

## The best competition available is against myself- to improve.

What does this statement mean to you?	
Describe somebody you know, have known or admire who lives by this idea. Describe impact of this attitude on their skill development.	ribe
How could you go about creating a mindset and the habit of constant self-improver for yourself and others you want to help? How would you measure it? Would it be	nent
beneficial to do so?	