CHAMPION!

EVERYTHING YOU NEED TO
BE YOUR GREATEST YOU

CHAMPION!

Dr. Michal Solomonovich & Alon Ulman

First published in the UK and USA in 2023 by Watkins, an imprint of Watkins Media Limited, Unit 11, Shepperton House, 83–93 Shepperton Road, London N1 3DF

enquiries@watkinspublishing.com

Design and typography copyright © Watkins Media Limited 2023

Text and Artwork copyright copyright © Watkins Media Limited 2023

The right of Alon Ulman & Dr. Michal Solomonovich to be identified as the Authors of this text has been asserted in accordance with the Copyright, Designs and Patents Act of 1988.

All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher, except by a reviewer who may quote brief passages in a review.

Commissioning Editor: Lucy Carroll

Managing Editor: Daniel Culver

Head of Design: Karen Smith

Designer: Sarah O'Flaherty

Production: Uzma Taj

A CIP record for this book is available from the British Library

ISBN: 978-1-78678-750-7 (Paperback)

ISBN: 978-1-78678-762-0 (eBook)

10 9 8 7 6 5 4 3 2 1

Printed in China

www.watkinspublishing.com

CHAMPION!

EVERYTHING YOU NEED TO BE YOUR GREATEST YOU

DR. MICHAL SOLOMONOVICH

& ALON ULMAN



WATKINS



Table of Contents

INTRODUCTION 5

Code 1 Trust the Process 9

Code 2 Think Like a Champion 33

Code 3 You Have to Climb a Lot of Stairs on the Way to Success 57

Code 4 Your Thoughts Create Your Reality 79

Code 5 Make Your Dreams Come True 101

Code 6 Find Your Tribe 125

Code 7 Face Your Fears 145

Code 8 Anything You Want to Get, Give! 163

Code 9 Live Your Best Life 181

Code 10 Champion's Questions 201

A NOTE TO PARENTS 215

APPENDIX 219



Introduction

HELLO, CHAMPION,

Who doesn't want to live a happy, successful and fulfilling life? The question is, how can we do that? Creating your dream life can feel impossible, but you've already taken the first big step: you're holding this book in your hands and you've started reading it! You've decided to invest time and effort in yourself (and we know you have plenty of other things to do, but here you are!) and that says a lot about you. Congratulations, you're the type of person who tries to be the best they can possibly be. You are already a champion! We're here to teach you how to be successful in all aspects of life: school, your personal life, sports and hobbies—and anywhere else you want to succeed.

We've been exactly where you are now and remember asking ourselves questions like "What do I really want to do when I grow up?", "How can I be successful and happy?", "How do I juggle school, sports and a social life?", "How do I cope with failure?". Believe it or not, we know what we're talking about. Alon is an entrepreneur, writer and lecturer, and has helped about 400 large organizations and thousands of people reach their goals and targets. Michal has a PhD in education, is an NLP Master (helping people change their

thoughts and behavior to achieve positive results), a personal coach with expertise in kids and teens coaching and in ADHD coaching, and lectures in front of students, principals, teachers and parents. Alon has successfully taught the methods in this book to adults for years. Michal applied these to her own family and saw how well her kids were doing, she initiated the adaptation of the method to children and teens for the purpose of helping more young people achieve their goals together. So, that's exactly what we're here to do, and make those questions we mentioned earlier a little easier to answer.

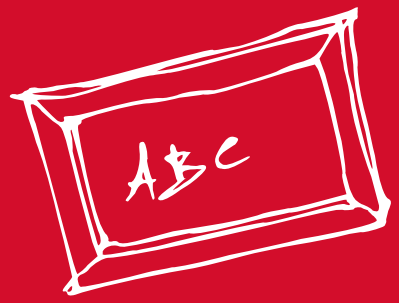
We really hope this book will save you from some of the hardships we've had to face. We've divided it into ten clear codes for success you can apply to your life right now. Think for a moment about the word **'code'**—a collection of words or numbers. Much like a secret code, Morse code, or a special language that we will learn how to use this book is a code that will navigate you toward success. We will lead you, hand in hand, in practical and clear steps, toward being your greatest you. We want to help you achieve your goals with an intensity and speed you have never seen before! You will be amazed at how quickly you can make a difference. Our goal is to give you what we didn't have at your age—the knowledge and tools, as well as the method, mentoring and supportive environment to succeed in life. So, with that said, we invite you on the most interesting journey in the world—and that is your own journey of self-discovery!

LOVE,
MICHAL AND ALON



Code 1

Trust the Process



"TEN INCHES of learning about YOURSELF are WORTH more than TEN MILES of THEORY"

(Alon Uman)

IN THIS CHAPTER, WE'LL EXPAND ON WHAT WE TALKED ABOUT IN THE INTRODUCTION. WE'LL ALSO SHOW YOU HOW TO USE THIS BOOK AND GET THE MOST OUT OF IT, SO YOU CAN ACHIEVE YOUR GOALS.

SUCCESS IS NOT A FLUKE

We don't know each other yet, but we'll get to know each other as you read along. You may not read many books these days. Maybe you're just too busy, or you don't think they are very helpful for you in your everyday life. However, this book is different, we promise you!

Do you ever feel like everyone else is living their best life but you're not quite sure how to? That's where this book comes in. In life, there are clear codes for success that we can teach you, so, before you know it, you'll be living your best life too**.** We call that **practical success**.

Sounds mind blowing, right?! What does that even mean?

Success

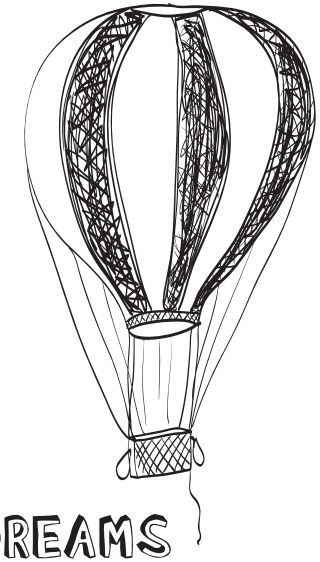
Reaching a set goal or target, getting a good result, or meeting the required conditions. Think about the things you have accomplished in life: for example, getting a good grade, making a sports team, making new friends and so on.

Practical

A practical person actually engages in life and doesn't just theorize or think about doing things.

Practical SUCCESS

This field has existed in the adult world for years, but for young people it's a new concept. We're going to show you **how to make your dreams come true** by teaching you practical things that will actually help you achieve in every aspect of your life: **at school, in your social life, at home** and anywhere else you want to succeed.



Another STEP FORWARD

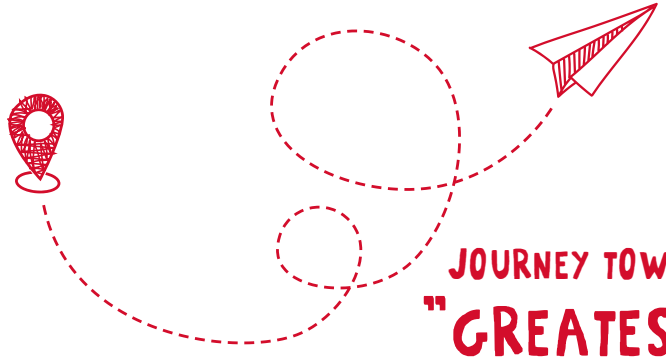
The idea behind the codes is for you to live a happy life in which you fulfill your goals, not only one time, but all the time, **as a way of life**. Have you ever noticed that some people seem to succeed all the time and make it look easy? This doesn't actually mean there's no effort behind their achievement. It means they have learned how to apply themselves every time. We want you to look back and see how far you have come—and it will seem as if it wasn't as hard as you thought it was going to be. Other people might even think you made that look easy and effortless. However, practically speaking, of course, a lot of work has been put into achieving those results along the way. In a test, those who study, practice and persevere will end up getting a better grade. In sports, an athlete who trains and lives a healthy lifestyle will achieve better results on the field. Those who invest in different areas of life will eventually succeed, because hard work and effort always come before results.

SO, WHAT ARE THE CODES?

They're a practical and simple way to implement a method for success in life. It's as simple as that!

This is your journey from your "You of Today", toward your "Greatest You"!

That is, from where you are today, in all the different areas of your life, toward greatness and success!



TWO KEY CONCEPTS accompany the method: ACHIEVING and FULFILLMENT.

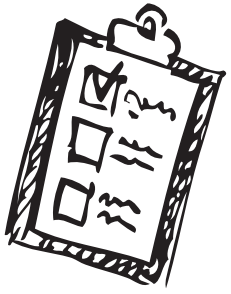
- **Achieving is like science:** you have to understand what you want to achieve and how to do it. And yet, we bet there are situations where you get your desired results and you're not as happy as you thought you'd be.

- **Fulfillment**, however, is where you can learn to feel good about yourself.

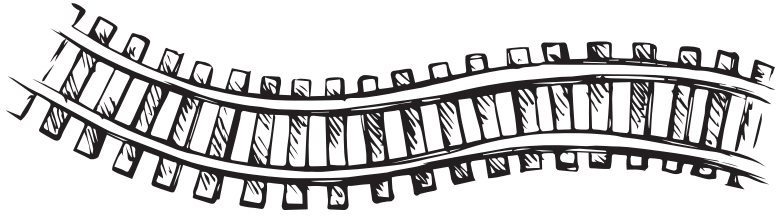
- **Achieving and Fulfillment.** Combine these two important things. Imagine being able to say to yourself, "I know what I want to achieve for myself and how to do it, and I can feel good about myself when doing it".

- **Success is not a fluke.** It is not something that happens by chance. You can't just sit and wait for it to happen to you. There's a clear and defined technique for success in life, which you'll learn in this book. Your main project is your life and we're going to show you how to ace that project!

My main PROJECT is MY LIFE!



You're probably thinking—yeah, right, as if anyone can succeed easily in life. While you might think you can't be the CEO of a big company, the inventor of something life-changing, or the President of the United States, without a doubt, with 100 percent certainty, you can be the best version of yourself possible. You can be a little better each day than you were yesterday. Your investment in reading this book is the best investment in yourself, because **you are giving yourself the greatest gift—a fast track to success**!

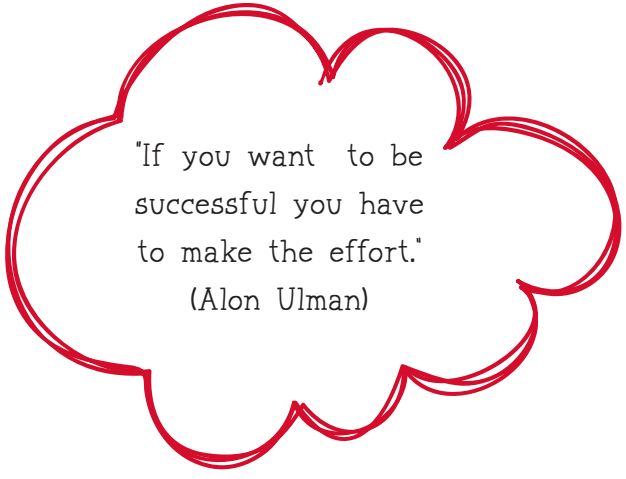


FAST TRACK TO SUCCESS

This book will quickly provide you with tools and skills which will prepare you for your life as an adult, in a competitive world that is rapidly changing. In the future, you will engage in professions that may not even have been invented yet. That might sound crazy but that's why it's important for us to give you tools that will help you in whatever field you choose. No matter what you choose to pursue, which classes you choose to study, what subject you pick to major in (if you decide to

go to college), where you'll pursue your higher education, etc. These tools and skills will serve you in the best way possible, at any age, at any stage and in any place and field you find yourself.

And what about your family, your parents? To be honest, they can read this book too if you decide you'd like them to. There's a short note at the end of this book addressed to them and we encourage discussion, so your family can support you in your goals, but again, that is totally up to you.



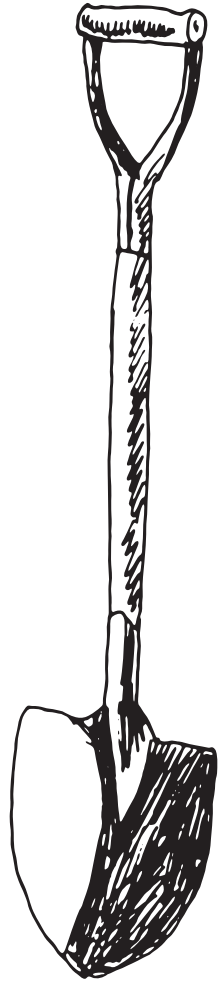
We always say, our students haven't changed, but the tools and skills they've learned from us have helped them toward their best versions of themselves! You're going to live in this world for many years to come. If you start applying the tools you'll learn in this book today, think how much easier it'll be for you when you're older and how amazing your results could be!

We used to think our method works; today we know it does because it achieves results. Tens of thousands of students have already reached extraordinary success and achievements in their lives.

Contrary to what people may think, your growth from the "You of Today" to your "Greatest You" never stops. Right now you're young and the tools and skills you'll learn in this book will allow you to continue your constant growth even when you're older. Each year you'll become better and more successful than you were in the previous year.

Our students are just like you! And now, it's your turn to be successful. All you have to do is read this book and apply yourself. We show you how and your half of the deal is to implement. You're signing an emotional contract with yourself to be the greatest "you" you can be! All the content in this book is presented in an easy-to-follow and practical way, to help you learn, understand and apply.

So, that's it—let's get started!



TOOLS FOR SUCCESS

LET'S WATCH A MOVIE

Have you seen the movie *The Karate Kid*? There's also a newer version of it, but we mean the original movie from 1984. You weren't even born yet, but your parents probably remember it (ask them). It's a great movie and if you haven't seen it, we really recommend watching it. Make a big bowl of popcorn, invite some friends or family and watch it together. Movies can be a good way to make learning fun, so we recommend accompanying the movie with a viewing exercise (*see below*).



We hope you enjoyed the movie but for those who didn't watch, here's a short description of what happens:

Daniel, a teenage boy, moves to Los Angeles with his mother. Despite his attempts, he fails to make friends but falls in love with Ali, the former girlfriend of Johnny, the popular school bully. Daniel continues to get bullied by the popular kids but then he meets Mr. Miyagi, a master of martial arts and the superintendent in the building where Daniel lives. Mr. Miyagi takes Daniel under his wing, teaches him karate and helps him stick up for himself and finally face the bullies at school.

Another STEP FORWARD

WATCHING THE KARATE KID

If you decide to watch the movie, please answer the following questions while watching:

1. Who are the main characters in the movie?
2. What are the relationships between the main characters? (For example: Daniel and Lucille = mother and son).
3. How do the relationships change from the beginning of the movie to the end?

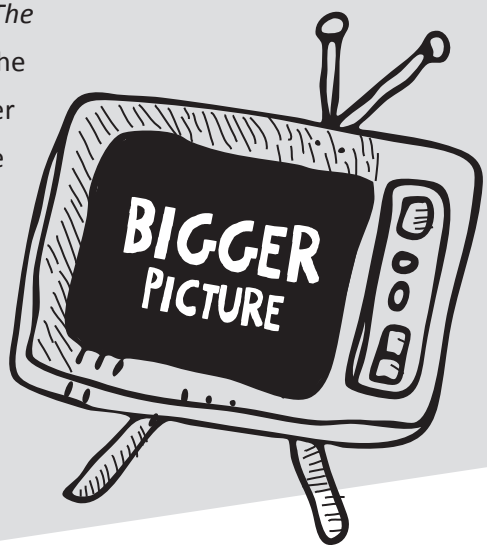
(For example: Daniel and Lucille = at the beginning of the movie Daniel is angry with his mother; at the end of the movie they have a good and loving relationship).

Think carefully: What's the main relationship in the movie?

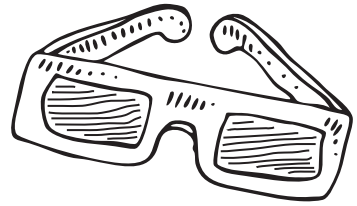
The answer is clear. The relationship between Daniel and Mr. Miyagi is at the heart of the story! It's a wonderful example of a teacher-student relationship. For comparison, consider the differences between the teacher-student relationship of Mr. Miyagi and Daniel, and the teacher-student relationship of the other sensei and his students.

You're probably thinking, how does *The Karate Kid* relate to this book?

When Alon was a young officer in the Navy, his commander invited all the officers to a meeting. All the officers arrived, sat down and waited for the commander. When he arrived, he did not say a word to them. He entered the hall, played them a movie and sat quietly—and that movie was *The Karate Kid*, of course. When the movie ended, the commander stood up in the middle of the hall and shouted at the officers: "Do you understand?" and immediately left the room. So what did the commander want his officers to learn? What was his point?



The teacher's ADVANTAGE over the student: the TEACHER sees the BIGGER picture



In *The Karate Kid*, Mr. Miyagi gives Daniel different chores, like fixing things in his house and cleaning his car. Daniel isn't impressed with this because all he really wants to do is learn karate, but now he's stuck doing all these jobs he doesn't like. In reality, Mr. Miyagi has been teaching Daniel karate moves all along, even when Daniel doesn't yet realize it, because the physical parts of the tasks he's been given are the movements that make up the very basics of karate.

We've all been in a class before where we've thought, "Why do I need to learn this?", right? Where we don't want to do the assignment because we don't understand why we're learning it in the first place. Here comes a very important lesson: the advantage of the teacher over the student. What does that actually mean? A good teacher, at every step of the way, knows where they want their students to end up and where they are leading them. The teacher understands the importance of basics, even when the student doesn't fully understand them yet. The basics students learn are the most important, until they become second nature and they can then move on to more complex teachings.

You might not realize why the assignment is important but your teacher knows it's valuable progress toward your success. A good

teacher always sees the full picture, the final goal and knows exactly how to lead their students toward it, even before the students are able to understand that. The reason for this is quite simple; your teacher has already been down that road. They already went through it and have all the required experience ready to impart on to you.

The jobs Mr. Miyagi gave to Daniel are the ones that build his basics of karate. Mr. Miyagi knew what Daniel would achieve all along—long before Daniel understands this himself.

We, your mentors throughout this book, are those kinds of teachers. We also have a vision that is broader than yours right now when it comes to the codes in this book, and the tools and skills we are about to teach you. We also know exactly where this method will lead you in the future.

Please . . . trust us.

The teacher has the advantage over their students and there are two things to note here.

We will explain them easily using examples from *The Karate Kid*:

The first part is when Mr. Miyagi agrees to teach Daniel, and he tells him that if he walks on the right side of the road, or on the left side of the road, he will be fine—but if he walks in the middle of the road, he will be crushed like a grape. He is telling Daniel that he can choose whether to study karate or not to study karate, but he can't wing it, or it won't work.

The same applies for trusting that your teacher usually knows best. Either you will learn and complete every task that your teacher gives you properly, or you choose not to do anything. There is no halfway. This also applies for learning the codes. You either take this seriously, learning and applying the ten codes, or you don't do it at all. Winging it won't work! To summarize:

Whatever you do, do it well! This is your commitment to your own success!

It's your commitment to the person who most influences your life: yourself!

The second thing to note is that a contract between the teacher and the student is formed. The student commits to do the things they are taught and that their teacher demands of them. At the same time, the teacher makes every effort to teach the student as best they can. In the movie, Daniel shakes hands with Mr. Miyagi and agrees to a binding contract between them. However, the second Mr. Miyagi tells him to clean his car, Daniel resists and starts asking questions until Mr. Miyagi reminds him of the commitment and the contract—the teacher has agreed to teach and the student has agreed to learn.

The same applies for the codes. Ask whatever you want about the material, but BE committed to act according to the ten codes in this book. As your teachers we see the bigger picture and we know that you will see results at the end of this process. You only have to be willing to learn.

This is your side of the contract between us. Be committed to your success!

THE METHOD

Your CHAMPION'S VISION

Here you'll learn to create the future you want. Think of all the things you dream about or can wish for yourself. Then you'll outline goals and targets and create the Champion's Vision in your reality.

Face your FEARS

You'll learn what is real and imaginary fear. You'll face failures and challenges, discover what holds you back and how you can overcome and get through that challenge. You'll reach a state where you're able to realize the Champion's Vision you have created for yourself. You'll learn how to operate in spite of fear and how to break boundaries.

CHAMPION behavior

You'll learn behaviors that, according to studies, make champions, and you will adapt these to use in your own life to achieve your goals. You'll learn how to maintain the achievements you have accomplished, and continue to act and behave like a champion.

THE RULES of SUCCESS

At the heart of this book are rules of success. They can be compared to the laws of nature, like gravity. You probably know that if you hold a pen in your hand and then let go, the pen will fall. Will this always happen? Maybe you should try again? Even if you try another 100 times, the result will be the same, because of gravity. From this you learn not to operate against gravity, because it's a rule of nature that always applies. There are such rules in the world of success and you'll learn them too.

"Everyone can achieve extraordinary results."

(Alon Ulman)

HOW DOES OUR METHOD WORK?

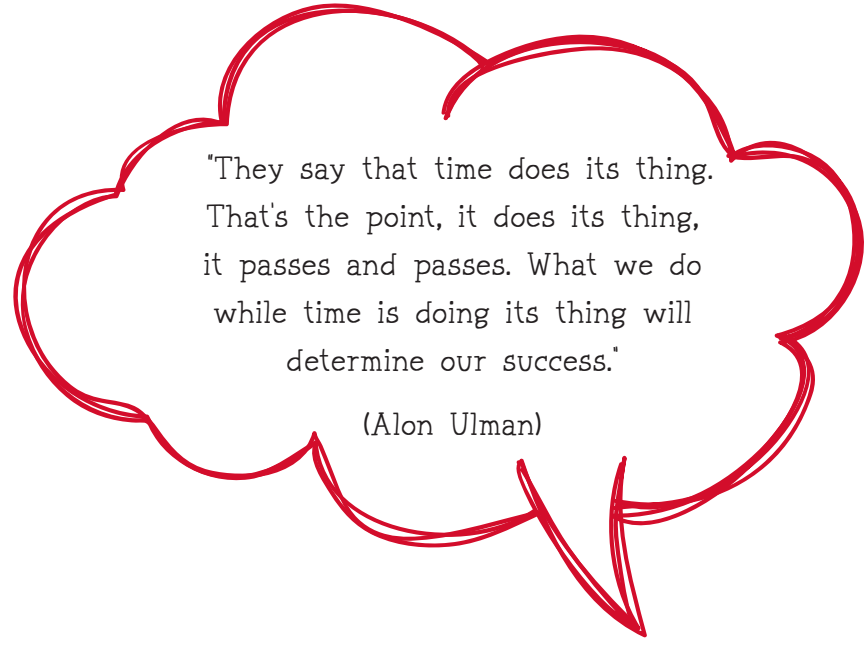
It's important to remember these four basic principles:

1. **Success is not a fluke.** Success of a person, an organization, a project, a business, a relationship, a soccer game, an election, in everything, is not a fluke. Success doesn't just happen.

2. **Anyone can achieve extraordinary results.** Most successful people weren't born like that. There's an actual method that teaches people how to get extraordinary results, if you're willing to put in the effort.

3. **You write the script of your life!** Even if you weren't aware of it until now. In a world of uncertainty people are constantly looking for a sign to show them what to do or tell them they're on the right path. This is the way the world has always been and it always will be. To be happy, we have a basic need for certainty. The big difference often found in successful people is that their certainty comes from within they're the ones who write the script rather than those who depend on luck. When you realize you're the one writing your script, you're given personal leadership and personal responsibility for your life.

4. **You can learn how to succeed in life and take immediate control of your life.** In all fields, the basic understanding is that the person who most influences your life is you.



It might seem kind of obvious that all anyone wants in life is to be happy, healthy and successful, right? **So, if everyone wants to succeed, why isn't everyone successful?**

Why are there so many people who can't seem to make their dreams come true?

People have four main barriers to success:

1. They don't know the rules of success.
2. They don't know what they want to achieve.
3. They're too afraid and stop going after what they want.
4. They go back to old habits that haven't been helpful to them.

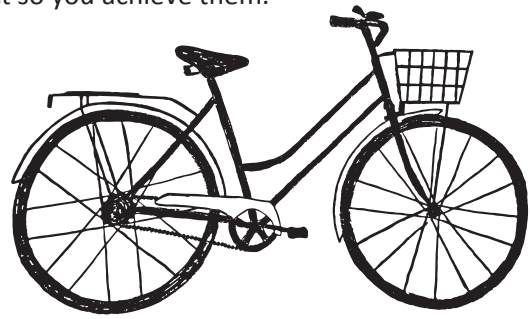
Don't worry, we're pretty sure you can get past these obstacles!

In this book you'll learn exactly how to overcome these barriers and move forward toward your goals!

As we mentioned earlier, all we ask is that you commit to the process, trust the process and trust us, and then you'll achieve results! Between us, why not give it a shot? The worst that could happen is that it ends up working.

It's important to remember that everyone progresses at their own pace. So, the progress in reading the book, taking action and in the results will also be different for each person. But, don't read the book, cross your fingers and say, "Oh, please let it happen to me". That won't work. **We're here to guide you through the whole process**, but you need to follow the codes, otherwise nothing will change.

It requires **active patience** from you. On the one hand, you have to be patient and understand that things take time, but on the other hand, you have to act according to the codes, set goals and targets and then act so you achieve them.



READY TO HIT THE ROAD?

Before going deeper, we need to mention something important. In this book , we don't have homework, we have **life lessons**! Life lessons are your part in putting the codes learned here into practice.

To achieve success and advance toward your "Greatest You", you need to put all ten codes of the book into your life. If you do this, you'll have the tools, skills and abilities to succeed. It can take time, but just remember to trust in the process.

The codes are a model for practical success. This book will accompany you for a long time and you can come back to it again and again, in various situations in your life and at different stages, as you grow older. A bit like a friend you can come back and get advice from whenever you need it. We'd love you to write your own thoughts and highlight the important things inside the book. Do whatever you feel can be helpful, in order to get the most out of this book.

The order of the codes doesn't matter as long as you put them all into action. We arranged them from number 1 through 10 just for your convenience. After reading and understanding the first code **you can read and use them in any order you choose**. You can read a chapter on a particular code, practice and make targets, and then move on to a chapter about a different code. You can also read all at once, or in any other way you see fit. You could even decide that your whole family will adopt one of the ten codes in the next month, working and focusing on it together, but we'll leave that up to you to decide.

The main thing is that you'll eventually read and put into action all ten codes. And that's it.

At the end of the book, you'll receive **a certificate of completion for studying this book**. We think this is one of the most important certificates you'll ever receive. Think about it, certificates are always given to us for our past accomplishments: what we have learned, what grade we got and so on. The certificate is special because it's a symbol of your future and the successes you'll have—as long as you continue to build on the skills you'll learn in these pages.

WHAT HAVE WE LEARNED?

YOUR MAIN PROJECT IS YOUR LIFE!

You're embarking on a journey from the "You of Today" to your "Greatest You"!

The codes are a practical and easy method to implement for success in life.

TRUST THE PROCESS

Trust the process. Learn the method and its basics because it works!

SUCCESS IS NOT A FLUKE

This book teaches practical success. You can learn it and take immediate control of your life.

Ordinary people can achieve extraordinary results.

WHATEVER YOU DO, DO IT WELL!

Read the book, learn the method and take it seriously!

You can learn to break down barriers in the way of your success because you make your own luck.

THE TEACHER'S ADVANTAGE OVER THE STUDENT.

We've been here before and we're here for you!

BE PATIENT AND PERSEVERE

Remember that each of us has a different pace of progress.