a Champion, this filters over into every area of your life – faith, family, fitness, and finances – and no person, situation, or circumstance can take this away from you.

Through this training, we will discuss many topics including habits, addictions, fixed cycles, and actionable beliefs. Not only are we going to discover your Champion attributes, but we will also identify some of the negative influences that are crippling you and forcing your Champion to stay covered and in the shadows of your life. If we allow these negative influences to be the squeaky wheel that gets the oil – you will always have a Champion inside, but it will remain covered as if it wasn't there. For some people that is acceptable, but for you and for me --- NOT acceptable.

Let's get to work!

God bless you,  
Coach Ron

### ***Key Concept:***

***Champions are not born, they are  
forged through overcoming fire,  
pressure, and hardships.***



# Training #1 Workbook: The Foundation

The following are terms we will be using throughout this training, so it's important for you to have a good understanding of what they mean.

1 - What is the definition of Champion? \_\_\_\_\_

\_\_\_\_\_

2 - What are the attributes of a Fixed Cycle? \_\_\_\_\_

\_\_\_\_\_

3 - What are Actionable Beliefs? \_\_\_\_\_

\_\_\_\_\_

**Pause the Audio and answer this question:**

**4 - Is it possible for you to believe in something intellectually, but not have it be a part of your belief system?      Yes              No**

**Explain.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5 - What is the definition of Inspiration? \_\_\_\_\_

\_\_\_\_\_

6 - What is the definition of Motivation? \_\_\_\_\_

\_\_\_\_\_

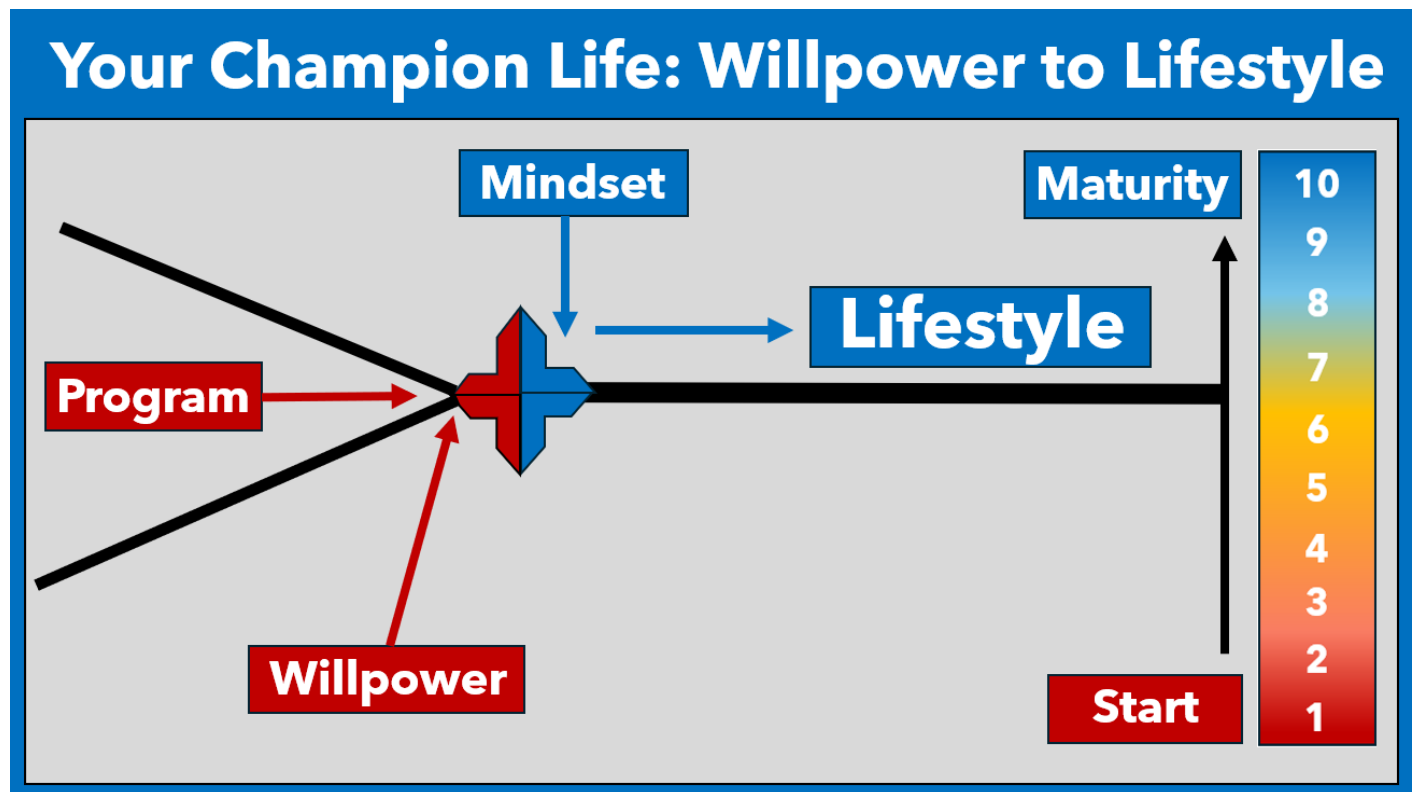
7 - What is the definition of Willpower? \_\_\_\_\_

\_\_\_\_\_



8 – What is the definition of Mindset? \_\_\_\_\_

9 - What is the difference between Program and Lifestyle? \_\_\_\_\_



With the understanding of Program, Willpower, Mindset, and Lifestyle in mind; rate yourself on the scale depicted in the above graph from 1-10, 1 being low (start) and 10 being high (maturity), in each of the four areas below. Write a brief description of why you give yourself this rating.

Faith Rating \_\_\_\_\_

Description of Why \_\_\_\_\_

Family Rating \_\_\_\_\_

Description of Why \_\_\_\_\_

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Fitness Rating \_\_\_\_\_

Description of Why \_\_\_\_\_

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Finances Rating \_\_\_\_\_

Description of Why \_\_\_\_\_

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