



HOW TO BE A GOOD LOSER

TAKE TIME TO MOURN THE LOSS. It's natural to get upset after a loss. Give it a good cry and move on.

BE POSITIVE. Winning without honor is worse than a loss. Hold your head up high. Remain calm and level-headed. Tomorrow's another day.

REMAIN TRUE TO YOUR VALUES. These are the times when real leaders reveal their character. Show some grace and self-control. Be a positive role model. Do yourself proud.

OWN THE LOSS. Don't look for excuses or cast blame. Accept responsibility for the loss or you'll never take corrective action to better yourself.

DETERMINE WHY YOU LOST. If the loss was due to poor effort or careless errors, shame on you. It's one thing to lose to a better opponent and quite another to beat yourself.

RAISE YOUR GAME. What can you do differently next time you're faced with a similar situation? Learn and improve.

TURN BARRIERS INTO HURDLES. Don't let challenges deter you from your goal. Winners run toward challenges; losers run from them.

DON'T QUIT. Show some grit and determination. One loss doesn't make you a loser any more than one win makes you a winner.