

# Winning and Losing

Losing can be painful. Below are the actions of a sore loser.



They act in the Tornado Zone.



They blame someone else.



They accuse someone of cheating.



They do not want to play any more.



They lie about the result.

Why do people act like this when they lose?

1. They don't feel good enough.
2. They feel as though they let people down.
3. They love winning.
4. They feel embarrassed.



A successful person **never** loses... They either win or learn!

Learning from losing:

1. Don't start reflecting until you are in the Calm Zone.
2. Accept the mistake/loss.
3. Ask yourself why you failed.
4. Make a plan.



## MY TENNIS IMPROVEMENT PLAN

Practice my weakness (my backhand)  
Ask for more lessons  
Get myself fitter  
Find better players and watch/play them

