

Why not you?

Why not you? It has to be somebody, and you're somebody...right? What you want can be independent from what seems possible. It does not have to be true or realistic; you just have to believe it. So, why not you? It has been demonstrated time and time again that very often the expected happens. However, equally as often the unexpected happens. So, why not you?

Often, those who succeed are those who stick with it and are undeterred. It becomes your inner vision, your reason to get up in the morning. It is going to be what you do today, and then you continue to put those "todays" together. I stress, whatever it is you have a passion for is worth the risk.

Often, we don't want to act unless we have an overwhelming confirmation that our choice will be safe or render a return. The truth is that most situations are ambiguous until we take action. Hey! If it does not work out, you just received an education. If you're 50/50 on taking action, then find one percent from somewhere. Fifty one percent is enough of a reason to act. And if it does work, you will have an advantage you otherwise would never have. You have to see it in the mind's eye long before you see it with your visual eyes.

I believe it's of paramount importance to see, feel, and experience it mentally again and again. Then do whatever necessary to bring it to life. Write down what you want and take the steps to get there. With a "possibility mentality", it's all possible. And remember, there is no physician as skillful as the attitude of possibility. You are wise to acquire an unshakable belief. Once you have this up and running, you're not asking "why not me?" You KNOW it's going to be you.

You're in control of your time, effort and mind. You can mentally travel anywhere on earth. You can play it thru with you as the hero. You can do what others thought could not be done. It's not so much what you can do as what you believe you can do.

We all know how to daydream and create the perfect scenario. So, with that I have to ask, why not you? It has to be somebody. Why forfeit your dreams and goals to someone else? Don't give it away. It's your time! Let somebody else watch you succeed; let someone else open the morning paper and read about you.

Again, I ask, WHY NOT YOU? Every time you step out there you have a 50% chance of your hand being raised in victory. It's either you or the other guy; these are good odds. You can up the percentage by what you do daily with your training and your mind. The little things make a difference. Give yourself every opportunity to succeed.

I always felt the beauty of this sport was that you, the athlete, have final say over your result. Great competitors welcome having a final say. They love that it's all on them. They are the ones that come back to the huddle with seven seconds left and say "throw me the ball!" Success is not something that randomly happens; it's something that you dictate. There is no magic; it's not complex, great truths never are. Armed with this knowledge, I ask, Why not you?

Written by former Minnesota Gopher's Wrestling Coach, Mark Schwab.