



The Every Day Olympian

In the pursuit of being an Every Day Olympian, it is important to learn from our mistakes the first time. Remember, being an Every Day Olympian will never mean complete perfection...It only describes a lifelong pursuit of the perfect balance in our lives that will ultimately lead to each of us reaching our fullest potential as people. In other words...We all make mistakes.

In order to learn from our blunders, we have to be conscious of both the direct and indirect consequences of our actions. This takes personal reflection and analysis of our short comings and failures. This is not an emotionally rewarding process, so it is equally important to not take ourselves too seriously. We must be able to laugh at our mistakes and use them as humorous examples for future decisions.

So I'm going to put myself out there with this edition. I'm going to list some of my mistakes I still dwell on and draw reference to...Either literally or conceptually.

1. When you lie to your parents about where you are...Murphy's Law immediately kicks in.
2. Six high school aged boys piled into an old farm truck on a Friday night is an invitation for the local police officers.
3. Nintendo 64 does not prepare you for a calculus III mid-term.
4. It's hard to hide a keg of beer in a dorm room.
5. Parking your old blazer underneath a bridge for a month without checking on it





can quickly make it a home for the homeless during harsh Minneapolis winters.

6. When two roommates break their hands at the same time...It makes for some interesting/awkward mornings trying to get dressed.
7. Anything...including water...can be toxic at high enough levels.
8. Water becomes quite hard from 100 feet up.
9. It isn't anyone else's fault if you are going through a "social identity" crisis. (Which all athletes eventually face)
10. An air guitar session during a wedding is only fun/funny to the person performing.
11. Street vendors do not follow strict food safety standards.
12. Going out for a couple of beers in Cali, Columbia can be more of an adventure than ever anticipated.
13. "Cauliflower Ear" can be a life saver because organized crime in Bulgaria is alive and well. Good thing they hold wrestlers in high regard.
14. There are high and low performers in every profession...which includes doctors, teachers, coaches and especially tattoo artists.
15. There's no such thing as the "King" of the castle.
16. Having two kids in diapers, while switching companies, while taking MBA courses and teaching wrestling camps is much worse than it sounds.
17. Sleep deprivation is harder on those around you.
18. Being the same as everyone else does not get you ahead in life...Being different does.
19. Self-promotion can quickly become self-demotion.

I think I'm going to regret this edition!!!

Happy New Year!!!