



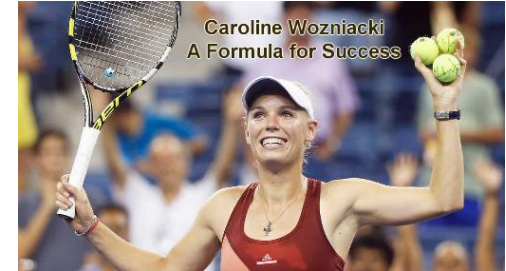
Caroline Wozniacki: A Formula for Success

There's NOT just ONE formula for athletic success. But there are several elements that are common in outstanding athletes. Things like a good work ethic, a strong internal drive, and a systematic approach to training probably are common qualities in top competitors. Caroline Wozniacki—a superstar in the world of tennis—is no exception... yet she is exceptional. She turned pro at 15 years old and consistently won a bunch of titles over the following years... in 2018 she became the first Scandinavian woman to reach the #1 ranking spot in WTA history.

Caroline starts with a Can-do attitude. Her 2019 tennis schedule is not for the faint of heart... she travels 2-3 times every month to compete in world-class tournaments. She credits her parents for telling her to “Believe in herself” and she lives by this motto. She was recently diagnosed with Rheumatoid Arthritis, a devastating illness to someone who puts their joints to the test every day. But like other challenges, Caroline faced it with a can-do attitude that can only come from true grit. She got to work modifying her diet—looking at the best way to fuel her body for her best performance. And she boldly made significant changes in her training to keep her stress levels down and her sleep protected. In a recent interview with GQ she said that once she got the diagnosis, she responded with, “Okay, what can I do to make my body feel better?”

Secondly, Caroline believes in a Balanced Approach to life. She pursues other sports and non-athletic activities with an energizer-bunny efficiency. She recognizes the importance of cross-training to stay strong for tennis and to keep a balanced lifestyle. Running and boxing have been a consistent part of her training. In fact, she began to incorporate boxing at the young age of 12 with a trainer from Copenhagen. And more recently she trained for and ran in the New York City Marathon. She has graced the cover of countless magazines—at times as a model, a fashion icon, and as the obvious tennis super-star that she is.

Lastly, Caroline is committed to a Giving-Back Mindset. With such a busy life, you wouldn't expect her to make “giving back” a priority, but she has actually demonstrated a long-term commitment to helping those in need. She is particularly passionate about empowering young girls. Her charities involve providing critical nutrition to the disadvantaged and helping those affected by natural disasters. She also helps young tennis talents who lack financial resources to get to the international level. Super-star athletes can get very self-absorbed because everything is about THEIR training, THEIR nutrition, THEIR wins. But giving to others helps keep Caroline grounded and grateful for the opportunities that tennis has given her. She's had a successful and decorated journey. And she doesn't seem to have any intention of slowing down. Caroline approaches everything by living out this quote. “Your true rival is yourself, and you can always improve.”





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Discussion Guide for Parent and Athlete

1

Which part of the formula would be most helpful to your athlete right now?
What does she need?

2

Discuss with your child the opportunities in his life to demonstrate a “give back” mindset.