



# The Every Day Olympian

The constant buzz of the airliner's engines had already been running for hours. The only interruption was the occasional high pitched shriek of a young baby behind me. I was smack dab in the middle of the center isle with no way to escape or move around from the constant touch of strangers' arms against mine. I admit that they looked a bit disturbed by my appearance. I had a black eye from a head butt I received at a tournament in Russia. The swelling had gone down, but I displayed this rainbow of shading under my right eye and across the bridge of my nose.

Under my chin was a set sewn with no anesthetics was scabbed over, it still addition, my front tooth sustained at the same not that I was smiling did a very nice job of space between my teeth.



Finally, my face and arms were covered with large red bumps. Yes, the hotel I slept in had bed bugs. With no other rooms available, I slept on the concrete floor with only a sweat suit on and no blankets. All of this topped off the fact that I had to sit on airplanes for a combined 16 hours after competing which allowed every muscle in my body to get extra sore. At least I had plenty of clean cloths left since my luggage didn't meet me in Russia until the fourth day I was there.



This is the glamorous life of an Olympic hopeful in the sport of wrestling. The funny thing, I look back fondly on that experience because it answered many questions of why I achieved a level of success others with equal or more talent didn't. It brings us back full circle to my very first newsletter that mentioned the trigger phrase "Enjoy the Journey". What that means is that if you don't stop and appreciate the little things, if you don't celebrate small achievements, if you don't take pride in the work you're doing, you will never maintain the level of motivation you need long term.

It also brings us to the July 15<sup>th</sup> newsletter that talks about identifying "What" and "Why". You need to define exactly what you want to achieve and why you want to achieve it. It's the only way you can take a trip straight out of Murphy's Law and appreciate all the benefits it gives you.

Every Day Olympians achieve "near perfection" because they are willing to go through what others aren't. They are willing to take their lumps knowing their opportunity is coming. They are willing to push themselves to their limits...past their limits...to certain failure; so that they can achieve a greater level of perfection in the long run. This is why the smartest aren't the richest...why the most talented do not have the most accolades...and why the most athletic sometimes fall by the way side.

Remember that your perfect performance is better than the most talented individual's great performance. Are you willing to experience what it takes to achieve perfection? It's yours for the taking...SO ENJOY THE JOURNEY!