



The Every Day Olympian

This week's topic is near and dear to my heart and is something I'm sure we can all relate to one way or another. My nephew Logan is a mild mannered kid who loves sports and works hard at them. He is one of the purest souls I've known. Unfortunately at times the combination of a wholesome humanity and warm demeanor doesn't translate well on the football field. The "Killer" instinct does not come natural to him, nor does the drive to "show up" his friends and fellow teammates. Yet, his heart breaks every time he doesn't perform well.

Logan is in the middle of his freshman football season. He was the starting quarterback prior to sitting out for a bit due to a banged up knee. It appears that his replacement has taken full advantage of the opportunity and is now the starter even though Logan is healthy again.

What my nephew doesn't know is that he is fully capable of being the best. Not just the finest on his freshman team, or in his conference; but in the entire state and more. He hasn't yet developed the mental mindset that separates the best from just the talented. He can't easily identify his "moments of truth"...which is when he must put faith in his preparation and execute, when he must make the tough decision, when his actions become visible.

Every Day Olympians know that what separates equal talent and preparation is mindset. The voice that says: "Why not me?" or "I've worked too hard to let anyone stand in my way" or "Now let me show them what I'm really capable of!" Every Day Olympians make it a personal mission to silence all doubters through their performance.



There's hope for my nephew though. The ability to call upon precise mental mindsets is a learned skill. That's why I write so much about "trigger" phrases. They are small adages that invoke a certain way of thinking. Every Day Olympians will repeat certain phrases to themselves right before moments of truth. It could be during warm-ups before an athletic competition, right before a vital presentation, or just prior to a customer visit.

This is what is meant by the "intangibles" that Every Day Olympians possess. It's what allows them to perform under pressure and seemingly always come through when they need it most. So is it really intangible? Not at all! It is a definable skill that each of us must develop to take our own leap from talented to being the best.