

CRISTIANO RONALDO - THE ART OF DISCIPLINE

*We
develop a passion
for Teaching!*



INFINITY PODCASTS 1438

Maybe someone's don't like
me because
I'm maybe I'm too good I
don't follow
The records the records
follow me in my
Mind I'm always the
Best the talents is is part of of
me but
If you don't work the talent
you're
Never going to achieve that
things that
I'm achieve so I try to do my
things uh
To improve myself in the
training uh
Specific specifically in the

games

Because this is the most
important thing

So I always try to to improve
something

Season by season our mind
it's it's a

Box of surprises and you have
to

Challenge yourself to be
Consistent I repeat sometimes
it's hard

It's what many people say um
you like to

Go to the gym every day of
course no

It's not true nobody like to go
to the

Gym every day but you have
to to do it

Your mental strength is
coming from that
From that moments that in a
hard

Moments you know you
should do it so and
I do it because after that
maybe in the
Beginning you feel hard to
start but

After when you finish the
gym or cold
Lunch or or even the training
you will
Feel better we all saw the
huge

Potential that he had and he
came over
And his first thought was to
entertain
And we wanted to win and
we knew that
With him in our team if he
had end
Product we had a far better
chance of of
Being successful we are not
happy every
Day we are you know not in a
good mood
Every day it's normal it's part
of it's
Part of us I fight against that
it's the

Big challenge it's when you're
not

Willing to do something but
you have to

Do it this is is the main point
do you

Think what Makes You

Different to the

Others to the next rung on the
ladder if

You like a very good players
is the

Dedication level that you put
in I think

I'm good but I think my

Man strength it's my mind I
think uh

It's my strongest point it's my

mind P

The the numbers they don't
like if you

See during the last 15 years
my my level

Is always kind of the same so
Effort dedication work hard
because the

Talent is not enough anymore
and if you

Not dedicate

100% you're not going to
reach the level

That you want nobody's
perfect we failed

Too many

Times uh we have so many
uncertainty in

Our life that we have to be
capable when
We are down to step up it's
it's part of
The journey it's part of the
process
It's part of our education
patient in my
Case I learn the most when
I'm down and
It's good that this certain
moments
Happen because when you
are in the top
Of the wave you don't see
under what's
What's going on I'm always
say to my

Friends it's good to have
problems it's
The only way that you can
improve the
Secret is dedication and hard
work you
Know to be able to to work
100% all the
Time uh this is if exist words
it's this
Is is my secret is a legend is
one of
These big names that stays
forever in in
Football history but the guy
wants he he
Motivates himself with with
numbers with

New things he wants to win
the gold ball
X times and the Golden Boot
x times and
He wants to not just to play
these Euros
He's already thinking that he
wants to
Play the next the next World
Cup does he
Get angry when people say
maybe Messi's
Better with that F I don't think
so I
Don't think so I just think that
um
Critics um motivates him I
think he

Feels if people criticize me is
because

I am who I am and I I did
what I did and
I still try to do and he gets
that as an

Extra

Motivation I think as an
opponent you
Should be quiet and don't
don't say a

Wrong word about him
because that would
Be always a motivation for
him I think

He's the player that
everybody knows he
He is and um and mentally

really very
Very strong once again as you
say it's
Cristiano Ronaldo and it's
controversy
Once again why is it always
the case
With you I don't know why
uh maybe some
Ones don't like me but
because I'm maybe
I'm too good it is what it is
the life
Is it's completely
Difficult we have obstacles in
our lives
And um I will keep running
to fight

Against the people who don't
believe me
And the life is a challenge
and I want
To people the people that they
are wrong
I'm there every morning I do
the same
Stuff I'm probably the first
ones to
Arrive and the last ones to to
go out
It's great this has given me
motivation
To to still work hard and
better
In my job but I have to say uh
to be in

My shoes is not easy uh but
I'm not i'm
Not complaining I just I just
want to
Say that I'm feel happy uh all
this
Happen because the reason
the reason is
I'm unbelievable inside the
pitch this
Is why the people have so
much
Interesting on me are you the
best
Footballer in the world right
now I
Think so yes in my mind I'm
always the

Best I I don't care what the
people
Thinking what they say in my
mind not
Just this year but always I'm
always the
Best I'm always going to say
that
Because you I think we have
to thinking
We are the best in our our
area so in my
Area I think I'm the best is
there
Anything that lonel Messi is
better than
You ask it's opinions I respect
the

Opinions maybe in your
opinion mess is
Better than me but in my
mind I'm better
Than him so it's simple is that
rivalry
A good thing for me rival
don't exist
The means of this world is
not don't
Exist Rivals is in a war this is
it we
Have a rivals in football no
it's it's
Just a game I think the
numbers they say
Everything I don't need to say
I'm i'm

Minister of football I'm a
legend the
Numbers say everything so
this is i'm
Very comfortable CH
Cristiano Ronaldo
Those two those two just keep
pushing
Each other on pushing the
boundaries of
Greatness exactly and would
they have
Been that's the question that I
always
Ask myself would they have
been able to
Do this and keep this up the
Relentlessness that they've

shown
Without each other would if
there was
Out on their own no one else
around
Would they continue to have
done this
That's the question I they
probably do
Add to the motivation yeah
100% I think
All the great Sportsmen in the
world
Have always had that
someone else to to
Feed off and I think this is
another
Great rivalry in football they

don't
Talk about it there's a seems
like
There's a bit of respect
between them
They don't ever mention each
other
Really but they're just
phenomenal to
Watch and people trying can
make
Comparisons of who's better
Etc just
Enjoy him man how much
has Lionel Messi
Pushed you to become a
better player i'm
Pushed on myself I don't need

other
Players to push
Myself I just work since I was
in
Sporting so I push my myself
all the
Time to be the best as I say
many times
In my opinion I'm the best
because I
Think we we have to think
like that not
Just in my job but you have to
think in
Your job you you are the best
reporter
Or the and I'm thinking like
that if i'm

Not thinking like that I'm not
going to
Be stronger than I that I think
I am but
You also love individual
Awards they
Matter to
You it's part of my sacrifice
my
Obsession to win to have
success you
Know when I mean when I
say success it's
I work for that Talent is not
enough you
Have to I dedicate myself so
much that
This is part of me records is

part of me
I don't follow the records the
records
Follow me which is is
different you
Addicted to winning yes I am
i'm
Addicted to the success
because I that's
The thing that really drives
you yes I
Think so and I think it's not
something
Bad I think it's good is
motivate me if
You're not if something that
motivated
It's better you know to stop

we shared
This Stage 15 years me and
him I don't
Know if it's ever happened in
football
The same two guys in the
same stage all
The time so so it's not easy as
as you
Know uh and of course we
have a good
Relationship we have that
battle the
Last 15 years which is good
he pushed me
And I push him as well so it's
good to
Be in to be part of history of

football
I'm there and of course he's
there as
Well when I was at
Manchester United and
You think who was that
person who had a
Massive impact on the club
while they
Were there and and you can't
look no
Further than Cristiano um and
you talk
About mindset I don't know a
stronger
more determined um obsessed
player um
that I'd share the changing

with because
it was just phenomenal why
we don't
believe that we can do it
better you
have to believe you have to
be positive
to try to change things the
only give
UPS the guys who is weak
mentally this
is why I mentioned in in the
beginning
new here you have to implant
that in
your mind that we have we
are capable to
change things

well my my best works is
dedication and
hard work to achieve these
kind of
things you need to work hard
and you
know be a great professional
be serious
in your job and this is what I
tried to
do been um great debate over
the last
few years with him and Messi
but I think
over the last 6 months I think
he's gone
on to another level I think he's
out

there on his own the way he
started the
World Cup the way he
finished last
season uh how many times
can we said
about him his Improvement
his attitude
and I think a lot of it is not
natural
ability for Rando as brilliant
as he is
I think it's just sheer hard
work
determination desire courage
he's got a
lot of Courage wants to get in
there

he's Brave I've said it before
the guy's
a genius this difference
between making
it because of talent and
making it
because of work ethic you
said to me you
felt like an enormous
percentage of your
success has come from work
ethic and
that there's sort of an unfair
perception maybe of you of
just being
hyper Talent wanted and
that's where all
the success comes from to be

honest I
think both have to work in the
same time
because Talent without work
is nothing
and work without Talent is
nothing too
so I think the both mix up uh
so and of
course I have I have two I'm
not will
say that I have more one than
the other
one because if you see
my my old career for the last
20
years my level was high and
this is as

you can know it's really tough
not only
in in a football but in any area
if you
are top for 20 years is is
unbelievable
my biggest motivation is to
carry on to
still enjoy to make people
happy to make
my family happy so for me I I
have both
talent and work headache but
the fact is
is that he has shown that it's
not just
ability it is hard work and he
seems to

be getting the fruits of all the
hard
work that he's put in down the
years he
looks like somebody he will
not put
anything that's not going to
benefit him
in inside his body for example
you
arrive home you had a lunch
you do it a
quick nap and you wake up
you play with
your kids and I have to do I
have to go
to the gym
at least 30 40 minutes but this

will
make the difference in the end
of the
day you understand if you
you not do it
that that work you miss one
the next day
if you it's two sessions that
you lost
and I know in the end of the
day in a
hand they going to make a
huge
difference this is why I'm 34
and I look
28 every year is a challenge
for me to
be better than last year so I

know it's
it's tough last year was
amazing two
years ago was amazing too so
my job is
to continue to work hard and
dedicate
myself 100% in my job and
win trophies
you know Collective and
individual
too he said let's go and having
a lunch
after training go to his house
you know
he was few people on the
table I look at
it it was just some salad plain

white
chicken no juice just water so
we have a
food quickly a lunch and after
that he
said let's go in the garden and
play two
touch I said chrisan we just
finished so
we go playing two touch after
that let's
go for swim after that let's
have a Sona
jacuzzi I was like crisano why
you we
didn't stay at the training
room so
that's why I said Cristiano

deserve
everything he got right now
so I'm
really happy for him and he
deserve he
deserve because he works so
hard and
he's a machine he R beat him
in front of
everyone so we scream and
Cristiano was
so angry he sent his C on bio
tennis
Table after two week he back
and he beat
he beat Rio in front of all of
us so
that's Cristiano Ronaldo he

don't want
to lose any game the
discipline is the
most difficult thing not only
in the
sports but in the life I give
you the
map you are willing to do that
yeah it's
the main the main point
because everyone
wants to be Christian
but I give you the map you
think you
will do with that.

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