



AVERAGE SUCKS, BE FEARLESS, TAKE RISKS: BE BETTER TODAY THAN YOU WERE YESTERDAY

A government audit was published this week. It detailed which demographic groups were successful and which ones underperform, amazingly after many months research and no doubt millions of pounds spent, it found that the harder you work the more successful you become, BIG NEWS RIGHT!!!! And yet unfortunately, it is big news to the majority

But what do we mean by success, what defines success? Your future success starts with setting small goals, doing all the little things, but doing them well. Success is not genetic it is not the exclusive preserve of the affluent, or the wealthy, it is learned through taking risks and through experiencing many failures. Be fearless, each failure or challenge whatever sugar-coat you prefer is part of your future success. Failure is temporary- quitting is forever. When your mind is telling you, you are done, you are only 40% done, you have a reserve tank, remember that when you are in the last 25 meters of a race, or in the middle of a bonkers training set. If you want to be successful you have to learn to use that reserve tank, that "comfort zone" you live in is called comfort for a reason it's for the losers of the world. The underperformers, the would have, could have, should have Walla's. The "I could have been a champion" types - the ones who never really put it on the line because they were scared of challenging themselves just in case they came up short. To truly understand yourself and become successful you have to go to your limits, and then some..... and force yourself to places you never thought you could, you just have to take the first step, which by the way, is always the hardest.

How can we learn to be successful? Well we can short cut a lot of failures by having or watching role models who have spent many years failing before they become successful. They have successful habits that they live by every day

Having a dream and trying to move closer to that dream every day, The opportunities are all around us, but how often do we act on it and take the opportunity right in front of us? We get scared, we listen to that voice which says I can't, it's impossible, well let's spell it a bit differently, how about I'm possible, we get used to the so called "comfort zone" that comfort zone is you being Mr or Mrs average. If you want to be successful, do what the other 99% are not doing, every missed opportunity, session, set, repeat are backward steps. It's like saying to yourself today I don't want to be successful, today I am not chasing my dream, today I'm happy to be mediocre," only once we do that, it becomes easier to do it the next time .

In sport we have the chance to graphically see the fruits of our labour, we can measure it easily against our pbs. It's simple, if we have worked hard enough we get a pb, if we have not attended practice, missed lengths, not put in the required effort, gone off task, we fail miserably, and on a stage in front of our family, friends and hundreds of others. Pressure right, hell yes, Pressure is good not bad, it's how you perceive pressure that matters. we constantly hear how everyone is stressed, or under pressure, well we need stress and pressure to be successful it drives us on, it just has to be in the right amounts and welcomed not feared. Stop complaining.

Success is not given, it has to be earned with blood sweat, and an obsessional desire to be the best you can be. Not the best others want you to be, or better than others, it has to come from inside you. Fully focus on the small things the process every day and the outcome will be success. Your coaches can't swim it for

you, there is no one to help you get through that last 15 metres or that tough set, accept that fact, deal with it

Success is habitual, it's just doing the stuff, getting it done, no complaints, no excuses and not putting it off until tomorrow.

If you want to be successful you seize the day, seize today, start now by dreaming /visualizing, don't put it off till the next session, the next set, the next repeat, or the next gala - that's too late, start with a small step, but start.

Carpe Diem

Pete