



# Winning Strategies Workbook

*Midgie Thompson*

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## **Winning Strategies Workbook** Midgie Thompson

Whether you are a serious athlete, someone trying to raise their game or someone just wanting to get that extra edge in life, this winning Strategies Workbook is your key to helping you achieve peak levels of performance.

Based on the Winning Strategies for Sports and Life book, this workbook walks you through a step-by-step plan, combining elements from life coaching, NLP and sports psychology to help you become the best you can be. You will start off by picking a goal and putting it in to the context of the bigger picture of your life before moving on to specific performance-related skills and strategies.

With a brief introduction to the concept and description of each section, this workbook provides key questions with the space to write your answers, so you have all your insights and ideas in one handy place.

By working through this Winning Strategies plan for your goal, you will gain greater insight into yourself, where your goal fits into your life and the skills to ensure success.

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A lot of people always spent their own free time to vacation as well as go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. In order to try to find a new activity honestly, that is look different you can read the book. It is really fun for you. If you enjoy the book you read you can spent 24 hours a day to reading a reserve. The book Winning Strategies Workbook it is very good to read. There are a lot of those who recommended this book. They were enjoying reading this book. When you did not have enough space to develop this book you can buy typically the e-book. You can m0ore quickly to read this book from your smart phone. The price is not too expensive but this book features high quality.

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