

# REMEMBER: SUCCESS IS LIKE AN ICEBERG!

When you look at somebody's performance, you don't see all the determination, effort and hard work that has gone into achieving it. It's a bit like looking at the top of an iceberg.

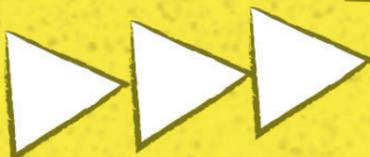
Remember this next time you think someone's success has come easy. What will you have to do to achieve your goal?

**WHAT PEOPLE SEE**



**SUCCESS!**

**WHAT PEOPLE DON'T SEE**



**Persistence**



*Sacrifice*



**FAILURE**



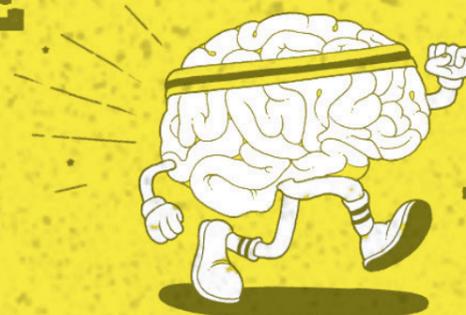
**DISCIPLINE**



**Dedication**



**Disappointment**



**HARD WORK**

**YOU ARE AWESOME**





# EIGHT STEPS TO AWESOME

*Whatever you want to be good at, the right mindset can help you achieve your goal.*

**1 Hours of deliberate practice:** It's difficult, takes time and can be boring, but it's the most effective way to succeed.

**2 Face your fears:** What is the worst thing that can happen if you try? What can you do to prepare for a daunting situation? Be brave and take a risk – you might well succeed or....

**3 See failure as a friend:** Every mistake is a lesson and each mistake tells you something about who you are.

**4 Foster a growth mindset:** I cannot do it YET.

**5 Stickability:** It really is about just not giving up....

**6 Talk back to your doubts:** Your doubts hold you back, if they win then you lose. Turn the negative voice off and give yourself a positive boost. Say what you want to do as if you are doing it: 'I am a writer.' 'I am good at equations.' Then do the work so it become the truth!

**7 Go beyond easy:** Easy does not get you a Gold Medal. Successful people push themselves to do more – even when they are tired.

**8 Find a mentor or teacher:** Someone who has your back and will help you continue improving.

