



# **“BUSTIN’ LOOSE” Or “CUT THE ROPE”**

## **ATTITUDE & EFFORT = 100% = What’s holding you back?”**

These little stories on the following pages are amazing, but true.

**They provide a powerful insight into sports that has enabled many athletes and teams to suddenly bust loose into dramatic achievements they never dreamed possible before.**

### ***BUSTING LOOSE***

The moral is really the same in each story. Very often, the only things that hold a person or a team back are "imaginary" obstacle. Like the elephant, the barracuda and the eagle, we've sometimes been trained and conditioned to limit our own potential.

For instance, if we do poorly at a sport when we're very young, we sometimes give up on that sport completely, thinking that we're bound to continue doing poorly, even when we're older. If people tell us over and over that we're too small, too slow or too clumsy to play a certain sport, we may eventually believe it . . . and act like it. If we believe the newspapers when they say that our team is a 21-point underdog, we just might live up to that prediction and lose the game. If girls accept the opinion that they can't do well in a certain sport -- sure enough, they might not even try. If the record books ever convince us that human beings just can't run any faster, jump any higher, or swim any farther . . . then we will never again be able to break the records.

**Like the elephant, if we don't believe we can break the rope, we won't.**

**Like the barracuda, if we don't believe we can swim to the other side, we won't.**

**Like the eagle, if we don't know our true potential, we will never reach it.**

Athletes suddenly bust loose when they realize that many of their former limitations were imaginary or self-imposed. How about you or your team? Have you been accepting someone else's "expert opinion" about your own athletic abilities? IS there a flimsy rope, an imaginary ceiling or an invisible shield standing between you and your goals?

**If so, busting loose might be easier than you think. A little belief goes a long, long way. You are free. It's time to start acting like it!**

**Then you will know the truth and the truth will set you free.**

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***“MAKE IT A GREAT DAY +1”***

# STOP HOLDING BACK – “CUT THE ROPE”

## ARE YOU STUCK?

Someone who might be paralyzed by fear, overwhelmed with where to start, or who is simply drifting through the busyness of life. Can you relate? If so, this is for you.

**1. Stop holding back.** You owe it to yourself and your creator to step into your greatness. It's what you were born to do. Anything less will leave you living a life of regret.

**2. Just Start.** You don't need to have it all figured out, you just need to get started. One small action today, combined with another tomorrow gets you closer. No action = no movement.

**3. Stop Listening to the Lies.** Talk to yourself instead of listen to yourself [ [watch this](#) ].

**4. It's Bigger Than You.** Most of the time whatever you're called to do isn't really about you. It's about those who you will serve. Remember, a message can't get shared unless there is a messenger willing to share it. They need you.

**5. You Can.** Your circumstances don't define you. Your willingness does. Stop hiding behind the excuses and start stepping into your calling. I believe in you. Now, you need to believe in yourself.

I don't know what may be holding you back but I do know that no matter what it is, you can overcome it if you decide to do so. It might not be easy but I can promise you that it will be worth it. I'm cheering for you!

Here are '**3 Derailers**' that you can use to help you develop a plan to overcome. So, let's start there.

### 3 Things That Keep Us from Moving Forward

1. Our **History** with people or situations...we have a tendency to be held back by the past.
2. Our past **Hurts** or wounds from past betrayals...we become scarred and cynical.
3. Our **Habits**, especially habits we've developed that are not good for us whether they are in our actions or our thoughts.

**Leadership Challenge:** Take a minute right now, to write down how you can change your thinking and what action(s) you need to take to move past #'s 1 & 2. Next, make a list of Habits (thinking or actions) that are detrimental to your growth and development. Now list a productive action or thought habit next to the detrimental habit so you can replace it with the new action.

**In closing,** I want to remind us all (including myself), if you and I want to go faster, go alone; if you and I want to go further, go with someone; if you and I want to go FARSTER, we must go with others and be overcomers!

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***“MAKE IT A GREAT DAY +1”***



## THE STORY OF THE ELEPHANT

Elephants can weigh up to 24,000 pounds and stand 13 feet tall. They have enormous power and strength. Their trunks are nimble enough to pick a single blade of grass but powerful enough to tear down a large tree limb or even an entire tree!

The elephant is the strongest "Athlete" in the animal kingdom. But if you ever get back stage at a circus you'll notice something very strange about the way trainers keep the elephants tied up. Wrapped around the leg of the little baby elephant will be a great big chain; but wrapped around the leg of the huge adult elephant will be a little flimsy rope.

The elephant trainer will tell you that after a few months of straining against a big chain, the baby elephant will finally give up. After that, the trainer can replace the big strong chain with a weak little rope, and the elephant never knows the difference.

Even though the adult elephant could snap the rope with one mighty tug of his foot, he never even tries. Why? Because the long months of struggling against the chain have conditioned and convinced him to believe that it's impossible! So, it stops struggling. **It gives in**, succumbs, and grows accustomed to the shackle.

**What about you? What shackles have you accepted from youth that keep you in place? Like the elephant, the chain is not really around your foot but your mind. Here are some examples of beliefs that indicate there are chains that bind us:**

- My dad said I inherited his slow feet. • Your too small
- I've never been able to make that play • I'm not strong enough to...
- I'm not college material • That's too hard

***“CUT THE ROPES!”***

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***“MAKE IT A GREAT DAY +1”***



## THE STORY OF THE BARRACUDA

As a fish, the barracuda is one of the "fiercest" athletes in the animal kingdom. He is swift, powerful and confident. In an experiment, scientists put a big barracuda and a little mackerel together in the same fish tank. The barracuda immediately swam over and ate the mackerel for dinner. Then the scientists put another mackerel in the tank -- only this time they put a clear plastic divider between the mackerel and the barracuda.

Now, every time the barracuda tried to swim over to the mackerel, he would only bump his nose against the invisible plastic shield. For two days, the frustrated barracuda tried and failed to get to the mackerel. Finally, desperate, confused and hungry, he gave up.

At that point, the scientists removed the shield, leaving the barracuda a clear path to the frightened mackerel. But the barracuda knew better. He knew from experience that it was "impossible" for him to swim to the other side.

Imagine the poor barracuda's surprise when the scientists dropped a second barracuda in the water, which immediately swam over and gulped down the tasty mackerel

**What is the plastic shield that is holding you back from achieving your goals?  
Write it down on a piece of paper – give it a name – then share with others and talk about it.**

**Finally take the piece of paper, rip it up and let it go!**

***“THERE IS NO BARRIER!”***

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***“MAKE IT A GREAT DAY +1”***



## THE EAGLE & THE CHICKENS

### A Story About Being Who You Are Meant to Be

There's an old, well-known story of a chicken farmer who found an eagle's egg. He put it with his chickens and soon the egg hatched.

The young eagle grew up with all the other chickens and whatever they did, the eagle did too. He thought he was a chicken, just like them. Since the chickens could only fly for a short distance, the eagle also learnt to fly a short distance.

**He thought that was what he was supposed to do.** So that was all that he thought he could do. As a consequence, that was all he was able to do.

One day the eagle saw a bird flying high above him. He was very impressed. "Who is that?" he asked the hens around him.

"That's the eagle, the king of the birds," the hens told him. "He belongs to the sky. We belong to the earth, we are just chickens."

So, the eagle lived and died as a chicken, **for that's what he thought he was.**

**I want to encourage you today that you are an eagle. You may have been brought up in a situation that limited your understanding of your potential, but it's time now for the past to lose its hold on you.**

**Don't die thinking you're a chicken.**

**Soar high, just as you were meant to. Be all that you are meant to be!**

***"FLY THE COOP!"***

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***"MAKE IT A GREAT DAY +1"***



## **“THE FRYING PAN”**

How big is your frying pan? Once there was an old fellow fishing on the same river where I was casting a line. I wasn't catching a thing, while the old man caught everything in sight. However, I noticed that when he caught big fish he threw them back into the water and when he caught little ones he kept them.

After a while I was frustrated enough to ask the old man, “Why are you throwing the big ones back and keeping just the little ones?” He said, “Because I only have a nine-inch frying pan at home.

- How big is your frying pan?
- What is your capacity for success?
- What self-imposed limitations keep you from accomplishing tasks?
- Where is the source of your limitations?
- How can you begin to “enlarge your pan today?”

***For Additional Discussion – see the Lesson on “The Mind’s Eye” and the Story of the Elephant, Barracuda and Eagle”***

## **“GET A BIGGER PAN!”**

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**“MAKE IT A GREAT DAY +1”**

# ❖ The Victor ❖

If you think you are beaten, you are.  
If you think you dare not, you don't.

If you like to win but think you can't,  
It's almost a cinch you won't.  
If you think you'll lose, you're lost

For out in the world we find  
Success begins with a fellow's will.  
It's all in the state of mind.

If you think you are out classed, you are  
You've got to think high to rise.

You've got to be sure of your-self before  
You can ever win the prize.

Life's battles don't always go  
To the stronger or faster man.  
But sooner or later, the man who wins  
Is the man who thinks he can.

-C.W. Longenecker

**"MAKE IT A GREAT DAY +1"**