

How To Win Again

A Short Book To Get
You Back On Track Now

MIKE BRYANT

How To Win Again

A Short E-Book To Get You Back On Track Now



First published by ExLazyParasite Publishing 2026

Copyright © 2026 by Mike Bryant

All rights reserved. No part of this publication may be reproduced, stored or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise without written permission from the publisher. It is illegal to copy this book, post it to a website, or distribute it by any other means without permission.

Mike Bryant has no responsibility for the persistence or accuracy of URLs for external or third-party Internet Websites referred to in this publication and does not guarantee that any content on such Websites is, or will remain, accurate or appropriate.

Designations used by companies to distinguish their products are often claimed as trademarks. All brand names and product names used in this book and on its cover are trade names, service marks, trademarks and registered trademarks of their respective owners. The publishers and the book are not associated with any product or vendor mentioned in this book.

None of the companies referenced within the book have endorsed the book.

First edition

*This book was professionally typeset on Reedsy.
Find out more at reedsy.com*

Contents

<i>Foreword</i>	iv
1 Chapter 1: Everyone Faces Setbacks	1
2 Chapter 2: Principle #1 – Get Crystal Clear	2
3 Chapter 3: Principle #2 – Keep Your Mouth Shut	3
4 Chapter 4: Principle #3 – Take Action and Repetition	4
5 Chapter 5: Reclaim Your Winning Identity	5
6 Chapter 6: Stop Dwelling on the Negative	6
7 Chapter 7: Life Is a Contact Sport	7
8 Chapter 8: You Must Take Charge	8
9 Conclusion	9

Foreword

Life has a way of knocking us down. Health issues, financial setbacks, failed businesses, lost jobs—most of us have been derailed at some point. I've been there myself, stuck in a rut for years, feeling like the wins were behind me.

But here's the truth I've learned the hard way: you can start winning again. It doesn't require luck or overnight miracles. It requires clarity, silence, and action.

This short book distills the principles that pulled me out of the hole and put me back on a path of progress. My hope is that these ideas do the same for you and remind you that you were born a winner, and you can become one again.

Let's get you moving forward.

— Mike Bryant

1

Chapter 1: Everyone Faces Setbacks

We all experience failure. A business flops. Health declines. Money disappears. Relationships end. Dreams get sidelined.

When these things pile up, it's easy to feel like the game is over. Many people quietly accept a smaller life, thinking, "I guess this is as good as it gets."

It doesn't have to be that way. You can start winning again. The path is simpler than most people realize, and it begins with three core principles.

2

Chapter 2: Principle #1 – Get Crystal Clear

The first step is clarity.

Sit down with a pen and paper and write exactly what you want to achieve. Be specific.

- Want to get fit? Write the target weight, strength goals, or race time.
- Facing financial challenges? Write the income level, debt payoff date, or savings goal.
- Starting a new venture? Write the milestone you're aiming for in the next 6–12 months.

Clarity is power. Until you define the destination, you'll keep drifting.

3

Chapter 3: Principle #2 – Keep Your Mouth Shut

Once you know what you want, don't tell anyone.

Seriously—tell no one.

Friends and family love you, but they also know the “old you.” When you announce a bold new direction, many will respond with doubt, criticism, or subtle sabotage. Even well-meaning comments can plant seeds of fear and self-doubt.

By staying silent, you eliminate external friction. No explanations, no judgments, no need to defend your vision. You protect your focus and your momentum.

Your goals are your business. Keep them private until they're undeniable.

4

Chapter 4: Principle #3 – Take Action and Repetition

Goals without action are daydreams.

Map out small, repeatable steps and start doing them—daily if possible. Consistency beats intensity.

Think of learning to ride a bike: training wheels first, then wobbly attempts, then removal of the wheels, and finally freedom. The same process applies here. Repetition builds skill and confidence.

There will be resistance. Expect it. Push through it. Every time you show up, you strengthen the new habit and the new identity.

Chapter 5: Reclaim Your Winning Identity

You came into this world a winner—literally. Out of millions of possibilities, you arrived.

As children, we collected small wins constantly: first steps, championships in youth sports, school awards. Somewhere along the way, life layered limiting beliefs on top of that natural winning spirit.

Go back and remember those moments. List them. Feel them again. Those wins prove you are capable of success. Draw strength from your own history instead of letting failures define you.

6

Chapter 6: Stop Dwelling on the Negative

Most people replay their mistakes on an endless loop: “I should have...”, “Why did I...”, “I was so stupid...”

That loop keeps you stuck.

Yes, learn the lesson. Then close the file.

You cannot resurrect or rewrite the past. Energy spent regretting yesterday is energy stolen from today and tomorrow.

Shift your focus to the present action and the future result.

Chapter 7: Life Is a Contact Sport

Any meaningful goal involves friction.

- Starting a fitness routine? Your body will resist.
- Launching a business? Obstacles will appear.
- Changing careers? Doubt and setbacks will test you.

That's normal. Champions expect contact and keep moving forward anyway.

Think of professional sports teams. They win seven games in a row, then lose a few. They don't quit the season—they regroup, adjust, and get back to work.

Do the same. One loss (or ten) doesn't end your season.

8

Chapter 8: You Must Take Charge

No one is coming to save you. Motivational videos (even mine) can inspire, but only you can take the steps.

You are responsible for your direction. Waiting for perfect conditions or permission keeps you exactly where you are.

Start small if you must, but start. Momentum builds from motion.

Conclusion

Conclusion: Start Today

Let's recap the simple formula to win again:

1. Sit down and get crystal clear—write exactly what you want to achieve.
2. Keep it private—don't tell anyone until the results speak for themselves.
3. Take consistent action—repetition turns effort into results.

You've won before. You can win again. The past is over. Today is yours.

Take the first step now.

You've got this.

— Mike

Thank you for reading. If this helped you, share it with someone who needs it. Keep striving and start winning again!

For more practical strategies on goals, habits, and personal growth, visit us @exlazyparasite on YouTube, <https://exlazyparasite>

HOW TO WIN AGAIN

.com and @exlazyparasite on Twitter.