



The following may be worth considering
We are what we repeatedly do



How many of us (for I include myself)? ...

You might like to circle YES or NO

- Always drink tea or coffee from the same mug every day. Y / N
- Always sleep on the same side of the bed, or, get into bed every night on the same side. Y / N
- Always sit in the same chair to watch TV. Y / N
- Always wash your body in the shower in the same sequence. Y / N
- Always put your socks and footwear on in the same sequence. Y / N
- Always comb your hair in the same way. Y / N
- Always carry your comb in the same pocket. Y / N
- Always leave for work / school at the same time. Y / N

The list goes on. You can devise your own list.

These are just a few simple activities that form part of our daily existence.

And yet .. as if by a miracle .. in sport / in life, we become creative, independent, forward thinking athletes / coaches / teachers, responsive to the circumstances that confront us.

Being a creature of habit does not mean we are not creative, but, we should regularly review our behaviour.

The way we do anything ... is the way we do everything

We are what we repeatedly do .. but .. we can make excellence (our best), our habit !

Thanks to Bill Sweetenham and Wayne Goldsmith

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