

Positivity

I always talk to the kids I coach about the 3 “P”s”. In previous articles I talked about #1, Personal responsibility, #2 Perseverance and now I’m on the 3rd “P”, Positivity. The reason I think this “P” is so important is because of a girl I coached who took personal responsibility, persevered, but was always looking at what problems there were, never looking at the positive side of things and was hardly ever happy with the results of any workout or competition.

Just changing how you look at things can change everything. This takes hard work and discipline. It’s a lot easier to feel sorry for the things you don’t have or didn’t achieve than thankful and grateful for what you do have or did achieve.

Are your kids grateful for what they have? Gymcats teaches kids with autism in free monthly classes at our gym. This gives our kids a chance to give back to kids and families who have to deal with autism each and every day, giving these kids’ parents a chance to sit back and enjoy watching their kids in a class just like every other student at Gymcats. What this class does for the parents and kids with autism is great, but is nothing compared with what it does for the kids of Gymcats who volunteer to help these kids and give some of themselves to someone else, instead of what so many kids today believe – which is the world revolves around me and my life. We must teach kids early in life to be grateful and thankful for what they have, and to look at the positive side of things.

I went to a seminar with Jeffrey Gittomer and he relayed a story of his family with all the kids sitting down for a morning breakfast and as soon as the drinks arrived, the 9 year old granddaughter spills over her drink onto everything. She quickly raised her arms up and shouted “First spill of the day!” This is a great example of changing how you look at things can really affect how you lead your life. Can you take a somewhat negative situation and try to find a positive there? Can you see the bright side of things? Is there a learning opportunity here? Can we create a lesson? Take a situation that seems only negative and try to find the positive. What a great tool to teach your children.

Your kids will learn from you how to react. So watch out not to over-react, shout out your negative emotions or dwell consistently on the negative. We had a parent at a competition 2 years ago who was comparing her child to another child. Her own daughter did tremendously well in the eyes of her coaches, but didn’t end up beating this other child. At the end of the competition, she stood in front of the coaches and her daughter and said that her daughter didn’t do well and she’s not improving. The daughter was devastated and the coaches stood there with their mouths wide open. The parent was enraged after each event getting hung up on how her daughter compared with the other child, instead of remembering how much better her child had done compared to the previous competition. Again, focusing on the positive aspect is preferred to focusing on what went wrong, unless of course it is used as a learning opportunity or lesson – then that’s positive too!

I’ll end with a quote from Zig Ziglar. “Positive thinking will let you do everything better than negative thinking will”.