

THE “3” IN 2003

Happy New Year!! It’s the customary time of year to set goals. And 2003 is YOUR year!! The “3” in 2003 has a lot of valuable attributes. Take a look at some of the “3’s”.

3 USMS/OMS Events for Everyone:

- 30 minute non-competitive postal swim.
- Check Off Challenge.
- Virtual Swim Series.

3 Steps to Getting Motivated:

- Look for success stories.
- Find what you are good at.
- Reach for the stars.

3 Steps to Creating a Positive Attitude:

- Realize you have control.
- Be thankful (each day).
- Don’t sweat the small stuff.

3 Steps to Stay Motivated:

- Keep the end in mind.
- Use the buddy system.
- Reward yourself!

3 Reasons to Make and Use a Log Book:

- Chart your progress.
- Motivate yourself, acknowledge your progress.
- Celebrate your achievements and set new goals.

In an article by Masters Swim Coach Michael Collins, setting personal swimming goals is not just for “competitive” swimmers. Goals give us a sense of purpose and justification for what we do. Upon achieving or completing our goals we feel accomplishment and reward and tend to continue to set new goals. Collins suggests setting specific short and long term goals. Remember that you lose nothing if you do not achieve a goal but you gain a great accomplishment if you do achieve a goal. Setting goals can be scary. Fear of failure is real but can be overcome. There is a wonderful saying: “Success is a journey, not a destination.” Enjoy the journey you set out on to reach your goals. Tell someone – your coach, best friend, significant other – what your goals are. Make sure this person is the one who can support and motivate you toward achieving your goals. Anything is possible with the right attitude.

3 Quotes for the New Year:

- “Patience, persistence and perspiration make an unbeatable combination for success.” Napoleon Hill
- “What we see depends mainly on what we look for.” John Lubbock
- “Be true to your work, your word and your friend.” Henry David Thoreau

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