

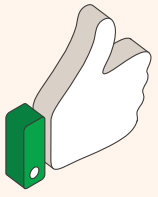
The profile of champions of sports

The best profile of champions was drawn by **Daniel D. Gould** – one of the top 100 professionals in sport psychology, together with two of his collaborators. The *Journal of Applied Sport Psychology* published their study of ten Olympic champions (six men and four women). The findings indicated that elite athletes show the following psychological characteristics:



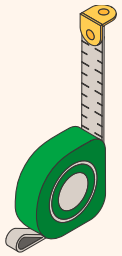
High motivation and commitment

Determination is essential, beyond talent or skills. They are able to maintain a commitment, with realistic and appropriate goals.



Positive and optimistic coping

They are resilient in the face of mistakes and failures and look for solutions rather than focusing on problems.



Adapted perfectionism

Set the bar as high as possible with the idea of wanting to be better and better, going beyond any limits.



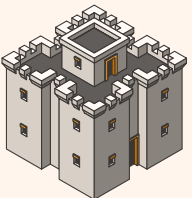
High concentration capacity

Even in high-pressure situations, they are able to focus on what is relevant and block out distractions.



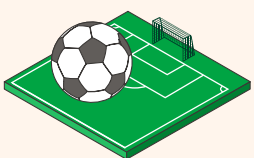
Managing stress and adversity

They are less stressed in competitive situations and have resources or strategies to control their emotions under pressure.



Mental strength and confidence

They have resilience, perseverance and the ability to deal successfully with adversity. They perform at a high level in difficult situations.



Sports intelligence

They have the ability to analyse various sporting situations, to look for efficient and innovative solutions and to learn quickly from what happens in competition.

Source: Daniel D. Gould, Kristen Dieffenbach and Aaron Moffett. *Journal of Applied Sport Psychology* (2002)