

# Inside The Holloway Huddle

## You Don't Start from Zero

You stand on the shoulders of **GIANTS** - a lineage of champions who set the standard, gave you an example, and the permission to belong. That legacy gives you power and purpose. Your job: honor them by leading forward.

## #1 Secret — Vision of Greatness

We **MUST** make time for it. Just **300 seconds** (5 focused minutes) to reconnect keeps your direction clear, fuels you to keep going, allows you to be at your very best, and keeps you out of the stand of life and on the field.

## The Championship Codes

- **Championship Mindset:** The differentiator is almost always mental. Show up when it's difficult. Do the mental reps. Maintain faith and composure in the hard stretches.
- **Training Philosophy:** Pros never graduate. Recommit to continuous never ending self improvement, learning, and skill sharpening.
- **Championship Lifestyle:** Leveling up isn't a finish line; it's how you live. Make growth your identity and service your reflex—lead by example and lift others as you climb.

## ★ BONUS ★ Championship Language

Treat your inner voice like the teammate it is: audit it, correct the negative loops, and feed it enriched words. Negative language drains. Intentional, positive language empowers. Talk to yourself like you would a best friend.

## Call to Action

Reconnect to your vision. Do the mental reps. Grow as a lifestyle. Speak to yourself like the champion you are... and the one you're becoming.

**“Being a Champion isn't just for a moment**

**It's a Mindset, a Lifestyle, and a Legacy.”**

