

Hello 757Swim Family

During our weekly Zoom meetings a question came up that I found necessary to answer to the entire team rather than just to the individual who asked. The question was, "**How do I stay motivated during this time?**" I found it to be a valid question for everyone around the world during this time. My first knee jerk reaction was probably what you would expect from someone in my field. I believe I said something to the effect of, "know that there is always someone who is chasing you just like you are chasing someone. You do not want to be the person who was caught. You want to be the person doing the catching." I rambled on about the importance to keep working and at the time that sounded good to me, but upon further reflection there are a few things I probably would have said differently.

I should have said that motivation is fleeting. Anyone can be motivated for 5 minutes, 5 hours or 5 days. Its easy to become motivated and its easy to lose motivation. Easy come, easy go. Get on youtube and type in "motivation" and youll hear some passionate speech set to dramatic background music. Ill admit these help me get into the gym or get through workouts at times when I want to go inside. What is not fleeting is **INSPIRATION**. Inspiration is what gets you to work harder than you ever thought possible and continue to come back for more. Seeing what is possible for others leads you to believe that you can do it too because the truth is, you can. Find what or who inspires you to greatness. Find a reason why. If the question is being asked, then that means you are already looking for your why. Why do you swim? Why do you want to continue to get better at swimming? There is no right answer and there is no wrong answer. Its YOUR answer and it can be anything YOU want so YOU find it and YOU own it and YOU do everything that YOU do for YOU.

I am going to steal and shorten this next bit from one of the greatest speakers in the world, Les Brown. If you do not know him or his work/story I would highly suggest listening to him.

Prior to 1984 the common accepted belief was that human beings were not physically capable of breaking the 4 minute mark in the mile (running). Then came Roger Bannister and he finally broke the 4 minute barrier. Not a single human being had ever done it before. Since that day over 20,000 people have been under 4 minutes, including high school kids. What changed? Belief changed. People were inspired by the belief that if it was possible for someone, then it was possible for them.

You cannot always say "I Can Do That", but what you can always say is "Its Possible". That is inspiration and that is what I am tasking you to find for yourself.

How does this video I am sending from Les Brown apply to the current situation. Be Ready. <https://www.youtube.com/watch?v=pyHMRwrS1pc>

In closing, I am going to directly quote Les Brown.

"If you want a thing bad enough to fight for it, to work day and night for it, if youd gladly give up your time and your peace and your sleep for it, if all that you dream and scheme is about it, and life seems useless and worthless without it, if you gladly sweat for it and fret for it and plan for it and lose all your terror of the opposition for it, if you simply go after that thing that you want with all of your capacity, strength and sagacity, faith hope confidence and stern pertinacity, if neither cold poverty famine nor gout, sickness or pain of body and brain can keep you away from that thing that you want, if dogged and grim you beseech and beset it, with the help of god youll get it"-Les Brown

Stay safe. Stay healthy. Stay connected and keep working.

Drew