

Overcoming Obstacles  
to Excellence



# Writing Your Success Story

with Dr. Eddie O'Connor

1

## Creating the Mindset

Specific goals

Contact with the  
present moment

Let go of distress

2

## Building the Foundation

Physical training

Recovery  
(especially sleep)

Mental training

3

## Leveling Up

Increase motivation

Increase willingness  
to work

Consistent training

4

## Going Strong

Create + habits

Address the small &  
important details

Deliberate practice

5

## Consistent Excellence & Growth

Live with intention

Low emotional  
reactivity

High self control