

5 Things Great Athletes Do

1. Have a Plan

Trying to achieve success or any sort of greatness without a plan is just guessing. This includes setting goals (short, mid, and long-term), along with detailed plans covering all aspects of your athletic life (i.e. diet/nutrition plans, workout plans, practice plans, mental development plans, etc.)

2. Make Honest Self-Assessments Routinely

We all fail, and we aren't great at everything. Knowing what you are good at and where you struggle is important, if you want to grow as an athlete. Simply ignoring this fact or doing nothing about your weaknesses leaves no room for greatness.

3. Strive to Be the Best You Can Be ALL of the Time

Greatness isn't a *once in a while thing* or a *when I feel like it thing*. It's an ***all of the time thing***. And it doesn't just pertain to your athletics, but rather all aspects of your life. Natural talent will get you only so far, but those who are driven to be the best they can be get the furthest. If you are great everywhere in your life, you can be great athletically, too.

4. Focus on the Process, not the Result

When you are only result-oriented, failure has no benefit. On the other hand, being process-oriented, allows you to embrace any failure and pain as opportunities to improve and grow. The journey to achieve greatness is constantly evolving. Having the stamina to last requires you to love the process and the hardships that come with achieving your goals. Your consistent effort is what drives greatness.

5. Love What You Do

The process to being a great athlete is hard. It is long, it can be painful, and it is sometimes lonely. You won't last long, if you don't love what you do. Love the sacrifice and commitment. Love the constant struggle to push yourself past your perceived limitations. Love practicing something so much that you can't get it wrong. Love your athleticism and the thrill of the game.

