

THE PSYCHOLOGY OF WINNING – BLACK BELT TEST

List the nine winning traits of Black Belt that we use in class:

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**

Which of Dr. Waitley’s qualities of a total winner are left out?

Describe that characteristic and three or more action steps for developing it:

“The single most important point in the chapters that follow, to remember and internalize, is that it makes little difference what is actually happening,

_____!

Dr. William James... said, even the most effective humans utilize less than _____% of their mental potential.

The Brain Research Institute ... concluded that the ultimate creative capacity of the human brain is/maybe _____.

On a separate sheet of paper – for each of the nine qualities of a champion that we use in class complete the following:

- 1. A brief description of the quality.**
- 2. List one or two Antonyms.**
- 3. List one or two Synonyms.**
- 4. List at least three of the 10 action steps listed in the book for developing that quality of a champion.**
- 5. List at least one Self – Talk statement to support that quality (does not have to be directly from the book).**