

# CHAMPION

**Mind over Matter- I can change my circumstances by changing my mind.**

## The Champion Mindset

### Lesson Summary

Teacher: 30 Minutes

This lesson teaches about the discipline of self-control.

### Define it:

A Champion mindset understands that the real battle is being able to control what is in your mind and heart. If you can control what you say, do, and think, you have accomplished the HARDEST part of the fight!

Taking control of your thoughts is important because you can only control your actions and nobody else's!

When you understand that you hold this amazing power to think about and determine your own pattern, it will help you to succeed!

### Example.

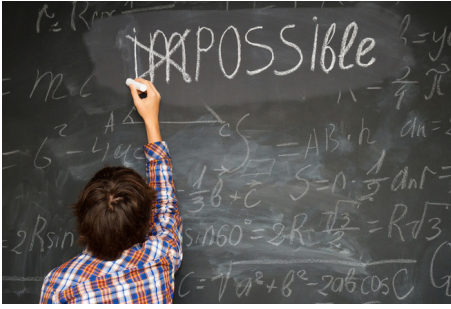
The most successful football team is trained to play well in any weather. If it's freezing out, they can't go to the coach and say we can't play because we're cold!! NO WAY!! They learn to CONTROL their physical needs by telling themselves what to focus on and not focusing on a feeling.

### Let's Talk About It.

If you are a part of a team, try telling your coach you don't feel like playing and see what their response is!! In the same way, we must treat life like a sports event. We show up no matter the weather and are determined to win. And even when we are defeated, we can take time to learn and grow for the next event!

-Have you ever had to participate in an event when you didn't feel like it?

When you tell yourself encouraging thoughts to be successful and not focus on how your body and emotions feel, you are learning discipline!



## Let's look and discuss.

Think about a time in your life when you were faced with a problem. There are two different ways to look at it. You can approach it as a problem that has the POWER to control you...

or ...

- You can approach it as a CHALLENGE that YOU have the POWER to Overcome!
- Write down a problem you faced. if you used the first way to face it, try looking at it again and use the second way this time. Write it down
- If you chose number two, think of another problem that may be in your future and use number two, and add the solution to the challenge as part of your plan.
- In what kinds of ways can you begin to take control of your thoughts and choices?



**Video and Discussion: Mindset of Champions – 10-15 Minutes**



**Challenges and even failures teach us how to succeed and if we listen,  
we will learn something to grow on!!**

**What challenges are you currently facing in your life? Write down one big one:**

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**Are you choosing to see it as a problem? Do you feel powerless to control it?**

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**When a little child falls and scrapes their knees, what lesson do they learn?**

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**When kids touch a hot stove, what lesson do they learn?**

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**When we eat too much and get a stomach ache, what lesson do we learn?**

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**If we don't study for a test, what lesson do we learn?**

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**It may seem impossible, but you can always control yourself; it just may be a hard choice to make, and it may even involve losing friends, but the champion mindset does not allow problems to determine its course of direction!! What kinds of ways can you begin to take control of your thoughts and choices?**

**It takes the Bull by the Horns and controls it!**

**What can we learn from learning to have a champion mindset?**

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**After you complete this assignment, take it home to remind yourself.**