

# Are YOU an Olympian?

As I write this, the 2012 summer olympic games in England are moving towards the end of their second and concluding week.

Here in the United States many people are watching our athletes with great interest. The Olympics games are in the news and on some TV stations for many hours each day.

What is an Olympian? How do you get to be one? Do you want to be an Olympian?

Don't say you can't. You can say you don't want to pay the price, don't want to do the work, or are not willing to make such a major commitment with your life.

The inspiring stories are about those who have competed successfully against the odds. There are those who have moved from home to study under coaches. We have heard of those families that have all worked together to support the athlete in their training.

Many have dreamed and worked for years for the moment to compete. Some will return with one or more medals and some will return without any medal. But yet, all who go deserve a medal for having qualified.

We see stories of those who have now won more medals than anyone else. We see those who were highly rated, not win. We see those who lost in previous years only to come back and win this time.

Everyone who participates is a winner. They have all dedicated themselves to their goal. Some have done more than others, and it shows. Those who have gone the extra mile stand out.

Winning is not only physical ability but also mental focus and determination. Self-confidence is a key. Letting go and getting into the rhythm is critical. By the time you get to the Olympics, it's as much or more of a mental game as physical. You have to believe and you have to trust.

You don't have to go to the Olympics to be an Olympian. You can be an Olympian in your own group and in your own area. You can be the best of the best.

How do you become the best of the best? You focus on it, you devote time and effort, you train, and train, and train more. You practice. You compete with others. You have a coach. You visualize. You see yourself performing as you intend to do, and you see yourself winning. You see it, know it, and believe it long before you ever accomplish it physically.

What about your own Olympics, with yourself, your family, or your work experience? In all these situations you can work to improve yourself and the whole team. The competition is good for everyone. Everyone advances, gets better, and feels better about themselves.

It's about doing your best with what you have, and where you are. To someone, you are an Olympian, a role model to follow.

Be an Olympian. Practice, focus, and prepare mentally. You'll win!