



Did I get better today? - Courtesy of YourSwimBook.com

Here is a simple question for you, which can predict not only how successful you will be in the pool, but also how you will fare in anything you choose to do in life.

Are you consistently moving forward? Or find yourself, more often than not, sliding backwards?

Yes, it comes across as a black or white question...

But look at it in terms of positive-neutral-negative.

Only in life, there is no neutral...

Everything you decide to do will either bring you closer to your awesome goals, or it will be one less day you have to achieve them. Positive (forward) or negative (backward).

That means if you haven't made progress today, this week, this month, this year. Then you are slipping backwards.

BE HONEST

Are you on track with the swimming goals you have set for yourself? Have you achieved them and surprised yourself? Are you close? At all? If you aren't, what steps are you going to take to start moving forward again? And perhaps more poignantly, if you don't change things around, what does your future look like?

EVERY DAY BE BETTER

One of my favourite things to do is ask myself questions at night. Doing so helps keep me focused on doing the things that matter over the course of the day (I wrote a guest post at SwimSwam about how swimmers can use this simple trick -- there's a chance you got here by way of this article). I have a list of 9 of them, and the very first one I ask myself as I curl up into my bed is:

"Did I get better today?"

Now, yes, this *can* be a very broad question.

You can say *"I sat on the couch in a manner with which I consider better than any couch-sitting session I have ever previously enjoyed"* but we both know you'd be deluding yourself.

Did you make a focused effort at improving yourself today? At making yourself better? Something funny happens when you make this daily commitment to getting just a tiny better -- all of a sudden, after a while, upon looking back you sense the accumulation and enormity of all of those little victories.

<http://www.yourswimbook.com>