

Characteristics of Greatness



→ It's Personal

- They hate to lose more than they love to win.

"A loss is not a failure until you make an excuse."

- Michael Jordan

Truly Great ones take excuses off the table!

★ Saved ticket at HOF Ceremony for guy who beat him for HS varsity spot



→ Rubbing Elbows

- Swen Nader

- They understand the value of association.

"You will never out perform your inner circle, if you want to achieve at a higher level, always be improving your circle."

- John Wooden

["You show me your friends, I'll show you your future."

- John Wooden

Don't leave this meeting without a better inner circle than when you came.

Four Threads

1. Greatness is available to all of us... If you are willing to do **COMMON** things **UNCOMMONLY** well.
* Do the little things that others won't... You'll end up having things that others don't
2. Not a single one requires you to be able to touch your toes. It's about being mentally, emotionally, and spiritually **DISCIPLINED!**
3. They work on these characteristics like they do their bodies.
* You don't win out there until you win in here!
4. **Greatness** requires proper nutrition.
* Make sure you feed yourself something special each morning in what you read, listen to, watch, or who you talk to. No matter how short the session, give yourself the advantage.

Links:

3 chapters of The New Science of Momentum -

<https://www.donyaeger.com/wp-content/uploads/2026/05/new-science.pdf>

If interested in booking Don -

<https://www.donyaeger.com/contact/>