



Conditioning the mind of a champion

The great Greek philosopher, Plutarch, once said, "The mind is not a vessel to be filled, but a fire to be kindled." A quintessential, indubitable and propitious fire: One that forges determination, confidence, willpower and focus into an indomitable mind. The mind of a true champion.

To mark the worth of a Champion, the biggest parameter is- Performance Intelligence, which consists of five broad attributes: Confidence, Focus, Determination, Competitiveness and an absolutely non-wavering will power. These attributes cut across all sectors, age groups, classes and economic and social statures. Be it the field of play or your office floor or even you living room. What matters is well and how much we put our minds into our performance.

To develop the mind of a champion, one needs to aspire to achieve a definite goal and believe in themselves to be able to succeed. One needs to fight and overcome the obstacles in one's path to be victorious. Through grit, courage and determination, an individual can take the first step to developing the mind of a champion. Training your body and mind to bounce back from setbacks and conditioning your mind to be less reactive to stressful situations are the backbone of the foundation that builds a true champion.



A name that is relevant to this note and that comes to mind first is that of Deepa Mallik's. Deepa is one of our Para Champions from the "IndusInd Umang" programme. She is the epitome of all the attributes that make a champion, disabled or not. The 45 year old, is paralysed from the waist down since the last 12 years. The mother of two and the wife of an Army officer, Deepa was diagnosed with a spinal tumour in her early 30's and ever since has undergone three spinal surgeries, 183 stitches and a decade plus of learning to cope with life; a new chapter each day. Besides being the first ever paraplegic Indian woman biker, she is also a swimmer, entrepreneur and motivational speaker. She has represented India in the Paralympics and the top charter of International tournaments for Para athletes. She is in the true sense an all-round champion who stands by the statement- "Disability brought my life into focus". She has turned adversities into opportunities and opportunities into success; one medal after another. She can possibly coach people about the fact that dreams actually have no limits when you want to transform them into life goals.

It is said that a picture is worth a thousand words and the short audio visual embedded here is an ode to the champion- Deepa Mallik

Wayne Gretzky rightly said, "You miss 100% of the shots you don't take."

Many individuals are afraid of losing, afraid of failure. It is important to look past your losses and learn from your mistakes. This will help you strive towards greatness in the future. One must possess the will to succeed and banish self-limiting beliefs. No matter the odds, one must have the power of optimism, the confidence and the desire to win.

It is important to never give up and to continue believing in yourself. We would like to sign off with something that the great Muhammad Ali said and which all of us should remember as a mantra to live by- "Champions aren't made in gyms. Champions are made from something they have deep inside them-a desire, a dream, and a vision. They have to have the skill, and the will. But the will must be stronger than the skill."

