

Training #3

Your Champion Life: Abundance – The Mentality of a Champion

Hello Champion!

The key to who you are lies between your ears, meaning who you choose to become and the level of success that you achieve in life comes from your Mindset, Thought Process, and Mentality. The saying is true - As A Man Thinks In His Heart, So Is He. Through Training #3, I will layout the keys to the Mentality that will help you build and achieve Your Champion Life.

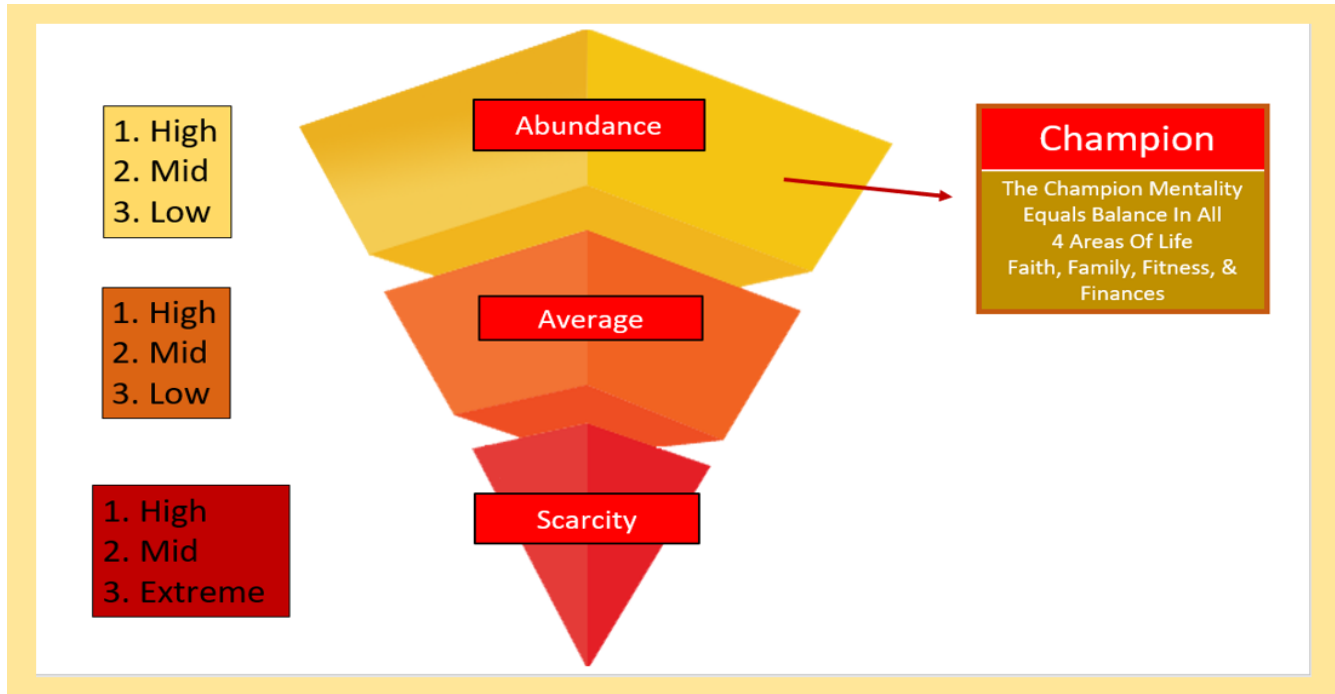
There are 4 different Mentalities that exist for each of us, they are - Scarcity, Average, Abundant, and for you and me, Champion. As you will see in this Training, your Mentality determines how you view the world, how you move through life, and how you handle relationships, agreements, and disagreements. Our physical, emotional, mental, spiritual, and financial conditions are determined by our Mentality. It's important for you to understand each of these Mentalities and to have clear and honest knowledge of where you are today in each area of your life – Faith, Family, Fitness, and Finances. Once you learn the differences and how deeply your Mentality affects every aspect of your life, you will understand how important it is for you to choose to walk in balanced abundance in all areas, because this is where true Champions live.

God bless you,
Coach Ron

Key Concept:
***A mentality is a way of life,
a thought process, and a
world within itself.***



Training #3 Workbook: The Mentality of a Champion



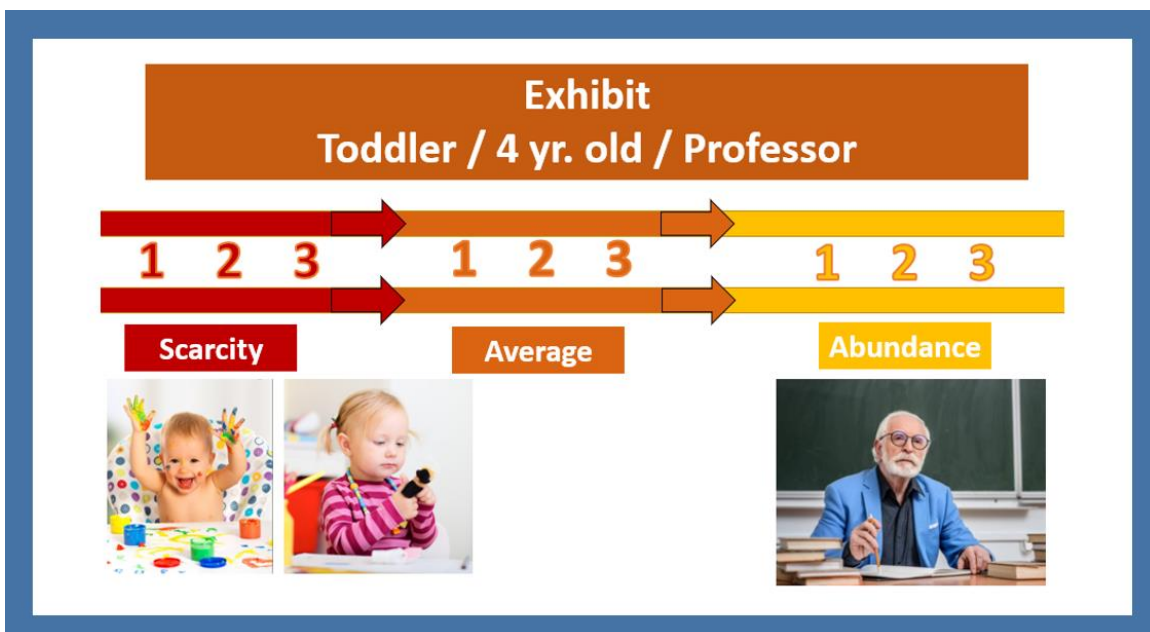
Pause the Audio. Look at the Pyramid above, which Mentality and level best describes where you think you are today in each area of your life? Write it below.

Faith _____

Family _____

Fitness _____

Finances _____



What six steps are necessary to help you break out of the prison of a Scarcity and/or Average Mentality, so you can achieve the Mentality of Abundance?

#1 _____

#2 _____

#3 _____

#4 _____

#5 _____

#6 _____



The Mentality Of A Champion

Achieving The Balance Of Abundance In All Four Areas Of Your Life



Now that you have a clear understanding of the definitions and distinctions among the 3 Mentalities, reflect on which Mentality and level most accurately depicts your current state in each area of your life. The ultimate aim is to achieve Abundance Level 1 in every category, representing a life of balance — this is the Champion Mentality!

Faith:

Circle One	Level	Level	Level	Why do you give yourself this rating?
Abundant	1	2	3	_____
Average	1	2	3	_____
Scarcity	1	2	3	_____

Family:

Circle One	Level	Level	Level	Why do you give yourself this rating?
Abundant	1	2	3	_____
Average	1	2	3	_____
Scarcity	1	2	3	_____

Fitness:

Circle One	Level	Level	Level	Why do you give yourself this rating?
Abundant	1	2	3	_____
Average	1	2	3	_____
Scarcity	1	2	3	_____

Finances:

Circle One	Level	Level	Level	Why do you give yourself this rating?
Abundant	1	2	3	_____
Average	1	2	3	_____
Scarcity	1	2	3	_____