
FINAL THOUGHTS

“People ask how I stay so positive after losing my legs. I simply ask how they stay so negative with theirs.”

~ **SSgt. Johnny ‘Joey’ Jones**

“Champions never complain, they are too busy getting better.”

~ **John Wooden**

“Positive energy and positive people create positive results.”

~ **Jon Gordan**

“I am not a product of my circumstances. I am a product of my choices.”

~ **Stephen Covey**

“Some people want it to happen, some wish it would happen, and others make it happen.”

~ **Michael Jordan**

Success is a choice. What choice will we make today? As Aristotle says, “We are what we repeatedly do. Excellence then is not an act but a habit.” The traits in this book were presented to help provide insights on how to become the best we are capable of becoming. Life is about ups and downs and how we handle these situations. Life is about having goals and putting a plan in place to achieve these goals.

I might not be 6’7” or run a 4.3 forty-yard dash. My upside for certain athletic endeavors might be capped. I might never be LeBron James. I might

never be Usain Bolt. I might never be Tom Brady. However, I can certainly strive to be the LeBron James, Usain Bolt, or Tom Brady in life. Here's the thing, though. We don't always know what our limits are. LeBron and Bolt are two extreme examples. Most of us know that we aren't them but where is the line? Where is our ceiling?

Consider the case of Nick Foles. Foles was nearly out of the NFL after having one of the greatest seasons in NFL history when he had 27 touchdowns and only 2 interceptions in 2013. He just didn't have the talent of some of the other players he was competing against. Even his great season was attributed to the right coach at the right time in the right situation. During the 2017 season, it looked as if Nick Foles was destined to spend another season as a backup quarterback. In fact, that is exactly what he was. Second-year quarterback Carson Wentz was in the midst of leading the Philadelphia Eagles to the best record in the NFC. Wentz was the front runner for the MVP award (over Tom Brady). But Wentz got hurt in Week 15 of the season.

Nick Foles took over and proceeded to underperform in the last two games of the regular season. His play in the playoffs wasn't spectacular but was good enough to help the Eagles win two games when they were massive underdogs. When they met Brady and the New England Patriots in the Super Bowl, they were once again underdogs.

All Nick Foles did was win Super Bowl MVP honors. We never know what life will throw at us. Sometimes we will be up. Sometimes we will be

down. Sometimes we are the bug. Sometimes we are the windshield. That would describe Nick Foles' career. He has been a highly paid starter and a forgotten backup. Here is what Nick Foles said at his press conference after the Super Bowl . . .

“I think the big thing is don't be afraid to fail. I think in our society today, Instagram, Twitter, it's a highlight reel. It's all good things. And then when you look at it, when you think like, wow, when you have a rough day, 'My life's not as good as that.' (you think) you're failing. Failure is a part of life. It's a part of building character and growing.

Without failure, who would you be? I wouldn't be up here if I hadn't fallen thousands of times. Made mistakes. We all are human, we all have weaknesses, and I think throughout this, (it's been important) to be able to share that and be transparent. I know when I listen to people speak and they share their weaknesses, I'm listening because (it) resonates. So I'm not perfect. I'm not superman. I might be in the NFL. I might have just won a Super Bowl, but, hey we still have daily struggles. I still have daily struggles. And that's where my faith comes in, that's where my family comes in.

I think when you look at a struggle in your life, just know that's just an opportunity for your character to grow. And that's just been

the message. Simple. If something's going on in your life and you're struggling? Embrace it. Because you're growing."

This is a great perspective from a class-act individual. If Nick Foles hadn't won the Super Bowl, he'd still be a winner. Bill Walsh, the legendary NFL coach of the San Francisco 49ers, used to say "The culture precedes positive results. It doesn't get tacked on as an afterthought on your way to the victory stand. Champions behave like champions before they're champions; they have a winning standard of performance before they are winners."

This is most often applied to organizations or teams, but it is just as applicable to individuals. Nick Foles was a champion before he was a Super Bowl champion.

What about us? What do our choices say about us? How do we go about our daily lives to become a champion? Do we make excuses or find ways to make things happen?

Being a winner is not an accident. Some of us might start off with a head start in some areas but this doesn't mean that we will end up winners. By reading this book, you have already taken a giant step toward being successful. There is no guarantee that you will always get what you want. However, making the right choices on a regular basis moves us in the right direction.

Success is a choice. Do we want to be successful? Choose success. Unfortunately, failure is also a choice. Every choice that we make in life either complicates or simplifies our life – usually in

the area of fulfilling our goals and aspirations. Sometimes we've got to do some things we don't want to do so that we can accomplish things that we want to accomplish.

Our daily choices lead to daily habits which lead to success or failure. Who we want to be in the future and what we want to accomplish is determined by what we do today, tomorrow, next month, next year. This is the same with us when it comes to our daily choices shaping our habits. Eventually, we will have either winning habits or losing habits. It is up to us. It is our choice.

As we make our daily choices, it is also important to keep Coach John Wooden's approach to success at the forefront of our minds. "Success", said Wooden, "is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming."

Success is a choice. What choice will we make today?