



The Every Day Olympian

Last week the newsletter revolved around the premise that we are all able to change our own reality. If your own current reality does not match your long term goal(s)....CHANGE IT!

(Go to www.conceptindustriesllc.com to review last week's)

I realize that I made it sound easier than what it may actually be. I also understand that we are all conditioned over time through our personal experiences and constricted lives, making it difficult to erase our own subjective view of who we are. So we must ask, what makes it possible for The Every Day Olympian?

Visualization is a very strong technique that alters our subconscious little by little. You see, if your experiences have conditioned you to think one way; then you need dissimilar experiences to convert your point of view to another. Visualization provides us with experiences we normally wouldn't have. Our subconscious doesn't separate dream from reality so over time you can manipulate your "default" mindset. Your default mindset is where your thoughts instinctively go first during a given situation.

In the 2000 Olympics, I hurt my neck in the semi-finals against the eventual gold medalist. I was in so much pain that I was seriously considering not wrestling in the bronze medal match the following day. My head was asking how I expected to have 220 pound men pull on my head when I could barely hold it up on my own. I sat on my bed in the Olympic village with my roommate relaxing from across the room. It was a cold white room with no décor or personality. A table was pulled in between the two beds showcasing an empty Gatorade bottle and cribbage board.



My roommate was a soft spoken man who rarely gets upset over anything. But after listening to me complain about my predicament, he chimed in. *“Garrett, I know that you are in a lot of pain and I know you are a young guy, but there are no guarantees that you will ever have this opportunity again. Do you realize how close you are to doing something beyond what 90 percent of all Olympians ever do? Do you realize how everything has to fall into place perfectly over the next four years for you to ever get this shot again?”* Then in a moment of tough love, he ended with *“It’s time to be a man and live up to your potential”*...as he walked out of the room.

Silent and unresponsive to his words, I slowly leaned back and lost myself in thought. As I started contemplating the next day, my mind went to the upcoming match. I played every scenario possible in my head...Having to come from behind, overcoming a bad call, winning a close match or dominating from start to finish. In all scenarios, I was the victor. I drifted off to sleep watching my flag rise above the podium.

When I woke up, there was no doubt in my mind that I was going to win. I had already experienced it in my thoughts. I had already artificially lived everything that could be thrown at me during the match. Through visualization, I had successfully changed my reality from uncertainty of whether I could perform, to certainty of success.

I started the newsletter this way and I’ll end it the same. **If your own current reality does not match your long term goal(s)...CHANGE IT!**