

The Psychology of

WINNING

CHAPTER 9 POSITIVE SELF-DIMENSION

Name: _____

"[Winners] know that true immortality is when a caring, sharing person helps even one other [person] live a better life."

Dennis Waitley

READ About It:

How many dimensions does this paper have? _____ How many dimensions does your hand have? _____ How many dimensions does love have? (There's no wrong answer here) _____

What's the "Double-Win" approach to life? Why would you want others to win? _____

Get CRITICAL:

Positive self-dimension means striking a kind of balance in life. What are some ways we need to balance different parts of our lives (e.g., work/play)? _____

Losers have a "do it for myself" attitude about life (they just serve themselves, not others). Why does thinking of just yourself, *acting only for yourself*, cause problems? _____

Waitley talks about the *Earth, our environment, nature*. What's something we get from nature that's important to you? _____ How can you work to give back to nature so that we always have that thing you love? _____

APPLY what you've learned:

Name something specific you can do to give back (and increase your *dimension*) at:

HOME: _____

SCHOOL: _____

KARATE: _____