

THE SUCCESSFUL GYMNAST GUIDE

THE 5 KEYS TO UNLOCKING YOUR FULL POTENTIAL

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1. Vision
You need to have a clear vision of what you want to achieve. This means setting goals and knowing what you need to do to reach them. It's about having a plan and sticking to it.
- 

2. Motivation
You need to be motivated to keep going, even when things get tough. This means finding the reasons why you want to succeed and using them to push yourself forward.
- 

3. Focus
You need to be able to concentrate on the task at hand, without getting distracted by other things. This means being disciplined and knowing when to say no to distractions.
- 

4. Consistency
You need to be consistent in your training and practice. This means showing up every day, even when you don't feel like it, and putting in the effort to improve yourself.
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5. Passion
You need to love what you're doing. This means being enthusiastic and enjoying the process, not just the end result. Passion is what keeps you going when the going gets tough.

Gymnast Study Guide

David Holgate



Gymnast Study Guide:

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