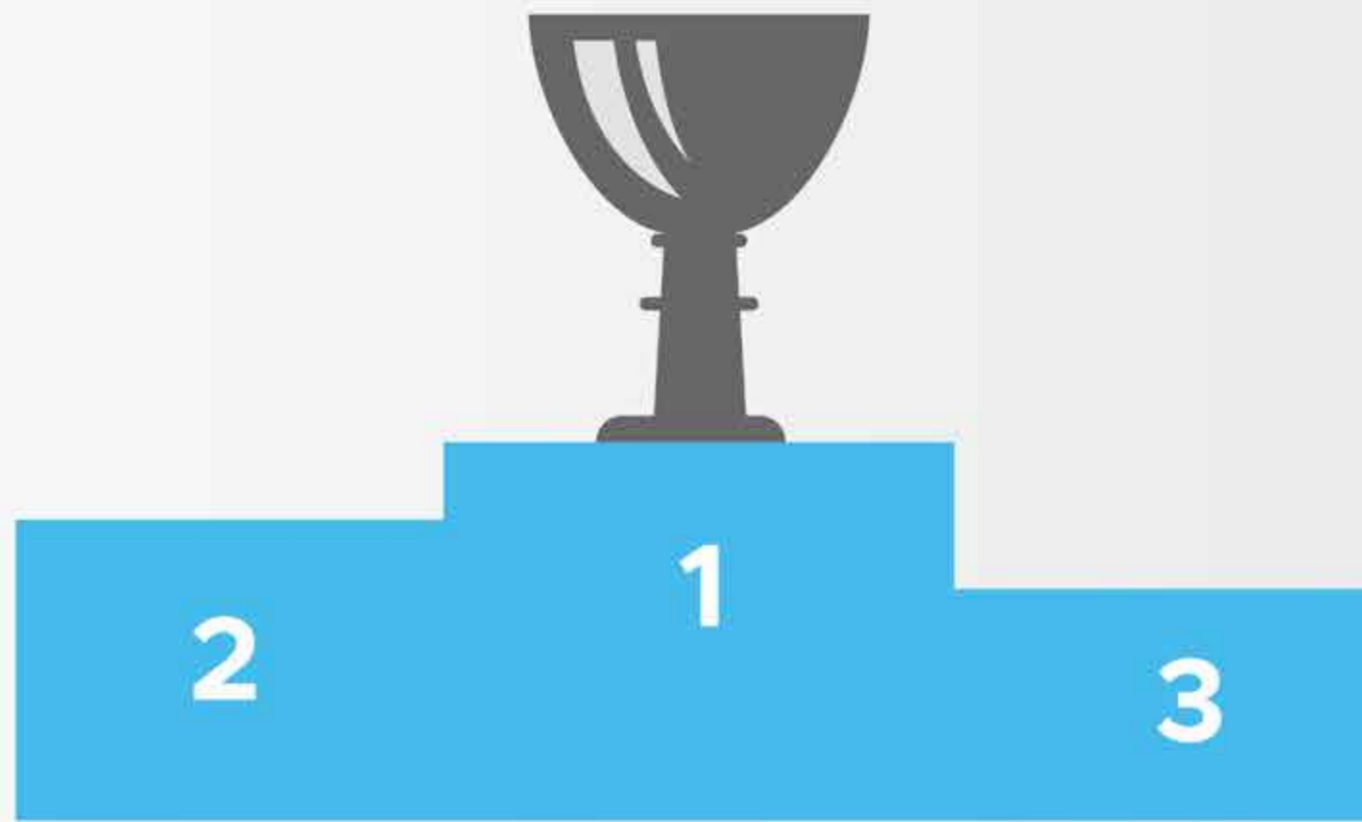




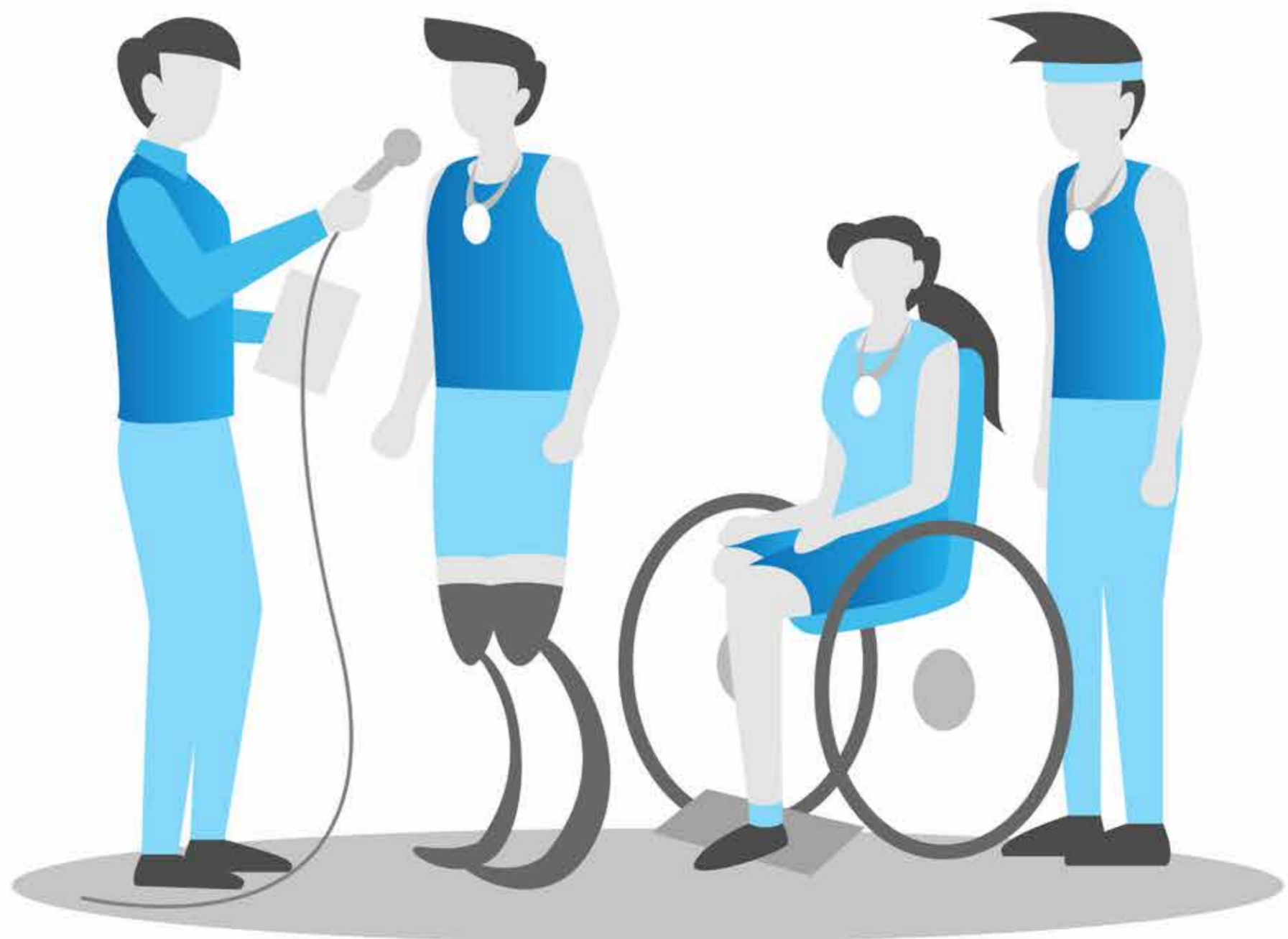
ANKIT PIPLANI



**Who is your
competition?**

I was interviewing
**Olympic winners &
winners of Paralympics.**

I asked them what was
their goal before the race
or their competition?



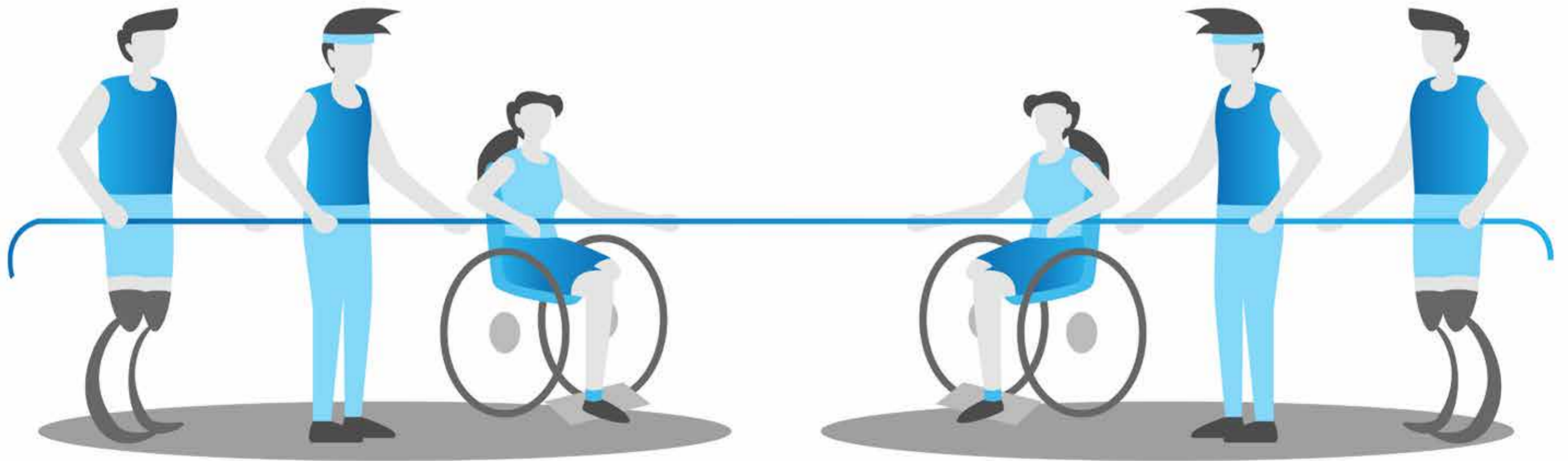
They all replied -
**To get better, to achieve their
personal best**

None of them spoke about
defeating their competitors



Their competition was with themselves

They didn't become champions the day they won

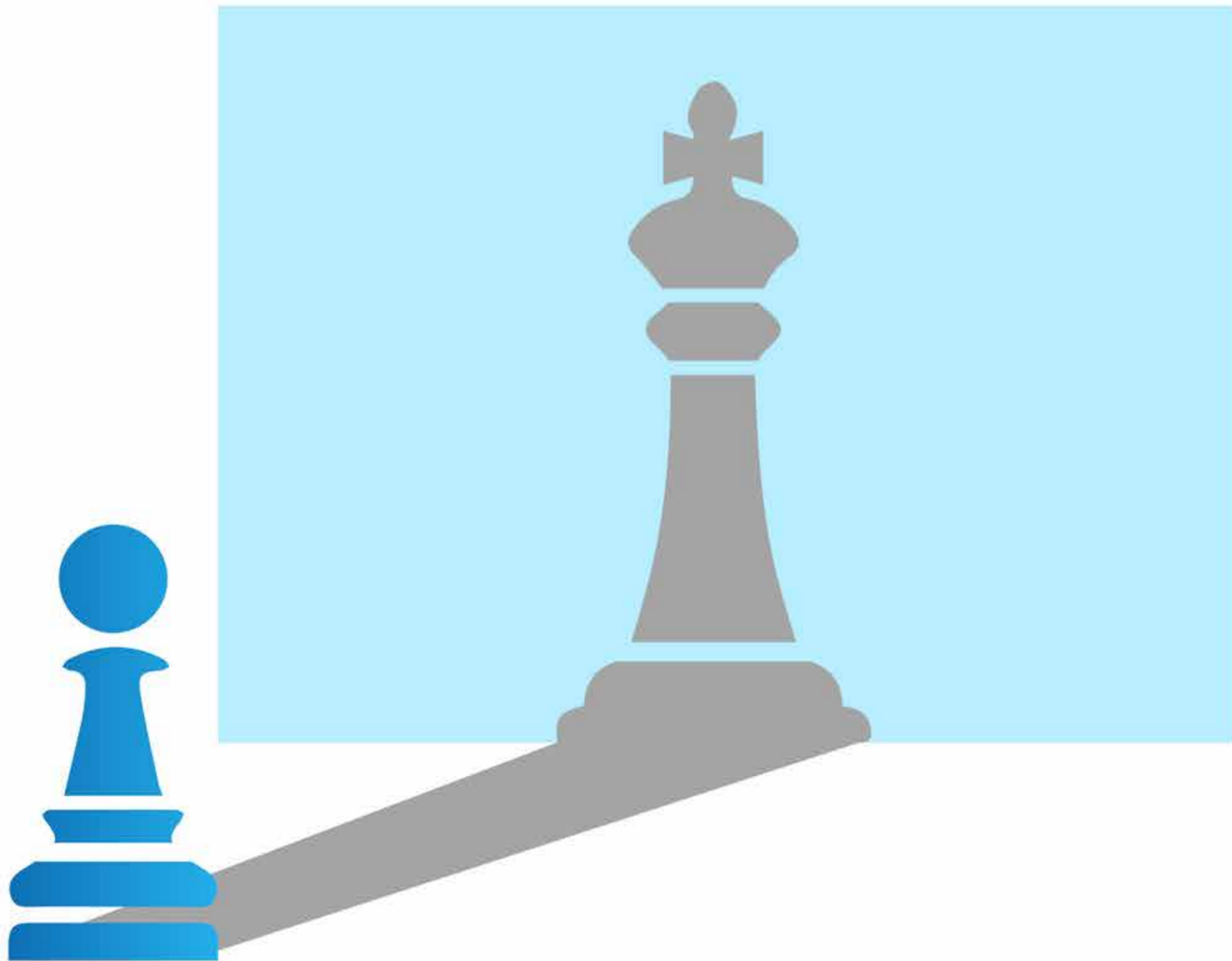


They became champions
weeks, months and years
before in practice when
they went on pursuit to
get better.



Because **when you try to defeat someone** you have a **finite goal**.

When you try to better yourself, you have an **infinite goal**.



You are your competition. Only you are your competition.

Steps -

- Evaluate your current self
- Set a benchmark
- Plan how to achieve it
- Keep small achievable targets
- Look for progress to begin, rather than perfection
- Step up your game
- Go for perfection

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