

Hello 757swim Family,

I hope everyone is doing well. One of the things we've been asking of our swimmers during this time is to find a way to grow. Some swimmers have really taken this to heart and have shared great stories of their progress during our Zoom meetings. Others, not so much. One of the silver linings of this pandemic is that many of us, especially the kids, have more free time than we will ever have, at least until we retire from work. This article is about taking advantage of that extra time to really invest in yourself.

There are many ways to invest in yourself and grow as a person. From a swim team's perspective, the most obvious is to invest in your fitness and health. Our staff has been very impressed with how many swimmers are doing their workouts every day. Definitely keep that up! We are currently planning our practice schedule for when we can get back in the water. That day will hopefully be here before you know it. Those who have been exercising will be much better prepared for when that day comes.

Another way to invest in your health is to eat healthy. This is much more difficult for many than keeping up with your exercises, especially during all of this. Many people have a habit of eating when they are bored or have too much free time. Often the go-to snacks are not of the healthy variety. Do your best to keep a healthy diet in mind.

Organizing and decluttering is another great way to invest in yourself. Scientists have linked clutter to an inability to focus, an increase in mental stress, depression and even fatigue (affecting women more than men). If those aren't good enough reasons to get organized then I don't know what are!

Take the time to learn a new skill or improve upon one you already have. There is a wealth of knowledge online for free. Many things that usually cost money are free during this time as well! Whether it is playing an instrument, learning a language, learning to cook, learning to build something, learning to fix things around the house, learning to invest and be better with money, learning a new sport or activity... There are so many possibilities. It has been very cool to hear what some of your kids have been teaching themselves lately. Keep it up!

Use this time to read more. This has been my biggest area of focus. Personally, I don't read as much as I should, but during this pandemic, I have made a strong effort to be better. Not only am I reading more for pleasure, but I am also reading to learn and improve myself, tackling books on investing, leadership, and coaching. Admittedly, some weeks have been better than others for my reading, but even on my busier weeks, I am making an effort.

Lastly, bringing it back to a common theme from me, I encourage everyone to have a weekly goal setting and evaluation day. This will help you stay on your path of growth. Block out specific times to work on the things that you might not be as excited to do. At the same time evaluate how you did with your goals for the previous week. As I said above, some weeks for me were much better than others for investing in myself, but it is important to identify what went wrong on the bad weeks.

Thanks for reading! As always, please let me know if you have any comments or questions, and I look forward to seeing everyone at the WISC on Thursday!

-Mike