

The Psychology of

WINNING

CHAPTER 5 POSITIVE SELF-EXPECTANCY

Name: _____

"Positive expectations make winners what they are."

Dennis Waitley

READ About It:

Waitley gives three key reasons why "winners expect to win." What are they? _____

What is "optimism?" _____

What is "pessimism?" _____

As a winner, which attitude should you focus on? _____

Get CRITICAL:

Waitley talks in this chapter about **predictions**--what you can expect to happen. Meteorologists predict the weather. Sports casters predict who will win big games. What do you make predictions about? _____

Some things just happen that are out of our control. *It might rain, tomorrow*, for instance, or your favorite team may lose. What can you do to react to a bad situation with a good attitude? _____

Waitley says we "become what we fear." What does this say about expecting the best vs. expecting the worst? _____

APPLY what you've learned:

See yourself at your next karate test. Fill in the blanks to show you expect to do great!

1. I look _____!

2. I feel _____!

3. I'm gonna do _____!