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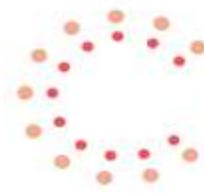
Book
Review

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Step-Afrique

Leadership Insights to Provoke your Paradigm Shift

The Digest



The 4s Summarized

1. **You create discipline by creating habits.**
Once something becomes a habit, you no longer need the willpower to force yourself to do it.
2. **Being self-aware is not the absence of mistakes** but, the ability to learn and correct them.
3. Our thoughts influence our feelings, choices, and actions. **Positive self-talk makes us more optimistic, confident, and successful.**
4. Life is full of challenges and high levels of **self-efficacy can help you better deal with these difficulties more effectively.**

Book Review Authored by Gilbert Ang'ana (Founder & CEO Accent Leadership Group; Leadership Coach, Teacher, Speaker & Consultant!)



The Champions Mind How Great Athletes Think, Train & Thrive

by Jim Afremow, PhD!

"The Champion's Mind is filled with valuable leadership perspectives and lessons on how to be great at what you focus on. Personalize the below-summarized lessons from my perspective & apply the skills and strategies in your life and see the change in you over time!"

Below are the key FOUR summarized lessons I picked from the review of this book: **The 4S (Self-Discipline; Self-Awareness; Self-Talk; Self-Efficacy).**

- **Self-Discipline**
Book perspective; you can't achieve your goals without discipline, so it's key to supplement your goal list with a self-discipline list; don't wait for tomorrow; do it now; Quit telling yourself something is too hard or that you can't change.

- **Self-Awareness**
Book strategy; you need to be self-aware enough to face your strengths and your weaknesses with maturity; you also understand how others see you; leads to self-responsibility and also supports positive behaviors and positive interpersonal relationships; The more you get exposed to life, the more you need to adapt yourself to face the difficulties of life.

- **Self-Talk**
Self-talk can boost confidence, regulate emotions and improve your overall mood and performance.

The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible!

Negative self-talk always affects your mood, brings down your self-confidence, and blocks your focus and action. Positive self-talk, on the other hand, is motivational and spurs you into action. Block Automatic negative thoughts (ANT) and direct attention to positive talks.

- **Self-Efficacy**
Self-efficacy is a person's belief in his or her ability to succeed in a particular situation. Jim shares the aspect of being your champion; mastering your mental skills; forming a stronger sense of commitment; recovering quickly from setbacks and disappointments & viewing challenging problems as tasks to be mastered.