

**GET  
THE  
CHAMPION  
OUT  
OF  
YOU**



**SAMUEL UFOT EKEKERE**

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THIS BOOK IS DEDICATED TO MY LATE SISTER EUNICE NSENNOBONG SAMUEL  
UFOT

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# INTRODUCTI ON

## **WHO IS THE CHAMP?**

Life is a competition. Everyone in it is constantly pushing against the other to get the opportunity to get something that the other person wants. It's a sort of game with a price for the eventual winner. Not everyone can win the price, however hard everyone tries. Only one person will manage to beat the rest however wonderful every other person

performs. Because the winner takes it all, your goal must be to win it all.

When I was little, I joined my friends to play football consoles at the game house around town. I wasn't good at playing the consoles so I was always beaten at the first round. One of my colleagues however would play so well that he'd beat every challenger. We'd often call this player the champion. The reason is because no one had the capacity to outdo or outplay him.

One time a young man arrived who was new to the game house and offered to challenge the best that the house could offer. He beat the local champion of the house and accorded himself the exhilarating title of champion.

Life obeys the law of relativity. However good a person is, someone always seems to know how to do better. But there are those who stay

above the law. They always seem to know the highest heights of what they do and they do all they can to stay there. They never fall once they have risen. These are the true champs. They challenge everyone who dares for their seat and work hard to ensure no one's good enough to challenge them. They stay at number one for so long.

It takes hard work to reach the top. It takes even harder work to stay at the top. The champion knows this and works tirelessly to ensure that he stays there at the top. One has to walk his way up to the top.

Nobody becomes a champion from birth; nobody is given right to it. It is a state one has to discover and work towards. You think about it, the benefits accrued, you figure out the path to it and then you walk through the path.

In this book, you will find out how champions become, what they do to remain in that status. It's good you understand that becoming a champion doesn't mean you'd be that for long except you keep improving at your champion's status. You will see why you have to work harder to stay up and how you can redefine your championship status by redefining the criteria for the new champion who would emerge just in case you choose to wane. You will learn to create your records and put your marks on history books.

This book leverages on the experiences of many champions who have sealed a name for themselves even when time had passed and they have long left this time. They left their impress on the sands for men like you and I to follow



You too will become a champion that will be celebrated. Conventions are waiting for you to break them. Styles are waiting for you to rework them. Skills are waiting for you to redefine them. It's in your hands now, this book.

# CHAPTER ONE

## **HISTORY IS HISTORY**

If you pick up a history text, what you'd read from it isn't current exploits. You'd read about the past, all the things that had been done by those who have gone before us. What you would have observed is that however the exploits of those persons, it's gone and this

generation have gone ahead to surpass what had being in history.

History is history and champions redefine history by their present acts. No champion wants to repeat history, what had happened. They want to create it and recreate it because they are also aware that once history is made it becomes history almost immediately.

Champions don't dwell on a made history however groundbreaking their achievements. They understand that however big the history, the future presents possibilities for bigger. There is always a chance to surpass.

If you are a fan of soccer, you'd be familiar with the legend of Maradona and Messi. Maradona played in the seventies and eighties while Messi is currently mesmerizing the world of football. They both are legends from Argentina.

There have been huge comparisons amongst fans of the two. Maradona was great, and that's history. Messi is great and he is in the present. For Messi to have been compared with Maradona, he certainly has surpassed the latter.

Maradona wouldn't be doing anything close to what Messi is doing today breaking all the soccer records, all the records that Maradona created. Messi is being measured on a higher scale than Maradona was. The scale Maradona outdid was a lower one than Messi is doing now. That scale is history. Messi is today's champion and Maradona can never compare himself with Messi.

You don't want to repeat history, champions don't have to. They create it by breaking

history. We hear people say “history will repeat itself”. history never repeats itself, it will never.

What champions do is they use history as the benchmark for the new achievement they have to achieve. It will be a big mistake to think you want to recreate history. You can never become a champion by repeating history.

Champions rather make and create history.

They kill history and define history by their new sets of current achievements. Don't hope to repeat what has being done. It's being done, look to improve it.

When the wright brothers Wilbur and Orville built their plane, they made history becoming the first to fly with a mechanized system. No one was ever going to make that type of history. The Wilburs had taken all of it. Those who worked and developed on the creation left

by the Orvilles also made their own sets of history, men like Boeing. It's amazing that in the aircraft world Boeing seems to be ahead of the game when the Orvilles started it. Who then can be described as the champion? Is it Boeing or Orville? Boeing is, with all the jets and planes. Orville is history and that's long gone, only being remembered in history books of science. Boeing is present history and they haven't stopped producing safer and better aircrafts just to remain ahead in the aviation industry.

It's amazing how people think or wish they could do it the way Mr. A has done it. You can't be a champion by doing it like A. A is history. Do it your way, that's how champions think.

The mindset of champions is to look for the records in history that has being made and tell

the history that it is actually history without thinking twice.

I love track races. I started running the 100m and 200m since I was 8. I was a pupil at my primary school when I began to challenge for medals in inter house competitions and interschool competitions. I've watched international races and I've noticed that records are only created from challenging the historical record.

Don't try to do what someone else has done. Rather find a way to outdo what someone else has done. That's the champion mindset.

I remember once an acquaintance challenged me to a rap concert. He was known around the community because he could rap. I'd laugh it off because I knew I could rap better than he was. I didn't just want to be known for rap

music but I always challenged him that I could do the rap stuff better than he was doing.

One day, I saw a group of young men gathering so I went towards them to see what was happening. They were actually celebrating my acquaintance. When this acquaintance saw me, he asked that I challenged him since no one around could. I refused initially but then I thought this was a challenge. I asked the other boys to judge between my skills and his as I released rhythms, metaphors and rhymes to the delight of the crowd that had gathered. I just made my friend history. People didn't look at him as being too good. I was now the too good guy.

If I have to do anything, I look at those who have made history at that thing then I look out to do better than they have done. That's the

psychology of a champion. A champion will look for the best when he enters a place and then he goes ahead to challenge that best. His goal is to make the present best future history.

I've said it already that the moment you get a task done, that task becomes history. Don't wait to repeat what someone else has done. Lookout for what you can on what has being done and become the new history.

# CHAPTER TWO

## **ESCAPE? NO ROUTE**

It's amazing that some persons want to achieve championship without heading to give a



challenge. They choose to escape from the competition. They feel they can escape. For a champ though, there is no escape route.

A champ will often talk himself into the challenge. He brags about what he intends to do and shouts at the top of his voice that he can and will dare the future challenge. The reason is to propel all the forces to believe he is able and can

Leading to a boxing competition, you would have watched one of those intros where the two challenging boxers meet perhaps in the dressing room to give themselves a word challenge. They'd talk so loud about their credentials to win in order to buy the attention of the crowd who would come to watch. The organizers of the bout would fix a date while both boxers prepare to keep the date. In a

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