

Your Field, Your Champion

Breakfast with Champions · The Champion Concept: NLP, Identity & Excellence

WHAT THIS IS FOR

“Champion” carries more than “someone who wins”. This handout gives you a structure for mapping your own field, and leaves the answers to you.

The word

Champion reached English from Old French champion (fighter, combatant), from Late Latin campio (“fighter in the field”), from Latin campus (field, open ground). The verb, to champion something, developed later from the noun.

BEFORE YOU START

No materials needed. Pick one field: the one you actually work or compete in.

- One field, in your own words
- 15 minutes
- Nothing to look up. Write fast

THE EXERCISE

Work down the levels. There are no right answers, and nobody sees this but you.

1. **Your field** — In one line: where do you operate?
2. **Environment** — Who else is in it? What are the rules, the standards, what gets rewarded?
3. **Behaviour** — Think of someone you already regard as exceptional in this field. What do you see them doing? What do you hear them saying?
4. **Capability** — What would someone need to be able to do to operate at that level here?
5. **Beliefs & values** — What would they have to believe? What won't they compromise on?
6. **Identity** — Who are they being when they operate at their best? Where do you stand in relation to that?
7. **Mission** — What do they champion? What are you prepared to champion?

Last question: if you were genuinely winning in this field, what would that look like?

The levels are an NLP organising lens (Robert Dilts), a way to structure your thinking. They don't prove anything about what a champion is.

YOUR NOTES

Jot whatever surfaces. Full sentences not required.

Field	
Environment	
Behaviour	
Capability	
Beliefs & values	
Identity	
Mission	
Winning	

WHAT YOU NOTICED

Which level was easiest to fill? Which one stayed blank?

YOUR ONE NEXT ACTION

Small enough that it actually happens. Before we next meet.
