



# The Every Day Olympian

Last week I ended the newsletter with the statement that “most people fail because they have no idea how close they are to success”. I whole heartedly support this statement, but there is more to it than meets the eye. We first have to define what failure actually means to us. No, I’m not going to start with: “Webster defines it as...” It doesn’t matter anyway. What matters is our own personal meaning. Most people would define it as not causing an expected result at a specific time. That’s why the fear of failure can be completely paralyzing to some. The Every Day Olympian expresses failure as “the act of quitting on a defined goal”.

On the 2000 Olympic Team, Stephen Mayes was my elder by 14 years. He had tried out for the Olympics three times prior but never made the team. Mayes was past what many would consider the prime age of a wrestler. Many felt that if he hadn’t already done it, he probably never will. But Mayes always treated it as one continuous journey instead of a series of failures. As a result, Mayes eventually earned a spot on his fourth try. What if he wasn’t an Every Day Olympian and defined failure differently. What if he quit on his defined goal after three attempts? How would you view him? How do you think he would view himself?

The Every Day Olympian doesn’t have a fear of failure because if the expected result isn’t reached, they will be back at it tomorrow. They understand that most deadlines are self-imposed. The Every Day Olympian uses each opportunity to learn from their experiences knowing that they become stronger, wiser and more capable through each part of this continuous journey.