GOALS | MOTIVATION | PERSONAL GROWTH | VISION

Five things you can learn about winning from Danica Patrick

Every Goal has specific elements that are more crucial than others. Identify the areas that are most critical. Focus on those.

by **Jill Koenig**

725 words | 4 pages

Danica Patrick's first racing season was in 2005 at Homestead-Miami. That year, she became the first woman to lead the Indy 500 for 19 laps and finished the race in fourth place. It was the best finish by a woman at Indy, and she took Rookie of the Year honors.

On April 20th, 2008, the twenty-six year old Patrick made history again by becoming the first woman to WIN an Indy race with a victory in the Indy 300 at Twin Ring Motegi, Japan.

In a sport where races are won and lost by fractions of a second, here are a few keys to being a winner at Indy and a winner in life.

You can be the greatest driver in the world but you need a great team around you to win.

Patrick's team members each have a specific job to do and they practice, practice, practice to master it. The mechanics who assemble the car, the pit crew, the technicians who monitor the stats and gauges and so on. Every single individual on the team makes a critical contribution to the results of every race.

You must believe in yourself.

When asked if she doubted she could win a race, she said, "No doubt, just a matter of when." If you believe winning is inevitable, then it will be for you.

Learn how to deal with your critics.

Patrick says, “I expect people to think that I can’t drive still because I’m different,” she said. “I’m in a boy's sport, so you get the good old boys and people that aren’t open to change. You get people that don’t want to embrace it. As far as being a woman, my car doesn’t know the difference.”

Never say never.

Patrick is clear about keeping her options open, saying, “I’ve learned too well over the last six to eight years, you can’t say anything is a never. Saying never is a very strong word, and if you say that word, it really lives. You have to go where you feel you have the best chance to win and the most opportunities and where you feel your heart is.” This same spirit that allowed her to leave the comfort of her home in the USA and move to England as a teenager in order to give herself every opportunity to become a leader in the sport.

You must maintain your focus.

In a race where you’re driving 220 miles per hour, a single mental error can result in a catastrophic crash or injury, wiping out thousands of hours of work and millions of dollars invested. Determine your critical areas that demand the greatest focus and master those areas. In the race Patrick won, one of the main factors was fuel. Seven of her competitors ran out of gas, thus allowing her to pass the leader when he struggled with fuel issues, thus ensuring her victory.

Every Goal has specific elements that are more crucial than others. Identify the areas that are most critical. Focus on those.

Invest your time and energy in the areas that will make the greatest difference.

Think of one Goal you are working on. In what components of this Goal must you pay precise attention to in order to succeed in its advancement or achievement?

Live Your Dreams!

Jill Koenig

Jill Koenig is a Self-Made Millionaire. She is a Best Selling Author, Coach and Motivational Speaker.

She is an Expert on the subjects of Goal Setting, Time Management and Business Success. She is the host of the widely acclaimed Millionaire Mentor Radio Show. Learn cutting edge strategies and get your Free Ebook at http://www.MillionaireMentor.com

Jill has extensive experience in MLM/Network Marketing and you can find excerpts from her upcoming book along with articles on Success, Goal Setting and Time Management on her blog http://www.GoalBlog.com

In addition, she just launched a new Time Management audio program titled www.TheTimeCommandments.com which you can purchase today through our affiliate link. It is available on instant digital download via the internet.

She publishes the world's largest Goal Newsletter at
http://www.GoalGuru.com