



The Every Day Olympian

First and foremost...What does it mean to be an Every Day Olympian? It doesn't mean that we need to be great every day. In fact, if you're doing things right you won't be. It doesn't mean you need to burn the candle at both ends. Overall performance would surely diminish. It doesn't mean we need to be world class at anything. What it means is that we give a world class effort every day. We challenge ourselves in every aspect of our lives finding balance physically, mentally, emotionally and spiritually. We hold ourselves to a higher standard pursuing perfection knowing that we won't ever get there.

When I speak to groups, I often qualify things by stating I'm not here to talk about all the accomplishments I think I have. The truth is that I owe most of my accomplishments to life lessons I've learned from others either directly or through observation. The only pat on the back I can give myself is that I was conscious enough to listen. These life lessons are compiled into 3 primary areas...Motivation - Preparation - Execution.

As you will find out, each lesson correlates to what I call a "Trigger Phrase". It's a phrase I say to myself that triggers a mindset or action. You will hear a lot of these phrases through future newsletters. Some are borrowed...some are original...all are effective.



Yesterday I spoke to a group of youth wrestlers at a local wrestling clinic. It was just for a few minutes, but I took a little time to watch the workout beforehand. I noticed that many of them were working hard but enjoying themselves in an innocent, playful manner. This got me thinking about a trigger phrase I was forced to learn when I was competing for both Team USA and the University of Minnesota...“Enjoy the Journey”. What that means is that if you don’t stop and appreciate the little things, if you don’t celebrate small achievements, if you don’t take pride in the work you’re doing, you will never maintain the level of motivation you need long term.

I often get asked what I miss most about wrestling. I never thought I would say this, but I don’t miss the competition or even the thrill of victory the most. I miss the training. I miss the feeling of walking off the mat so completely exhausted that it was everything I could do just to stay on my feet. I miss walking up the “dungeon-like” stairs back to the locker room side by side with my teammates knowing that they were the only people on the planet who knew what I was going through. I miss smelling the crisp morning air as I walk outside on my way to morning workout knowing the entire city was still sleeping. During that period of my life, that was my journey. I took pride in those moments; I wasn’t filled with resentment for having to do more than others. So enjoy the journey because the thrill of victory can be fleeting. What you learn about yourself on the way to victory is what will empower you to a limitless future.