

CHASING INFLUENCE

WELLNESS: A FORMULA FOR SUCCESS

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." -Albert Schweitzer

An often-cited study by Dr. Gail Matthews has shown that simply writing down your goals and dreams makes you 42% more likely to achieve them. One notable disciple of planning out each day was American financier and banker J.P. Morgan. Morgan dominated corporate finance and industrial consolidation in the United States during the late 19th and early 20th centuries. In doing so, he became one of the wealthiest people in the world. One day a stranger approached Morgan, held up an envelope, and said, "Sir, in my hand I hold a guaranteed formula for success, which I will gladly sell to you for \$25,000." "Mister," J.P. Morgan replied, "I do not know what is in the envelope. However, if you show me and I like it, I give you my word as a gentleman that I will pay you what you ask." The man agreed to the terms and handed over the envelope. Morgan opened it and pulled out a single sheet of paper. He gave it one look, handed the piece of paper back, pulled out his checkbook, and paid the man the agreed-upon \$25,000. What do you think the piece of paper said? The paper read: 1. Every morning, write a list of the things that need to be done that day. 2. Do them.

"Our life is the sum total of all the decisions we make every day, and those decisions are determined by our priorities." -Myles Munroe

Connecting this quote to the story

The quote highlights the importance of making conscious decisions that align with our priorities. As athletes and teams, we must be intentional about our priorities and make decisions that support our goals and values. By prioritizing our goals and making decisions that align with them, we can maximize our chances of success and create the life we want.

Reflection Questions

1. What does the wisdom of the message given to J.P. Morgan mean to you?

2. Mahatma Gandhi once said, "Action expresses priorities?" In what ways do you agree or disagree with Gandhi?

3. How do you prioritize your tasks and goals for the day?

4. What common pitfalls can get in the way of productivity and success, and how can you avoid or overcome them?

5. How important is having a routine or daily ritual for athletes and teams? What are some examples of successful routines that we can incorporate into our own training and competition routines?