
Sixteen Steps

- **Never underestimate your opponent.**
- **Work on your weaknesses until they become your strong points.**
- **Remember that a great effort is usually the result of a great attitude.**
- **Dedicate yourself to a mighty purpose.**
- **Win with humility, lose with grace.**
- **Ignore those who discourage you.**
- **Work to improve your moral and spiritual strengths as well as your physical ones.**
- **Remember that how you conduct yourself out of the pool is just as important as how you conduct yourself in the pool.**
- **Talent is God-Given – be humble. Fame is Man-Given – be thankful. Conceit is Self-Given – be careful.**
- **Don't ask to be deprived of tension and discipline – these are the tools that shape success.**
- **Do what has to be done, when it has to be done, and as well as it can be done.**
- **Remember that when you're not working to improve, your competition is.**
- **Always give your best.**
- **Practice like a champion.**
- **Compete like a champion.**
- **Live like a champion.**