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Episode 7: "Set for Success"!

4:06 - : Work Life Balance: No business should be your life....it should just 'fund your lifestyle'. Surround yourself with good positive people who challenge you to get better.

6:16 - : Qualities of an elite jockey: 1. **Love** the process, (passion). 2. **Dedicated** to the process! 3. **Work/Life** balance. 4. **Work hard** for the next win, (future focus).

8:55 - : Take Control of your destiny: Plan for the outcomes you want and prepare as best you can so that when opportunities present themselves, you're ready to take advantage of the opportunity. *"Success is when preparation meets opportunity"*.

13:48 - : Key Focus Areas – 1. Diet & Sleep. 2. Preparation. 3. Time Management and Structure, (choice management).

24:08-: Get Help – All the things and tasks that don't need Craig's attention are delegated to his support team/managers. Having a support structure allows Craig to perform at his very best. Win lose or draw, when Craig comes home to healthy kids and a loving family he has wealth beyond counting! He has appreciation and perspective.

29:53 - : Preparation/ Hard Work & Homework/ Perspective. The Craig Williams "Set for success".