

GABRIELE

FITNESS & PERFORMANCE



COMPETITION: Supercharge Your Goals!

Michelle Diggle; ACSM HFS, CPT

"We strive to be Number One ... But win or lose; it is competition which gives us pleasure."

- Joe Paterno, Coach of Penn State's Football Team

Is competition a good way to help us achieve self improvement? Often times we shy away from competition because we all have a fear of losing or failing to achieve what we originally set out to accomplish. **However, competition could be the very key to your success!**

Competition has some very important and valuable elements that can drive you to success:

Motivates You Having a goal can really motivate you to achieve above and beyond others. It gives you the extra push to explore the various ways available to reach that goal before your competitors. When there is a challenge to overcome and someone else to strive to beat it inspires us to use creative thinking in reaching our goals. *Competition provides determination and allows us a chance to shine in the spotlight.*

Holds You Accountable Some of us need to be pushed by an external source to motivate ourselves. Competition allows our efforts and actions to be recognized by others. *When you have to report to someone else, when you feel a little pressure to perform, it tends to change our behaviors and the way we think.*

Challenges You to go the Extra Distance Can you continue? Do you have what it takes? When there is a challenge ahead and other people are in the race with us we are often able to find that extra enthusiasm and surge of energy that is needed to motivate us to carry on. We all have that instinct in us to finish what we have

started and the desire to be the winner. *Competition gives us a reason and the determination to strive to the finish.*

Teaches Lessons for Life Competition can be tough, as it always presents us with a winner and a loser. However, if we treat a challenge as a learning experience and not just a means to an end, there are no losers. It is important to be able to deal with an outcome; winning or losing, and use it as a tool to better yourself next time. Competition is a great opportunity to receive feed back! *So learn from competition, savor the opportunity to do your best, and then explore ways to improve for the next time.*

Reveals Resources You never knew You had Competition sometimes requires thinking outside of the box, exploring any ways to succeed and come out on top. Challenges can inspire us to consider new options that we may not have tried before. The pressure to win allows for imaginative thinking and the opportunity to develop extra skills and potential. *Participation in competitions also compel us to reach out and connect us with networks or people who can give support or guide us on the path to success!*

[Click HERE to Check Out Our Newest Competition!](#)

Gabriele Fitness and Performance

20 Locust Avenue

Berkeley Heights NJ 07922

908-464-4441

info@gabrielefitness.com

www.gabrielefitness.com