

# Great Champions Are Good-Finders!



Part of being a great champion is developing a positive mindset toward yourself and those around you. Whatever you look for in life, you tend to find and attract more of.

When you search for the good in yourself and others, you are focused on seeing the best and not the worst. It's easy to see the negative side of anything and anyone. It takes practice and conscious effort and thought to be a "Good-Finder."

When you look for the good in children and praise them for what they are doing right, you build their confidence and self-esteem. Kids love to be praised and respond to positive feedback much better than negative comments.

They soon become more eager and excited to train and give their best effort. Whatever you recognize and reward you'll get more of. Good or bad, whatever we focus on, we attract more of.

Adults are not much different than kids in that sense. We believe the more you encourage searching for the good in ourselves and others, the more good we will find. Here's the good news; there is an abundance of positive people and things to focus on every day.

*Focus on the positive progress you are making and the areas you feel the best, versus where you are making slow or no progress, or what you don't like about yourself and others. Complain and you'll remain - stuck in the rut you're in!*

Look for the good in yourself and others. Champions are quick to praise and compliment others on their positive qualities, not point out their negatives!

**Any fool can criticize, complain and condemn. DON'T BE A FOOL!**

**BE A CHAMPION GOOD-FINDER!** Be a force for good, by igniting the positive energy and emotions in yourself and others.

**ATTRACT THE POSITIVES AND SHRINK THE NEGATIVES!**

**"You may have to dig through a ton of dirt to find an ounce of gold, but you don't start by looking for the dirt, you look for the gold..." - Zig Ziglar**

**SEARCH FOR THE GOLD EVERYDAY!!!**