

4 lessons learned from the success of the female boxer Ronda Rousey

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If you are interested in **UFC** (*Ultimate Fighting Championship*) then you've probably heard about the Eonda Rousey. Ronda is a young talent in sports. At the age of 27, Ronda not only succeeded in being the best **female MMA fighter** in her weight class but she was also very successful as a celebrity in the media. By taking advantage of the public's interest in her, Ronda has gradually stepped into the field of modeling, advertising and acting. Any field mentioned, she can do it.



In fact, not all of her interest was good, Ronda had to hear a lot of unpleasant words. The poor relationship between her and the MMA players was also spread quickly and her straightforward way of speaking was often criticized so many people had to question the possibility of being a boxer. she That is why many people become suspicious of her. After Ronda showed herself so prominently on the media, many people wondered if she was really that good. However, no matter what happens, Ronda proves his ability. Ronda not only proved royal to those who thought wrong about her but also taught us some lessons about life. Here are 4 life lessons you can learn from the success of the female fighter Ronda.

1. Stand firm



Even if the way you do seems to be contrary to common sense, keep your faith in yourself. Female fighter Ronda often goes through what is considered to be too rude or too straightforward. Because she is always confident when making bold statements and rarely cares about other people's reactions. She also proved that her statements were true through each game and her efforts. When you are confident in yourself, you won't have to waste time convincing anyone. Because the success you achieve will say it all.

2. Don't be afraid of what others think of you



If you flip through Facebook pages, YouTube videos and published articles, you can see that despite having millions of fans, Ronda must also receive a lot of criticism. Whenever confronted with a bad public opinion, her answer is always: Why bother with things that make me manipulate and change? Nothing changes more quickly than the rumors and guesses of society. What other people think of you is very easy to change, so you can be treated " *as they are* ": quickly and in vain. Stay away from the comments, just focus on what you do and have to do well.

3. Devote yourself to what you do, you will be surprised about it



All of them have also collected a link: do you do well on what you are doing? Ronda has been questioned and challenged countless times. But every time, she did more than speak, and her success made people more and more respect her. For example, when Ronda solved the competition with Sara McMann, an Olympic medalist, there was a lot of talk that Ronda could not stand until the game was over. But Ronda not only did it, but she looked extremely beautiful and prepared more carefully at any time. If you do well what you're doing, you don't need to worry too much. The truth will eventually clear up.

4. Pay attention to every little detail



It is not a coincidence that Ronda succeeds when the media pays attention and is certainly not just because of the play that she participates in. The important thing is that the television lenses just like to look at her. Maybe Ronda is a beautiful natural girl, but the key thing is that she always pays attention to detail as a habit. From how to dress, shape, go to the playground to take care of her hair - everything is perfect and suitable for her. Efforts to

build public image are done and optimized so that every single detail is carefully cared for by her. And the results are great!

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