



10 NOV, 2024

Goldenboy Hafidz an example of balancing sport and career

New Sunday Tribune, Malaysia



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KUALA LUMPUR: National professional boxer Adli Hafidz Mohd Pauzi (*pic*) is an excellent example of how an individual can achieve a balance between two different careers, that of a Royal Malaysian Customs Department (JKDM) officer and an athlete.

The success of the Assistant Director of the Johor Domestic Tax Division in boxing, despite maintaining a regular work routine, is the result of a strong mindset and high discipline that he developed through meticulous planning and continuous effort.

"First and foremost is the mindset, second is discipline. I work as usual, starting at 8 in the morning and finishing at 5 in the afternoon, but I wake up at 5 am to train — running and gym sessions — before heading to work. After work, I continue with my training in the afternoon.

"This is my daily life, how I maintain performance. I have to set that time myself because if I don't do it, who else will? It's up to me to set it, which is related to the



mindset," he said when appearing as a guest on the Darah Muda programme on Bernama TV on Friday.

Having a structured schedule is not just a routine for the 35-year-old athlete, who is nicknamed 'Goldenboy', but also a key method for him to maintain productivity and quality in every aspect of his

life.

"If I wake up at 5 am, I need to get enough rest and proper meals to have the energy for the next day. If I don't plan, it could turn into a day with no quality or productivity. So, I need to manage my time wisely. If there is no training the next day, I spend time with my children and family," he said.

Prime Minister Datuk Seri Anwar Ibrahim also conveyed his congratulations on Adli's achievement and encouraged him to continue his fighting spirit and become a source of pride for civil servants.

Meanwhile, the 2019 WBC International Professional Boxing Championship Super Middleweight category champion called on civil servants to adopt a healthy and active lifestyle.

"I want to show civil servants that nothing is impossible, age is just a number. What matters is ourselves; if we want to be healthy, we will find ways to stay healthy. We find circles and friends who want to be healthy, instead of living an unhealthy lifestyle.

"I take this example because many civil servants are stressed at the office, facing anxiety and related issues, because of their lifestyle. Maybe, sometimes we need to change that lifestyle... find friends who are into sports. When we sweat, it will give us better health and help reduce stress and anxiety," he said. — BERNAMA



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SUMMARIES

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