

Wellbeing Poster

To help you prepare for the Family Fun Run the wellbeing poster this week looks at 10 habits of successful athletes.

10 Habits of Successful Athletes

Here are 10 habits that will help to get you in the right mindset

 @BelievePHQ

Successful athletes are constantly developing and learning. They see their career as a journey in which they are constantly growing



They take time to apply what they have learnt

They manage their physical and mental energy effectively



They learn from their mistakes



They set goals and reflect regularly



They never give up



They are well organised and planned



They make sure they are getting the right amount of sleep



They prioritise what is important



They are creative and take risks