



Positive Self Talk

This week, I received a wonderful lesson in the power of human determination from my son. We were attending a cross-country meet and my son decided to participate in the U14 race rather than U13 even though this meant a longer race over a more challenging course.

About a third of the way through, he experienced a severe tightening of muscle in his right leg and as I happened to be nearby I asked him if he wanted to stop as it was obvious that he was in pain. His response was very clear "I really want to finish the race". With the support of another parent standing nearby we encouraged him to take time to stretch his leg and when he was ready he proceeded to complete the race. He even managed to put in a final spurt of speed at the end of the race and then sank to the ground in agony.

On the drive home (after a couple of ice packs) he was full of pride because he had finished the race and proven to himself that he could do the longer distance. It had never been about winning it was about proving his stamina to himself. He had set himself a goal that he was determined to achieve. Even in the face of the physical challenge he still proceeded to use his head and his belief in himself to keep focused on his goal and finish the race.

This experience reminded me that determination is about the quality of mind which reaches definite conclusions, or the act of coming to a decision. Regardless of his physical shortcomings on the day, my son was very determined to complete his goal. It was a timely reminder to me of the importance of having the right mental attitude to achieve your goals.

And so this week's challenge is focused on considering your mindset for situations in your life where you have been determined. Did you engage in 'self-talk' where you kept saying to yourself, "I am going to do this"? Did you engage the support of others to get encouragement to keep going when things got tough? What were the patterns of behaviour that contributed to you maintaining your determination to achieve your goal?

Now, consider a current situation for which you are not so determined? What type of 'self talk' do you engage in? What supports do you have in place to encourage you in the achievement of your goal? What are your patterns of behaviour around the situation/goal? The messages that we feed our brain matter. Changing from "I hope to", to, "I will" has a major impact on your likelihood of success. You are responsible for the messages sent to your brain that will feed your determination. With strong mental attitude and hard work you will get there.

Warm Wishes

Mary