

PROFESSIONAL
DEVELOPMENT SERIES

SERIES 1 | 11/03/2023

**THE CHAMPIONSHIP PROCESS
BASED ON BRIAN KIGHT'S DAILY
DISCIPLINE**

MAXIM 1

**Train at the level you
intend to perform at.**

**Jordan Talks Practice -
"Work eliminates fear"**

MAXIM 2

**Find pleasure in the pain of
uncomfortable work.**

**Navy Seal & Ultramarathoner David
Goggins - "Get comfortable being
uncomfortable."**

MAXIM 3

**Appreciate and aspire for better
opponents to compete with.**

- **Stop the blaming/complaining
with quality opponents.**
- **To Improve we want the best!**
- **Dr. Alex Diaz - "To Improve, Play
Against Better Opponents."**



MAXIM 4

**Obsess over the simple
disciplines that give you an
advantage.**

**The Difference Between Winning
and Losing**

MAXIM 5

**Move on from the last moment,
whether success or failure and
put full attention on THIS
moment.**

**How Having a Short Memory Can
Help You Stay Confident**