



Feeling Competitive, Challenged, & Inspired

5 Reasons Why Being Competitive is a Good Thing by Neel Raman, #1 Best-Selling Amazon Author, TedEx speaker, and Certified Canfield Trainer

- 1 It will keep you motivated. Having a competitive nature prevents complacency or settling on past achievements. If we're competitive, we can acknowledge and be satisfied with what we've achieved, but remain motivated to continually improve. If we fail at something, we'll be able to use it as motivation to keep going.
- 2 It will generate more clarity. We cannot be competitive at something if we don't know what we're aiming for. By staying competitive, we'll set ourselves new targets or goals we want to achieve and do things that will cause us to achieve faster progress.
- 3 It will inspire greater creativity. By wanting to do things better or achieve at a higher level, we'll be required to become better problem-solvers and be more solution driven, which are traits of being more creative. This can also lead to new innovations or breakthroughs.
- 4 It will cause you to do more self-reflection. If we're competitive, we'll be driven to do things better, which means we'll have to evaluate our strengths, weakness and our habits. In order to improve our strengths or weaknesses, we'll have to identify things we need to get better at, which are part of self-reflection.
- 5 It will make you develop new beliefs. How we see ourselves is often reflected in how we act. If we see ourselves as someone who continually gets better, that will require us to take on new beliefs or strengthen our existing beliefs. It will cause us to persevere and be resilient during tough times, while setting new boundaries or higher limits.

The Benefits of Healthy Competition by Dr. Linda Mintle

It's that time of year again—college football begins, professional baseball is moving towards the end of the season, and children all over the country are ready to begin athletics through various school programs. We Americans like to win – yet competition has become a dirty word.

These days, we give trophies for participation, ribbons for effort and don't want to upset children by picking winners and losers. But not everyone thinks competition is a bad thing. Remember when NFL linebacker James Harrison found out that his kids received trophies for doing nothing? He sent the trophies back to school with the message that trophies will be accepted when they are earned. Parents applauded. Why? Because they saw the value of healthy competition.

Competitive feelings are normal. We can feel competitive towards anyone: friends, coworkers, family members, etc. If we learn how to handle competitive feelings, we will benefit in life. Avoiding competition or handling it poorly can lead to feelings of jealousy, cynicism and entitlement.

Healthy competition has many benefits. It pushes us to do better and not be complacent. As a result, we often innovate and become creative. Think about how often a team works more creatively when they must compete for a contract or earn a bonus by being the best. Not only are they challenged to win, but they learn valuable team skills along the way.

Competition also provides us with feedback regarding our strengths and weaknesses. We can measure ourselves against others in a positive way. For example, when I had to compete in music contests, I could see where I was weak and needed improvement. This helped focus my practice schedule.

In addition, competition helps us deal with setbacks and failures. When we don't win the race or fall short of the mark, we persevere until we achieve our goals. We see the finish line and keep going. Often, we are inspired by those who never give up and overcome obstacles to reach their goals.

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[Neel Raman's 5 Reasons Why...](#)[Life 1025: Healthy Competition](#)[NBC: Healthy Competition](#)[Women's Health: Self Challenging & Self Care](#)[The Good Anxiety: Challenging Yourself](#)