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A True Champion
Pete Sampras was
best known to
the public for
his calm
demeanor, on and
off the court.
In his book "A
Champion's
Mind," he
explains how his

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strong mental

game was really
what separated
him from the

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autobiography
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personality is a
mirror image of
what Pete
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030738330X,

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Mind" 1. Look in

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the mirror every
day 2. Use the
power of
visualization 3.
Don't be a cry-
baby. Look in
the mirror every
day. This is a
long-term
prescription
that will remind
you whether
you're making
progress or not.

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It will keep you
eager and
determined to
take right
actions.

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— Jim Afremow —
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Champions are
mindfully aware
of the noise
between their

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Champions

ears and know

when they have
mastered their
minds nothing

can get in their
way. "Who is in
control of your
mind? You are."

- Aubrey Marcus.

5. Champions do
not give up -
they are
committed to
success "Fall

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down seven times
and stand up
eight.” –

Japanese

Proverb.

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champion~~

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Pete Sampras is arguably the greatest tennis player ever, a man whose hard-nosed work ethic led to an unprecedented number one world ranking for 286 weeks, and whose prodigious talent made possible a

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record-setting
fourteen Grand
Slam titles.

While his more
vocal rivals
sometimes
grabbed the
head...

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Feed the right

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wolf. Train like
you are No. 2,
but compete like
you are No. 1.

Focus on your
performances,
not on unwanted
outcomes. To
perform at a
champion's
level, you must
cultivate long-
term memories
for your

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success, and
short-term
memories for
your failure.
You can hate to
lose, but don't
be afraid to
lose.

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