



## **A Tree Talk by Marc Bonnet-Eymard in 1991**

Set a goal for yourself and make sure your interests and thoughts are positive and dedicated to that special activity or sport. Be willing to devote much time and energy to practice, always keeping your focus on your goal. Your training should not only be physical, but mental and psychological. Motivation and positive thinking are essential. Keep a clear focus, imagine yourself succeeding, and always give it your best effort. Believe you are the best. Using these steps and thoughts you will be amazed at the results.