

# **FIGHTING THE “DISEASE OF ME”**

- 1. Understand WHY you won → the real reasons.**
- 2. Dare to rebuild → Go back and dream it all up again.**
- 3. Raise the bar. Everyone has to get better!**
- 4. Go leaner. Don't get bloated!**
- 5. What are you constants?**
- 6. Build on your strengths by adding strengths**