

“YOUR **TALENT** IS ONLY YOUR **TICKET** TO THE **PARTY**”



At Olympic level, the margins between fulfilling dreams and disappointment are often tiny. In all four Olympic finals in which I have competed, I have looked around and seen 11 other guys of very similar talent and ability. In theory at least, anyone in any final could have won on the day. In reality, the medals were always shared among a few who applied themselves differently to the rest.

I have always believed that your talent is purely your 'ticket to the party'. Like any party, it is what you do when you get there that counts.

In an Olympic sense, the ticket to the party is your physical make-up; how you apply this physical ability is key.

Steve Backley

See it; say it; write it down: the art of setting goals. Champions always write their plans down.

Traditionally, people set goals by using their present state or present situation as a starting point. They look at what they are good at and then try and decide what they need to do to achieve success.

Championship thinking does exactly the opposite. Champions dream of the end result and plan backwards.

