



TIGER SHARKS



LANDER SWIM CLUB

Rules for Improvement

Anyone who wants to improve in any area of their life only needs to follow three simple rules:

1. **SHOW UP!**
2. **Do your best so your teammates can do their best.**
3. **Do things correctly.**

When you follow these three rules you're guaranteed to improve in anything you do!

Ladder of Achievement

How do you talk to yourself? What messages go through your head when you face a task? Consider this: how we speak to ourselves, both in our heads and to others, affect the likelihood of achieving any task. Where are you on the Ladder of Achievement?

