

Show Up To Practice

Written by Lillian Chebosi
Tuesday, 17 October 2023 08:19

Volume 12, Issue 38: Show Up To Practice

Part of finishing strong means showing up to practice. There are times when pursuing a goal feels hard. At such times, we can motivate ourselves to at least show up and do even just the bare minimum. As I write this, I am showing up for my writing assignment this morning.

Once you have determined that your goal is worth pursuing, talk yourself into showing up to practice even when you don't feel like it, and even when you don't see good results. Show up to practice even when you feel like a failure in that area.

I read about a girl whose sport of choice was pole vaulting. For the first almost 3 years of joining the team, she came in last in all competitions. But she never missed a practice session. Day by day, this girl showed up to practice, went through her routine and followed her coach's instructions. It wasn't until the tail end of her third year at the sport that she started winning.

Which goal are you struggling with the most? Could it be that you even stopped showing up for it? If the goal is important to you, try showing up to practice for it consistently from here on.

Finishing strong isn't just about winning. It's also about resilience. It's about knowing that you gave this year your all. That you didn't leave anything on the table. Yes it's true, that in life, we win some, and lose some. But whether we lose or win, we want to finish strong by showing up to practice to the very end. We want to be able to say that we gave our all to our pursuits this year.

For His Glory,

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