



THE MAKING OF A CHAMPION

A Program for High Performance Living

The Unique LMI Process

LMI delivers a process that not only provides skill and competency development but changes the attitudes and behaviours of the participant. To ensure that measurable results are achieved:

- ✓ Support from the LMI Facilitator (if requested) guides the Participant's day-to-day application of the learning
- ✓ Complete resource materials allow multi-sensory learning
- ✓ Eleven interactive sessions are facilitated in convenient bi-weekly workshops
- ✓ Participants present key results and a summary of course accomplishments at a special Graduation Meeting. Certificates are awarded

Session One:

Introduction to Concepts

Concepts of Success, Motivation & Attitude Changes
Success as Related to Past Conditioning
Attitude and Habits – The Effective Motivators
The Power of Goal Setting

Session Two:

Desire – Where Motivation Begins

The Rewards of Leadership
Achievers Have Desire
Achievers Conquer Self-Doubt
Achievers Overcome Obstacles
Achievers Count the Cost
You Can Develop Desire

Session Three:

Potential – Realizing Your Abilities

Achievers Tap Their Potential
Uncovering Hidden Potential
Wake the Sleeping Giant Within You
You Are Never Too young – Or Too Old – To Use Your Potential
Key Points About Potential

Session Four:

Personal Goals – Giving Direction to Your Dreams

What Are Goals?
Goals and Dreams
Types of Goals
How High Should Your Goals Be?
Set Your Own Goals
Expect to Reach Your Goals
Visualize Your Goals
Keep Sight of Your Major Goals at All Times

Session Five:

Dedication – Paying the Price

What Dedication Means
Champions Are Dedicated
Steps Toward Complete Dedication
Overcoming Adversity
Putting Dedication into Practice

Session Six:

Work – Preparation for Victory

The Miracle of Work
Experience the Joy of Work
An Organized Plan and Practice Put Your Dreams into Action
The Right Kind of Practice
Steps for Physical and Mental Conditioning
High Performance Living
Begin Now!

Good Physical and mental health, achievement of your goals, and your determination to be a champion at whatever you do are dreams you make come true. This program can help you design your own personal success plan and use your unlimited potential!

Session Seven:

Determination – The Refusal To Quit

Never Give In!
Everybody Meets Obstacles
Achievers Demonstrate Determination
Developing Determination

Session Eight:

Courage – Facing Challenges with Confidence

Courage Is the Mark of a Champion
Confidence Is Believing in Yourself!
Putting Your Confidence into Action
Positive Thinking Develops Confidence
Practice Provides Confidence
Adversity Builds Confidence – and Courage
Transform Your Fears into Courage
Keys to Courage

Session Nine:

Concentration and Visualization

Why Concentrate?
Everyone Can Improve Concentration
The Power of Visualization
Why Visualization Succeeds
The Self-Fulfilling Prophecy
Visualize Your Way to Victory!

Session Ten:

Perspective – Putting the Proper Value On Winning

Look Inside Yourself
You are Accountable!
Balance the Pain and the Pleasure of your Performance
There Are Winners, and Then There Are Winners
Focus on Your Purpose

Session Eleven:

An Achiever's Attitude – A Quest for the Best

Master Your Mind!
Exert Self-Control and Be Teachable
Become a Team Player
Pride Reflects Self-Worth
Pride Empowers Creativity and Prompts Total Effort
You Activate Your Pride and Your Power to Succeed
Break the "Can't Do" Barrier!