



# The Every Day Olympian

In the July 15<sup>th</sup> newsletter I stated that the universal factor in all motivated behavior is that it is goal oriented. So, our next trigger phrase is “Dream Big, Then Work Backward”. I am unsure of the origin of this phrase, but I originally heard it from our President of Operations. It really clicked with me because it was a very easy way to illustrate a lesson I had learned quite some time ago.

An Every Day Olympian always dreams big. They set stretch goals that push the limits of who they are and what they are currently capable of. The major barrier to this approach for the average person is that these goals can seem unattainable in their current reality which strips away motivation over time. But by working backwards and breaking the goal down to daily tasks, The Every Day Olympian can focus on what needs to be accomplished today. Not what needs to be accomplished a year from now.

In 2003, I suffered a serious neck injury in the finals of World Team Trials. I will never forget being face down on the mat not able to move for nearly 30 seconds. Staring through the blur of sweat into the crowd yelling out to my coaches that I couldn't move my arms and legs is a memory that is burned forever into my soul. I thought my career was done. After 6 months of surgery and rehabilitation, I astonishingly was cleared to compete again. There was just one problem...I hadn't worked out or moved my head for 6 months, I was 35 pounds over my competition weight and I only had 3 months before Olympic Trials. The thought of becoming the best in the country again after what I had gone through seemed insurmountable.



I sat down that night alone at my kitchen table lost in thought and self-doubt. Making the Olympic team seemed nearly impossible. I went to my computer and printed out a calendar. I then wrote on the top of every page...“Olympic Team”. I identified every major milestone needed leading up to making the team. Unfortunately, when looking at the calendar it still appeared to be challenging. I then wrote down on every day what I needed to do to prepare and stay on track. Suddenly it wasn't so daunting. Tomorrow was just another day of training just like I've been doing for years. I observed the next few days and it was the same. It was abruptly clear that this huge goal (Dream Big) was just made up of small daily tasks (Work Backwards) that were not only achievable, but quite realistic. As I'm sure you've guessed...Those daily tasks compiled into earning a spot on a second Olympic Team.

That's the power of the trigger phrase “Dream Big, Then Work Backward”. It helps remove the fear of failure that can rob motivation on a daily bases. It helps the Every Day Olympian change their reality of what is possible and makes what some would consider a stretch goal into a strong possibility.

So I challenge you to think about the one big dream you have, but put off for various reasons. (Don't use time as an excuse because strangely enough you can always find time as you take on more). Go through the exercise of writing down everything that needs to happen on a daily basis to achieve it. Make sure you set an end date regardless of whether there actually is one.

Remember, most people fail because they have no idea how close they actually are to success. It's time to be an Every Day Olympian and “Dream Big, Then Work Backward”