

Hello 757swim Family,

Goal setting has been a recurring theme in my articles. Today I'd like to share a 7 minute video that details a powerful technique to help you achieve ALL of your goals:

<https://youtu.be/aHDvEfiSipo>

Please watch it first then come back for a couple quick points.

Where this can help the most in swimming is by simply having the mini habit of going to practice every day (or at least committing to a certain number every week). As mentioned in a previous article, simply showing up to practice is one of my 3 keys to success. Swimmers will get better simply by showing up, but once there, they will usually work hard as well. Personally, going to practice and first getting in the water was often the hardest part of practice for me. I'd have the mini habit of just getting in the water. If I were tired or not feeling it that day, I'd tell myself to just get in, even if I didn't think I'd work hard that day. Like in the video, once in, I would usually surpass my expectations and have a good practice.

Swimmers have busy schedules. It is easy to see how this technique can help a swimmer achieve their goals outside the pool as well.

Thanks for watching and reading, and I hope everyone has a great week!

-Mike