



**ATTITUDE**

# Attitude

The way you **think** and **feel** about someone or something. A feeling or way of thinking that affects a person's behavior.

**Merriam Webster Dictionary**



# 3 Components of Attitude

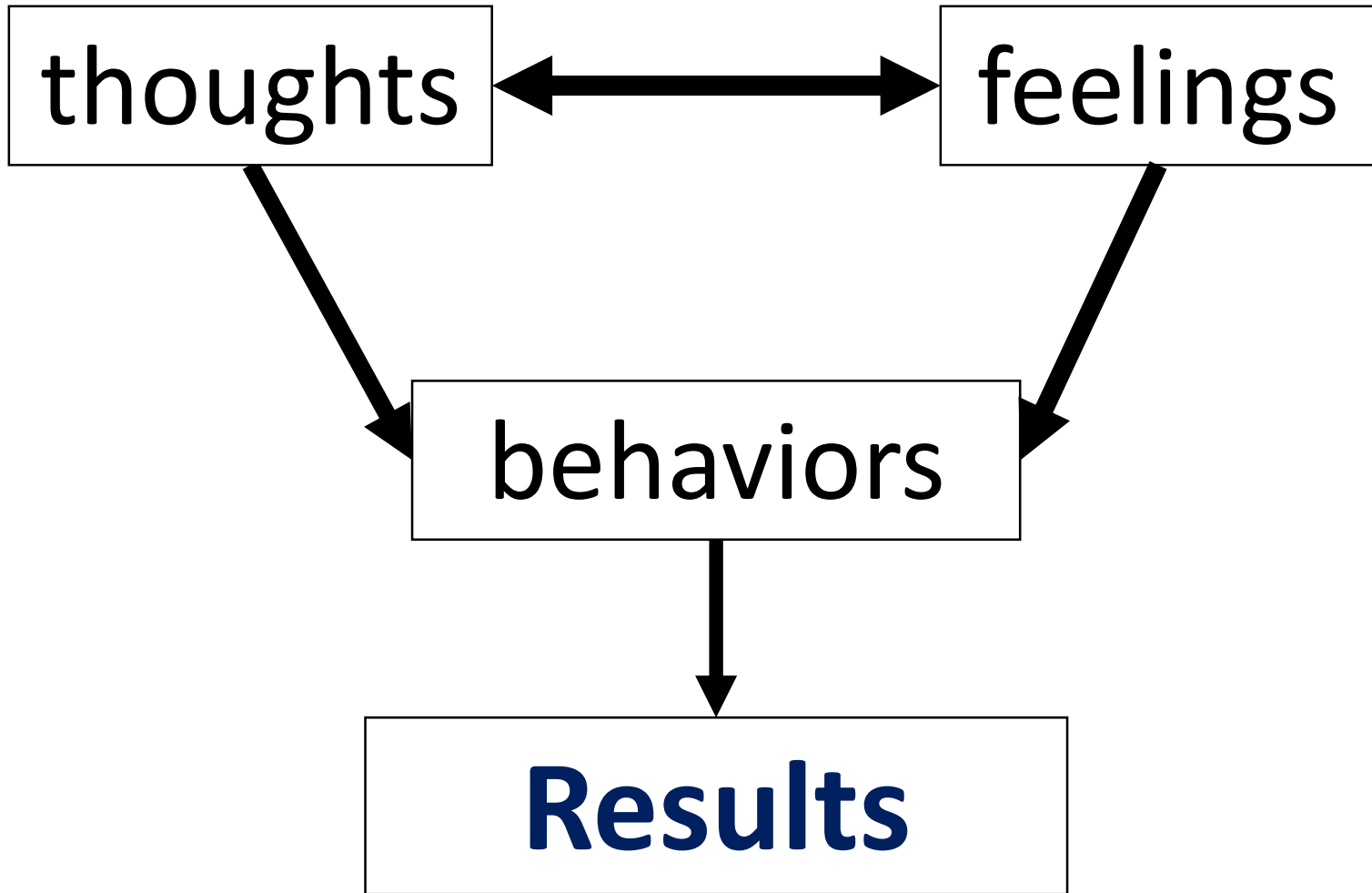
thoughts

feelings

behaviors

# The Tattoo







**Heather Dorniden, 2008 Big 10  
Championship**

# The Learning Points

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**Derek Redmond, 1992 Olympics**

# The Learning Points

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**Abbey D'Agostino & Nikki  
Hamblin, 2016 Olympics**

# The Learning Points

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**Believe In Yourself**



thank you!