



SELF BELIEF



1

Set yourself a time and stick to it!

2

Ask people not to disturb you and if you are confident enough, tell them what you are doing.

3

Turn you phone OFF

4

Always remain positive, you have accomplished more than your think

5

Guess the ten minutes and do not set an alarm/reminder!

6

Think of what you have achieved and set yourself a goal to improve on



Remember, it was the **Commonwealth Games** and not the Olympics that really introduced us to 15-year-old human dolphin Ian Thorpe in 1998. The Kuala Lumpur Games was where it all began as the Aussie wunderkind claimed four gold medals and entrenched himself in a level of superstardom only 15 yr olds could dream of. In '98, all breaking voice and flipper-like feet, teenage Thorpe somehow exceeded the lofty expectations that had come from his showings in World Championship competition and Games trials, claiming gold in the 200m (one-hundredth of a second off world record pace) and 400m freestyle, as well as the 4 x 100m and 4 x 200m (in world record time) relay teams.

For Thorpe, life would never be the same.