

# The breakfast of champions!

We are excited to bring you this edition of your Weekly Winning Resource all about the word feedback. Here's the thing about feedback, you can't just sit back and wait for it to come to you. If you sincerely want to improve and keep growing and learning, you must ask for it. Success requires feedback on a regular basis. The key is to seek it out from someone you can trust, who knows the goals and dreams you desire, and who wants you to win. When you seek to be the best version of yourself, it will require difficult conversations with the people you spend the most time with. The truth is, other people see things in us that we don't see or notice in ourselves. Make feedback a normal part of your life and see the positive difference that it will make.

## Your Weekly Winning Word:

### **Feedback:**

*The transmission of evaluative or corrective information about an action, event, or process to the original or controlling source.*

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## Your Weekly Winning Article:

You can't just sit back and wait for feedback to come to you. If you sincerely want to improve, you should make the first move when it comes to corrective information. In our Weekly Winning Article this week, we share three moves you can make to help you 'TAP' into valuable feedback. Check it out here:

[Click Here to Read](#)

## Your Weekly Winning Challenge:

Did you assume this week's winning challenge would be to tap into feedback? If so, you would be correct! For some of us, this will be one of the hardest challenges we've had so far. It can be very difficult to ask for honest corrective information, but it unlocks the door to personal growth. Ask yourself; what goal are you working on right now or what area of your business or personal life do you know you want to improve? Think of a person who knows your heart, wants what's best for you, and that you can trust. Make time to meet with them, and ask them for genuine feedback.

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## Your Weekly Winning Quote:

*"Feedback is a free education to excellence, seek it with sincerity and receive it with grace." ~Ann Marie Houghtailing*

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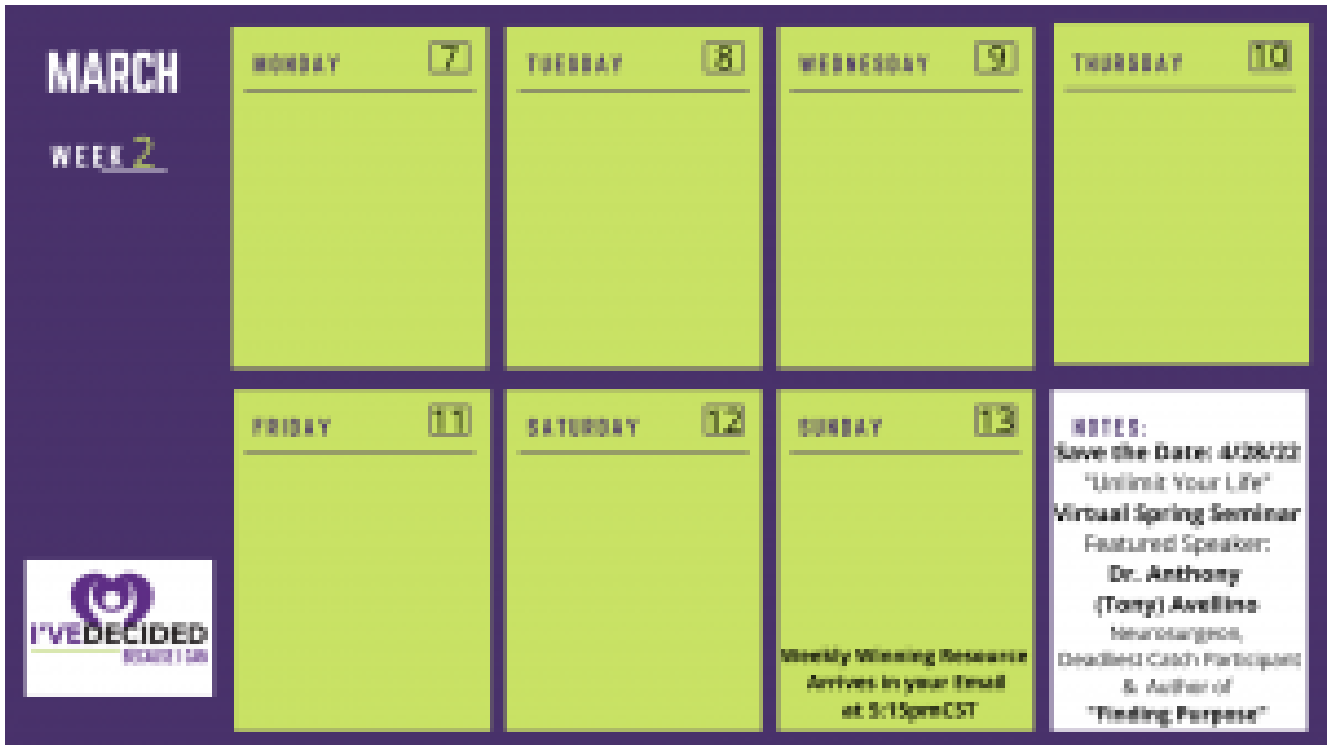
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One of the greatest benefits of having a coach you can trust, is the genuine feedback you will receive. If you are ready to see the success you desire, it's time to work with one of our

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