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S.C.O.R.E. for Life
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In the following passage from S.C.O.R.E., complete Jim's first exercise and take the first step toward becoming a champion.

EXERCISE #1
CHAMPIONS YOU ADMIRE

Take a blank piece of paper. On the top of the paper, write the names of five people who you see as champions. These people do not have to be rich or famous, but anyone whom you feel exudes the qualities of a champion. Below each name write down five one or two word qualities of the person. For example, describe your mother: passionate, soft-spoken, loving, dedicated, and energetic. Or describe Michael Jordan: focused, confident, effortless, competitive, and passionate. What champion qualities are written more than once? Do you exude these qualities? Take possession of them. Make them your own.

No matter your ethnic background or where you come from or what you do for a living, we all want the same things in life. We want a successful career doing something that we love to do. We want to be loved by someone special. We want to have a happy and healthy family. We want to enjoy life. These desires are universal. So why do so many people work at jobs they can't stand, have trouble falling in love, constantly fight with their family members, and struggle with their own health and wellness? Because they don't think like a champion.

How many times do we see someone go to the top of their profession and then seemingly overnight they fall from grace? A true champion has the ability to stay a champion. So why do true champions consistently succeed? Champions think differently? They have mastered the art of balance and simplicity in their lives.