

# DREAM BIG

## Qualities for dreaming big

1. Teachability..for both the athlete and coach...are you open to a new paradigm of thinking..i.e., I've never done it that way before, but let's try
2. Attitude....are you open to trying something new with a positive approach..Coach would sometimes say to me, "If the goal isn't important to you then it isn't going to happen." (taking ownership). Or, "You don't have to do this, you get to." First time I ran 5 miles without stopping, a buddy and I kept encouraging each other until we made it
3. Short term goals lead to long term goals..goals are not always time based..one of my early goals was to reduce wasted head and shoulder motions..feet straight forward and not to the side...**Don't despise the day of small beginnings**
4. Short term goals can be daily practice with the intent they will lead to long term goals...begin fall training with repeat 440's..10, then 16, then 24 with the understanding they will lead to faster and better performances
5. Defeat qualities....**basically negative**...just a participant, less than first, just finish the race, pain is too great, lose faith, "I can't"
6. Victory qualities...**basically positive**....you're a winner, accept the challenge, overcoming pain is part of the victory, faith grows, character will grow and develop
7. Anybody can run the first part of the race..the race doesn't actually begin until the halfway mark. At that point it's what you focus on mentally that leads to victory or defeat, achieving your goal or not. The choice is yours. Everyone is training hard and preparing well for the competition. Physically- the elements are comparable. What are you doing to for yourself to prepare mentally and spiritually?

The spiritual and mental preparation take place in daily workouts when you make the seemingly little decisions that ultimately lead to the big decisions i.e. finishing the workout, giving your best - all pay dividends in competition. Build your confidence thought/ action by thought/ action. The spiritual for me was a recognition that running was a gift from God and that I would give Him great