



# The Every Day Olympian

Last newsletter I wrote the following statement:

*“The Every Day Olympian understands that opportunity rarely comes as planned. It can come either early or late so the Every Day Olympian is always ready to perform and can never get discouraged if it doesn’t come as quickly as hoped.”*

It’s funny how things come full circle. If you’ve notice; I do not claim to be an Every Day Olympian but it is clear I am in pursuit of it. It’s now time to live what I preach...The negative energy from discouragement when an opportunity fails to materialize can be overwhelming and cause impulsive actions...or no action at all. So what shall I do?

First of all, the emotion caused by situations like this is useful and should not be suppressed. Every Day Olympians would use the crushing sentiment as a positive to drive transformation within, create motivation, and improve preparation.

The yearning to prove others wrong can be a foundation of boundless motivation. An Every Day Olympian believes that they can make any decision the right one or the wrong one. The same goes with others’ decisions about you. So by using discouraging moments as fuel to drive preparation, you can propel yourself further than ever imagined.

I can also take this experience as an opportunity to relook at my current path.

1. Have I surrounded myself with the right people?
2. Will they challenge me in the right ways?
3. Will they support me in my aspirations?



4. Do I still have the same level of respect and faith in them?
5. Have I chosen the right path for the goals I have set for myself?
6. Am I developing the right skills I need?
7. How do I eliminate any perceived weaknesses and capitalize more on my strengths?

Too many times, individuals have been conditioned to believe that genetic disposition, fate or bad luck is what determines limits. Because of this, they use it as a crutch for why they don't believe, why they don't try or why they don't put forth the extra effort. Those are the individuals who never identify opportunity or good luck because they are never prepared for it.

The Every Day Olympian keeps pushing on knowing that there may be luck involved with whether reality follows their predetermined plan, but they also know that through hard work and focus, other opportunities will arise where they least expect it...Thus, they create their own luck.

Motivation and change can come from many different places, including the black depths of disappointment. You just have to be prepared to see it.