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**Developing a Championship Attitude**

**By Dr. Patrick J. Cohn**

**Developing a Championship Attitude by Dr. Patrick J. Cohn**

I spent one morning doing a mental game workshop with the Miami Dolphins coaching staff to talk about developing teamwork and a championship attitude. What a great experience and a dream come true for me. In my preparation for the seminar, I did some research on the topic of a "championship attitude," which I would like to share with you. From my point of view, you first must develop a championship attitude before you can become a championship team.

"Winning stems from commitment, and commitment begins with attitude."  
--Dennis Green

What is a championship attitude? A championship attitude is one in which the team members have a shared goal, collective will, are unselfish with personal goals, and are proud to wear the team uniform. In this newsletter, I share a few of the qualities of a championship team attitude:

- (1) Leadership from within the team. Most championship teams develop an internal leadership structure in which two or more players act as the leaders of the team, such as Larry Bird was for the Celtics. This is a very power force for the team because the leaders set the standards in practice and games by example instead of the coach having to tell everyone how to behave.
- (2) Team goals are more important than individual ones. Individual players are able to sacrifice their trophies and personal goals and adopt the team goals. Having a shared goal is the only way to develop team unity and have teamwork.
- (3) Elevated expectations or self-confidence. Any championship team has the belief that they are ready, willing, and able to win the big one. If a team has doubts about it's overall ability level, then the team will fall short of winning the championship. If you think your team can get to the playoffs, but not win the big game, then the team will realize this shortfall.
- (4) No excuses to lose. I tell athletes I work with that if you show up to play with excuses to lose, then you might as well not show up to play. If you think your team does not play well under the lights,

against a particular team, or when the conditions are not optimal, then you have excuses to lose. Championship teams don't have built-in excuses to lose—they expect to win and will settle for nothing less.

Dr. Patrick J. Cohn is a master mental game coach who works with athletes of all levels including amateur and professionals. Visit [Peaksports.com](http://Peaksports.com) to gain access to over 500 exclusive mental game articles, audio programs, and interviews with athletes and coaches to enhance your athletic potential: [www.peaksports.com/membership](http://www.peaksports.com/membership) or call 888-742-7225.

**The Boston Red Sox win the World Series championship, its sixth championship win, but first since 1918.**

**By Catherine Kenyeres**

It's what they have been waiting for. The Boston Red Sox wrapped up their four-game sweep of the Cardinals with a 3-0 victory in Game 4. The 86 year stretch between World Series championships is finally over and the World Series Trophy has found itself a home in Boston. It's the Boston Red Sox sixth world series championship win, but the first win, since 1918. Wow!!

The pitching staff for Boston was remarkable keeping the Cardinals to three runs over 27 innings. Derek Lowe was on the money with his unparalleled pitching and the Cardinals couldn't touch him. Lowe's incomparable pitching was seemingly similar to the pitching he served up against the Yankees in Game 7 of the American League Championship Series. The Cardinals never led in any of the games. The Bosox went into Game 4 with the attitude to end it there; not wanting to give the Cardinals an edge of any kind. And ending it there they indeed did. And here's a team that is truly proud of its achievement.

It's certainly a twist of fate for the Boston Red Sox since they lagged behind the Yankees, 3-0, in the American League Championship Series and behind a run starting the ninth inning of Game 4. They battled to win the game in 12 innings, and seemingly, didn't lose again.

Our hats are off to you, Boston, just don't tear up the city and let cooler heads prevail. Just relax and pray that everyone remains safe.

Catherine Kenyeres is a freelance writer and publisher for <http://www.best-4u-tickets.com>. Catherine has written numerous articles for the sports enthusiast.

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