

McGregor's Mindset worksheet

1. 'Hard work and really does pay off'
2. 'Isolation,, motivation and dedication...they are the keys to success'
3. 'Saying I'm going to do something. Putting it out there for the, and then going out and doing it'
4. 'Nobody me...I am a work horse'
5. 'It's human nature: some people will sit and take positivity from that, they will look at that and take inspiration and it will inspire them to go and for that. Others will shell up and critique it and be negative towards it, but one thing is for sure - those people will stay where they are. The people who take from it will rise up and one day that life'
6. 'To be at the pinnacle of any game, whatever you do, you've gotta be a little bit gone, you're not all there, you've gotta be almost to your craft'
7. 'From to to everything'

Answers

1. *'Hard work and dedication really does pay off'*
2. *'Isolation, visualisation, motivation and dedication...they are the keys to success'*
3. *'Saying I'm going to do something. Putting it out there for the world to see, and then going out and doing it'*
4. *'Nobody works harder than me...I am a work horse'*
5. *'It's human nature: some people will sit and take positivity from that, they will look at that and take inspiration and it will inspire them to go and push for that. Others will shell up and critique it and be negative towards it, but one thing is for sure - those people will stay where they are. The people who take inspiration from it will rise up and one day experience that life'*
6. *'To be at the pinnacle of any game, whatever you do, you've gotta be a little bit gone, you're not all there, you've gotta be almost insane to your craft'*
7. *'From nothing to something to everything'*