

# “The 1% Edge: Unlocking Excellence: Goal Setting”

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PhD Candidate Health & Human Performance

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# QUALIFICATIONS



PhD candidate Health and Human Performance

Certified Athletic Trainer

Certified Strength and Conditioning Specialist

Performance Enhancement Specialist

Certified Personal Trainer

Certified Nutrition Weight Management & Performance

Public Speaker and Life Coach

On going certification: Husband & Father



## FROM the GHETTO to the NFL!

"Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that the son of a mineworker can become the head of the mine, that a child of farmworkers can become the president of a great nation. It is what we make out of what we have, not what we are given, that separates one person from another."

Nelson Mandela

# RESOURCES VERSUS RESOURCEFULNESS

## DEFINITION

### *Resources*

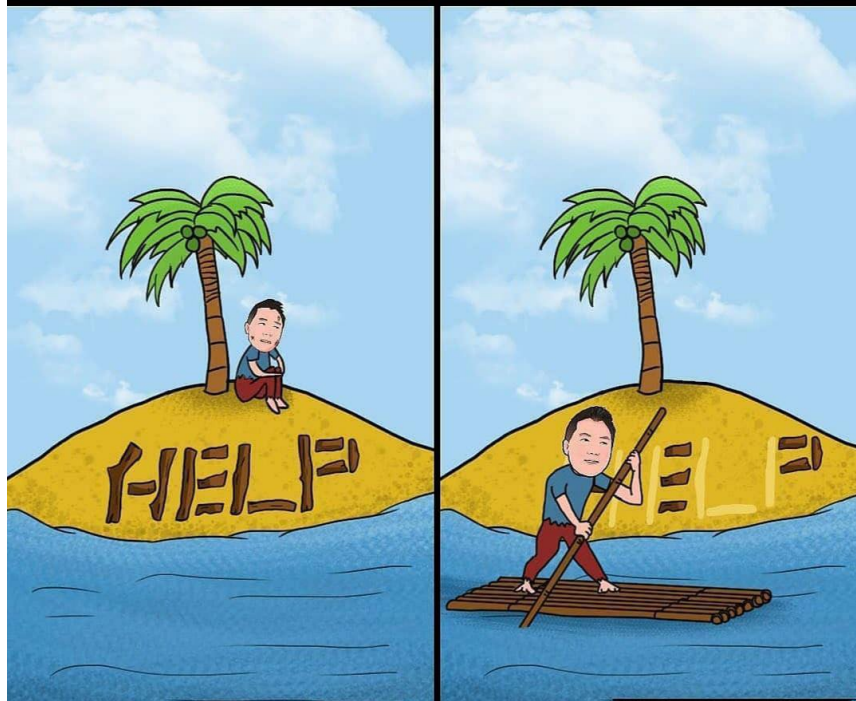
Resources are the assets, skills, knowledge, relationships, and internal capabilities that individuals possess or can access to achieve their goals and fulfill their potential. (Tony Robbins)

### *Resourcefulness*

Resourcefulness is the ability to creatively and effectively utilize the resources available to you to overcome obstacles, solve problems, and achieve desired outcomes. (Tony Robbins)



# BE RESOURCEFUL



## RESOURCEFULNESS

"It's not the lack of resources, it's your lack of resourcefulness that stops you."

Tony Robbins

A key determinant of success, suggesting that one's ability to **creatively utilize the resources available** to them is far **more impactful** than the quantity or quality of resources they possess. It underscores the idea that with the **right mindset and approach**, individuals can **overcome limitations** and achieve their goals despite challenges or constraints.



# MASSIVE ACTION

## MAP

### Massive Action Plan

What Actions are you going to take?

What is your *Why*?

What Strategy or Plan will you implement?



# FOCUS



Eliminate distractions

Set yourself up for success:  
Subconscious Programming

Activate your Physiology



## SUMMARY

- 1) Be Resourceful
- 2) MAP: Massive Action Plan
- 3) Focus



## SERVICES



Physical rehabilitation  
Personal Training  
Motivation / Self-Confidence  
Achieve Personal Goals  
Public Speaking  
Team Building  
Communication Skills  
Life Coaching  
IFI Training / Jungle Motives



Q&A

Questions?



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COMMERCE



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**COMMERCE**

# THANK YOU!

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