

## The Race for Your Life

Excuses and reasons are what you get when you do not get your desired result.

These are the stories we tell ourselves, the ones we make up to ensure we don't feel bad when we don't achieve what ever it was we set out to do.

We can become quite the fiction writer here, producing the most elaborate excuses that allow us give up and not to feel the pain associated with our stopping.

I wonder how many times have you given up just before you would have achieved your goal. The times when you stopped just short of the mark. Imagine you could look back see all the times you gave up, and notice just round the next bend was your prize, now, instead of seeing you stepping up to the podium to claim your prize, you see you instead stopping up short, turning around and walking away head bent in defeat.

Here, imagine a different scenario, you are running your race, again feeling like giving up and leaving the race, but this time instead you reach deep inside yourself and draw on that last piece of strength and determination that you know for sure is in there. See what happens next.

The finishing line appears and you feel the fantastic sensations of the winning tape across your body as you cross over to your victory.

How many times have we all given up just before we crossed that line. Reach deep inside yourself, there is always more. When you feel like giving up, try just that little bit harder. See your finishing line get nearer, increase your effort. You will surprise yourself with the resources and strengths that lie beneath.

Go on, cheer yourself on to your greatest victory ever.