

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 having a plan to achieve them. You need to know where you are going and how to get there.
- 

2. Motivation
You need to be motivated to achieve your goals. This means having a strong desire to succeed and being willing to put in the effort to achieve it.
- 

3. Focus
You need to be able to focus on your goals and not get distracted by other things. This means being able to concentrate on the task at hand and not letting anything else get in the way.
- 

4. Persistence
You need to be persistent in your efforts. This means not giving up when things get difficult and continuing to work towards your goals.
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5. Passion
You need to have a passion for what you are doing. This means loving what you do and being willing to put in the time and effort to achieve your goals.

Gymnast Study Guide

JS Bruner



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