

## Everything Has a Season

You have achieved a lot already. Yet something continues to hinder you. Perhaps you sense that there's an area that needs fortifying – that you're not quite hitting the target.

While it may seem like a “tough guy” should compartmentalize life and keep racing separate, in reality unresolved issues distract. We can't outrun them no matter how hard we pedal our bikes. I remember wanting with all my heart to race my best but feeling completely drained by some hard circumstances at home. An advisor telling me that “*champions make the bike space sacred*” wasn't cutting it. I was too tired to fight for that sacred space.

There's safety in seeking advice from several sources. I had to seek a source outside cycling – it helped! I was counseled and given an action plan that considered my race pressures.

I agree the bike space is sacred, but sometimes we need to kick out the “demons” that invade it. This takes effort as well as a specific time to address it. When performance pressure is a factor, it's tricky to figure out when and how to put energy into eliminating a distraction. A time-based involvement implements possible solutions in tandem with those pressures. We help you off-load trouble and tackle it at the best time.

Our goal isn't to supplant your existing network of support. It's to add to it for a specific amount of time to remove what's weighing you down. Sometimes it's best if our help is confidential with just your knowledge or it may be more effective for us to cooperate openly with existing coaches or managers. In at least one case, a winning athlete's director was ecstatic that anyone could reach his rider – he'd tried everything and was humble enough to admit he didn't have the answer. We just happened to have the answer in that case. We may not have it in yours, but we're willing to talk about it to find out.

The same discipline you use to train can be applied to tackle other issues. You'll find that your “season” spent “training” these distractions will bring you the lightest season of your life – light of heart!

**Ponder:** Is anything hindering my progress? **Affirm** I can take a time-out to address this issue. **Watch** your performance increase as outside distractions decrease. **Action** contact us to help you through it.