

"The best and most beautiful things in the world cannot be seen or even touched. They can only be felt with the heart" *Helen Keller*

ISSUE # **03**  
March, 2010

## **The Olympic Spirit**

by Ira Weil, Nutritional Coach

Every athlete, young or old, has a skill that distinguishes him or her. That skill highlights his or her spirit, and fills him or her with pride and joy. After two weeks of competition in the Vancouver Winter Olympics, I witnessed a variety of different situations, such as perfect pirouettes, new Olympic records, goals lost in the last minute of overtime, or forced withdrawal because of an injury. Each of these scenarios is a part of the Olympic spirit.

Out of the thousands of athletes who participate, only three of them get a medal of gold, silver or bronze. So what about the rest of the athletes? Well, they who have a unique opportunity to represent their country by wearing their national colors get to experience an unmistakable feeling. This is a feeling of confidence in knowing that everything that is humanly possible was done to get them to their competition in the best physical and mental condition.

Before getting anywhere, as the Olympic athletes have, it is important to start by honestly answering the following questions: What am I passionate about? Am I capable of achieving my passion? Where do I begin? What are my aspirations? What are my limitations? How long do I have to prepare myself? How do I organize myself?

Every athlete has a coach; from little league to the Big Leagues; from team sports to individual sports. One wonders, why not have a coach for life? One who will assist you, guide you, and give you emotional support. One who will help you rediscover who you are, and find new opportunities in your life. Sometimes people ask me, "Ira, what exactly do you do?" And I honestly love to respond, "I am a Life Coach, and I help you open the windows that you thought were closed in your life."

When the time comes for the athletes to step up to the podium to receive their gold medals, and when they hear their national anthem being played, the emotion that they feel surpasses all physical or mental limits. It is the culmination of all long and difficult process. It is the moment when they receive a reward for their efforts and their dedication, and when their tears express nothing but pure happiness.

Hopefully each of you will get to that personal podium where you can give yourself a medal for your efforts, and your dedication. I hope that when you achieve it, you are filled with so much personal satisfaction and pride that you cannot help but scream "I DID IT!"