

I wanted to speak to you today about the power of positivity. I absolutely love the Olympics. I remember watching the whole of the 1984 Olympics, age 14, round the clock. I was pretty sporty back then and my heroes were Daley Thompson, Steve Cram, Seb Coe. I loved the competition, the buzz, the excitement. I would compare my 400m time - for a non-athlete (I was firmly and proudly a swimmer) I thought I was pretty quick! - with their Olympic times and wonder why they weren't HUGELY faster than me, rather than just a lot faster. I knew I wasn't going to the Olympics or anything crazy (there's a time for positivity and a time for realism) but I also wondered why there wasn't a bigger gap. I still do actually. My memory tells me (the reality could be anything) I was running it in about a minute whilst 'they' were doing it in about 45 secs.

Anyway, I digress. I still love the Olympics and this year I actually made time to watch it. Except this year for the first time I watched with different eyes. I was still mesmerised by the sport, what these athletes put their bodies through, but this year I was more interested in the interviews. And almost without exception I found this; Olympic athletes are POSITIVE, they are GRATEFUL and they don't wallow in defeat. They get back up or they retire gracefully.

Take Jessica Ennis-Hill. Silver. And not one ounce of regret that she missed the gold. She was BEAMING with the silver, so so grateful to her coach, her team, her family, so proud of herself also.

Take Tom Daley. Well.... that was a disaster. I could have cried for him myself. Not even making the final must have been gut-wrenchingly awful. But did Tom utter the D word? I don't think it would have occurred to him. What I heard was this; 'I'm so proud of the rest of the team for how they have performed, I'm so happy with the bronze in the synchronised and I need to get training for 2020.' Before he started crying of course; even the best of us can't be positive all the time.

I hear that Tom Daley is a fantastic manifester . When he was eight, EIGHT, he drew a picture of the Olympic rings and swore he would win gold there someday. I don't know about you but I was climbing trees and messing about in the garden when I was eight. He just GETS these things. His vibration is naturally high, he has vision, is optimistic, and believes he not only can achieve but that he deserves to. And no, he was not always winning competitions, he has had his ups and downs like the rest of us.

So have a think about it. If you had publicly (VERY publicly, they even filmed one Chinese diver showering down the front of his trunks, immodest of the diver and the film crew alike if you ask me) failed to make the final of the competition you had dedicated a mere 4 years of your life for (I once saw him training at the Olympic pool and he TRAINS. Dive after dive for over an hour until he 'got' it. I couldn't spot what he had done differently but there was polite applause from his team mates training on the other boards, which he in turn politely thanked them for, it was very quaint), what would YOU do?

Seriously, have a think. How would you react? How would you feel? What would you say?

Would you acknowledge your team for all their hard work and support and start looking to the future, or would you melt into self-loathing, shame, embarrassment, guilt even? Would you feel so bad about yourself, you who had ALSO very publicly declared that you were going for gold, that you could barely show your face perhaps? Would you feel you had not only let yourself down but also your coach, your country? Would you feel you didn't deserve to continue to dive and should just quit now?

If you would then you are not alone. In fact this is the more common reaction, this is how most people think, how they are their own worst critic and judge, how they impose their own punishment and keep themselves low and stuck.

At the same time, positivity can be learned. There are strategies and techniques you can learn to switch off the self - talk, to think more positively, to FEEL more positive. Not all the time of course, that would be unreasonable, but MORE of the time.

And guess what, regardless of the outcome, that's the way you get to go to the Olympics in the first place. Which let's face it, if you can get over the fear of failure, is pretty awesome in it's own right.

Want to learn some techniques to turn off the mind chatter, to clear the shame and guilt and feel better about yourself and your life? Then come to my vibration workshop on 24th Sept (you need to book, places are going; Tel 07717 471 584).

And in the meantime, be grateful for at least 3 things every single day and see how your focus shifts.

I would love to know how you get on so drop me a line; timeandspace@outlook.com

If you want to receive more info and blogs, sign up to my newsletter from my home page.

In love and light

Rachel xx

