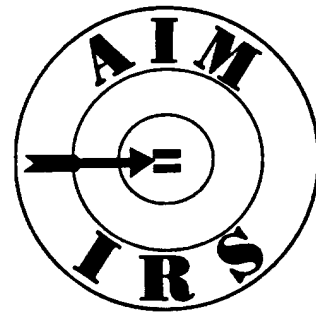


Mental Bench Press
05.20.09
Preparation



"Dig the well before you are thirsty." -- Chinese Proverb

"The will to win is not nearly as important as the will to prepare to win." --
Bobby Knight, Basketball Head Coach

So many people live reactive lives versus proactive lives. We tend to live each day in crisis mode. Whatever is causing the most stress or drama is what we focus on. It looks like whichever way the wind blows determines what I'm going to deal with today. This creates more stress and frustrations in our daily walk.

How would life be if you had better control of things?

- When the car breaks down, you already have the money to fix it, immediately. You don't have to worry about what bill you have to skip to get it fixed.
- When an emergency comes up and you have to leave town, you have enough vacation where your pay is not affected.
- When someone tries to get under your skin about a sensitive topic, it does not phase you or ruin your day.

All this is possible if we properly prepare. We have heard the saying. "Expect the unexpected." But do we ever do this? The above quotes speak to this notion.

Most people want to win. Everyone has the capacity to win. We have to get excited and energized to do the proper preparation to win. There is no reaping of a great harvest without sowing many seeds. So the seed and I guarantee your harvest will be beautiful.

Make this moment be the start of a GREAT day!!!

James Kent II