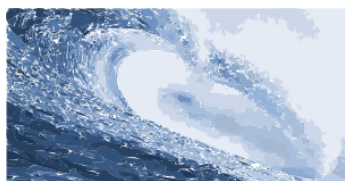


Find A Way



Diana Nyad was 8 years old when she first dreamed about swimming across the 100 plus mile Straits of Florida. Eventually Diana became a swimming sensation, winning multiple swimming marathons, and she was one of the first women to swim around the island of Manhattan. In her first attempt to cross the Straits of Florida in 1978, rough seas left her battered, delirious and less than halfway toward her goal. She tried to accomplish the feat three more times. All four tries were marked by gut-wrenching setbacks. The seas were rough and drained her energy. She would fight hour-long asthma attacks, or the jellyfish stings would leave her with excruciating pain. She moved on with life, but the dream lived on.

Thirty-five years after her first attempt, she would try again at age 64. She was determined to “find a way.” She jumped into the ocean in Havana, Cuba, to begin her fifth try in 35 years. The wind was strong, and she was taking in salt water, becoming nauseous, vomiting, and shivering. She never imagined she would suffer so much. Through it all, she kept repeating her mantra, “find a way.”

Swimming 53 hours in the water, she willed her way to a Key West beach, becoming the first person to swim from Cuba to Florida without a protective cage. Her face was sunburned and swollen, but her accomplishment was monumental. Her message (after getting out of the water, her speech was slurred because of a swollen tongue and lips) is one that tells us we should never, ever give up and that you are never too old to chase your dreams.

Affirmation: I will find a way.

To think about:

1. Diana Nyad never gave up on her dream. Do you have dreams you are committed to for a lifetime?
2. How could the mantra, “find a way,” help you to achieve goals?
3. How does Diana’s feat compare to the toughest feat you have accomplished?

The spirit is larger than the body. The body is pathetic compared to what we have inside us.
-Diana Nyad