



What can we learn from the Summer Olympics?

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The Summer Olympics come around every four years and we are treated to an amazing display of talent and sportsmanship from these amazing athletes. So, what do we learn from these athletes to take into our personal and business lives?

- The first thing I see is, no one ever does this alone. They have friends, family, and coaches all in their corner.
- Sportsmanship plays a crucial role in the Olympics, for us let's just treat people with dignity and respect.
- Talent will only get you so far in life. Successful people make a habit of doing the things unsuccessful people aren't willing to do.
- Adversity is a powerful motivator, as the late Jimmy Valvano said, "Don't give up, don't ever give up."
- Manage stress, focus the mind on positive thinking, understand that loss isn't failure its just one way or time it didn't work.
- Keep striving towards your bigger goal even when you feel like giving up. Zig Ziglar said, "The only time you fail is when you fall down and stay down."

As we watch the Olympics, know that each athlete has had victories as well as setbacks. The athlete who eventually triumphs has learned to let go of those mistakes, learned from them, used them as steppingstones and motivation to eventually reach the pinnacle of their career. We should use these lessons as fuel for our lives, personally as well as professionally.

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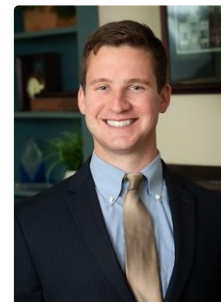
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