

Pain



Do you think your physical training program designed by your coaches was meant to kill you? Maybe it was the warm-up that challenged your core. Maybe it was the running. Maybe it was a torturous drill that made the workout hard. How about the last few intervals of a hard workout? Coming around the last turn, your legs burned like they were on fire and it felt like someone stabbed you in the side with a knife. You were certain the coach's goal was to kill the team!

But the coaches weren't interested in how much you hurt that day. They were looking ahead to the season and were not only getting you ready for your first competition, but your last competition as well. Throughout the season, as your body became better conditioned, those drills and runs weren't as painful. They were still difficult, but they weren't as painful. The everyday pain made you better prepared for the season ahead.

Life is great; however, there is no promise that you will have a pain free life. In reality, mental and emotional pain is a part of the growing process. You may watch a parent, grandparent or child die. A relationship comes to an end. We lose when we expected to win. We fail a test. All of these are painful, but that pain doesn't necessarily equal harm. It equals growth and conditioning.

Today's pain may be preparing you for tomorrow. Look down the road to where you will be days, weeks, and even years from now. The coaches wanted you to be ready not just for today or tomorrow, but also for the rest of your lives. You just have to keep in mind that even though conditioning can be painful, it is a process to improve.

Affirmation: I fight through the pain.

To think about:

1. What pain do you have in your life?
2. Can you see how you can use pain to make you stronger or better prepared for tomorrow?
3. Do you know someone in pain today whom you could encourage? (Perhaps cheering your teammates on during a hard practice).

We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment. -Jim Rohn