

The background of the page features a stylized American flag. The stars are white on a blue field, and the stripes are red and white, flowing diagonally across the page. The entire content is framed by a dark blue border.

Observations on Creating an Individual Pattern of Success.

For over 200 years now the American flag represents the most successful national experiment in the history of mankind. It was not an accident and has survived so far by adhering to a pattern of success (a written down set of goals, the constitution).

Individual success is not an accident waiting to happen to you. Success is also not something that only happens to the lucky. Success is a learned process, the result of creating and repeating patterns that become habits over time. There is no shortcut and no one cookie cutter or one size fits all.

There are however, common elements (stars and stripes) found in every success story. What are your stars (goals) and how many stripes (quality practices and meets) have you earned? Do you have a vision in your mind and written down on paper? Are the goals you are pursuing yours or someone else's? Do you take the time to learn how to set goals and review your goals with your coach at least 3 times a season? Do you attend meets regularly and talk to your coach before and after each race? Are you loyal to your coach? Or, do you use them, a team mate or some other excuse as a scapegoat when you do not want to face your frustrations? Are you honest with yourself about what you are practicing? Is your practice attendance in line with the goals you have set? When the coach challenges you with a swim set or a mind set, do you engage and ask for more or do you shut down? How would you rate your self-discipline, your consistency?

Create Your Flag (Pattern of Success)

Field of Stars : Set written down goals and review with your coach

Red Stripes : Consistently attend all meets and do quality practices

White Stripes : Stay loyal to your team and your goals

Coach Chris