

CATCHING UP

Jay continued to see him dominant. I hadn't figured out how to break his hold. That didn't diminish my own development. I couldn't let up. I needed to build upon my awareness. I had already developed a process for growth. I could keep on reinforcing that. But there he was. And I still felt that he was mocking me. He was preventing me from being myself. I hated that feeling. I wanted to be invincible. The next few times that I was in the water, I studied this technique. I would be right on his heels, then he would blow me away. I didn't like this. I'm sure that's how others felt when they were swimming against me.

That didn't lessen my frustration. I was in seeing things in their eyes. I was fighting for my own success. This seemed to create a blight on my future. If it was impossible to be Jay, and I might as well kiss my Olympic hops goodbye. I wasn't gonna be defeatist. I only needed to be realistic. Sure Jay was good. But how good was he?

After a few tries I was able to stay with him for a few seconds. Then he just turned on all that power. And I watched him sail ahead of me. This was hardly time to give in. I had come close. But close are they seem close enough. I almost felt that he was laughing at me. He was reminding me that it was never gonna happen. I need to go back into myself. My coach wasn't going to tell me what I needed to know. He was so caught up in congratulating Jay. That only made my work more difficult.

I that felt that he was giving Jay pointers, and Jay knew everything that he needed to know. My coach was depriving me of important knowledge. I just didn't like his job. I wanted something more from him. It wasn't going to come. I really wondered if anybody could tell me what I needed to know. I have been battling against Jay. I didn't there in the water. No one else could really understand with this involved. I was sure that it wasn't a matter of my stroke. And my stroke was so tied up with my mind game. How was that working? I felt strong in the water. I need to concentrate on my own efforts.

I needed to let go of any concern about Jay. This had nothing to do with Jay. This was everything about me. If I kept trying to make it about Jay, that would only ruin my efforts. I kept up my pace through practice. I would watch Jay swim past me. It's still cost me concern. But I was doing things right. I still try to match his strokes.

Sometimes when he would be on my tail, I would try to totally relax. Instead of pushing harder, I would just get into the moment. I would let the water roll over me. Amazingly, he no longer seemed so formidable. All that intensity dissipated. I was able to hang on for a little longer.

He told me that he had nothing to do with my stroke. It was all about my ability to maintain myself at a high-level. I have never really known that before. I have never engaged competition at such a high level. It was all about giving into the moment. I need to let the self go. The body need to go on automatic. Once it attained that motivation, there is was stopping it. Nevertheless, I was still confused. I could get the process going. But Jay still seem to know some thing that I didn't know. And I gave everything to try to figure it out. I surrendered myself to the experience. I focused my efforts. I could sense a power take me over. That still didn't last. It was

almost as if he had jet propulsion. He could just turn it on.

If he had attained a high level of performance, why wasn't it available to me. I reached deep in to myself to figure it all out. It almost seem like a puzzle. He had this genius behind him. And I was fumbling with the pieces. I didn't want this to happen for long. I only need to enhance my ability to perform at a high-level. This commitment would do me well as a progressed in competition. Again, I've never known anything like this before.

In my past meets, I could just lock into my strength. I would glide along in the water. Now, this was special. It was almost as if I was fighting for my life. And I remained with his lasting commitment. Nothing else could distract me. This was a whole new way to train. This was an entirely different way to see myself. I accept these risks. I review these challenges. After a while, this was second nature. I had my doubts. They all vanished.

This experience was wondrous. There was no distraction at all. And even if I was not swimming against Jay, I would be just as powerful. They told me some thing. I still couldn't deal with his jet propulsion. But I was almost keeping pace. Since nothing else seem to matter, I could give all of myself to this experience. I didn't have to worry what I had left. I was lost in the moment. That added to my sense of self assurance. I wasn't gonna let down. I was committed to being a champion. I was committed to winning. I believe that there was no alternative. That was why I got into this game.

So what if Jay wanted to ess with my strategy. I had a new way of seeing things. I didn't have that power yet. Over time, I would develop my own jet propulsion. I was now building from a constantly high level of physical production. Since I already had this foundation, I could work to exceed myself. That reinforced my efforts. That gave me the assurance that I needed. I needed to be more focused. I left it at that. I was now working on my mental game. I had changed my physical commitment. This offered a new foundation for future development. From this point I could make myself better. I stretched out. And I found my inner strength. And I worked from there. There was nothing else in my way. And that gave me more confidence. That added to my sense of self assurance.

There was a brilliance in the experience. I felt that sense of growth. And it took a great deal to continue with this program. I couldn't let up. Now, I had a clear goal. I wasn't gonna lose sight of it. That only the added to the experience.

I realized that final breakdown breakthrough was not going to come immediately. It might never come. That didn't change my perspective. I was there to be a winner. I wasn't allowed to see it any other way. That was all part of my commitment to success. I felt as if I was getting ahead of myself. And I'm sure I had options. I need to figure out how to proceed. Winning was a unique experience. There was no alternative. I wanted to see things just in this way. Others might've question me. I knew what I needed to do, and I wasn't willing to pass on my legacy. I didn't wanna watch somebody else stand in my way.

I was convinced that I was on the right path. There was nothing that could dissuade me from this development. In many ways, Jay was no longer part of the experience. I thought about him. I but there's nothing that I could do. I need to get into the water day after day and do my thing. My training program was based upon miles and miles in the water. This was hardly the time to stop. I need you to find greater inspiration. I could record all these influences. I could put

everything into place. This may be great this made me a champion. I was willing to share what I knew.

In fact, I thought about this for a long time. That was what gave me my understanding. In the water I couldn't give up on that. That gave me a stronger motivation. I wasn't the only one who came to compete. I just had a different view of performance. And I needed to maintain my perspective. I needed to be there time and time again. Beyond that, I was planning. In this planning give me what I needed.

Jay needed to be away for a family emergency. So there was no one else at practice giving me a run for my money. It was strange. That was the day when I discovered that I had some thing unique. I found found a jet propulsion in my self. It was rooted in my kicking. I found some thing extra. The power shook me all over. I lost myself in the experience. I have never been so inside and outside of myself at the same time this was a marvel. I wanted to tell others about this. But I really couldn't explain it. We were all going through something so different. I needed to hoard to what I understood.

That was what made the training so important. Even if they couldn't keep up with me. They could help me to engage that same excitement. This was how it was affecting me. I couldn't let myself fall back. There were so many reasons that I could lose what I had just discovered. That wasn't going to happen. I was already part of some thing new. I was blessed. And this ongoing feeling drove me onward and there was nothing else like this. I rose above everything. I was watching myself. And I became convinced by what I was doing. They offered me a new kind of knowledge. It was actionable knowledge. It was something that I could draw on every time that I needed it. So I didn't want to let go of it. I wanted to apply myself in the moment. The next practice, Jay still wasn't there. I need to reassure myself that this wasn't a fluke. I had a fantastic day. But I need to be fantastic again that added to my reassurance. Gave me a wondrous power. I told me that I was into some thing new. And I welcomed the inspiration.

This was a once in a lifetime experience. But I was able to repeat it again and again. I was looking forward to my competition with Jay. I could demonstrate my actual power. I was more than uplifted. I was ecstatic. I need to review. I had built this new standard of performance. I had been able to call on it time and time again. I only need to relax in the moment. From there, I went further. Now, I had found a new ability. It was an indescribable.

In its final stage required total commitment. I knew what this was all about. I couldn't slow down. This is all part of my mastery. This made me more than a champion. I was on the verge of greatness. And I knew what I had left. This was amazing. This had no equals. This was everything. And I braced for the moment. I thought that I was blessed by the sensation. I was immerse in life and by the situation. I needed to engage all these abilities time and time again. It was a constant process of route going over to these skills. No one else could bring that same power to bear. This was a special kind of brilliance. Every time that I reached this point, I became further evidence when I now new this is now a lasting knowledge without any possibility of contradiction.

I couldn't take any of this for granted. Nevertheless, I knew where I was headed. Jay was going to come back. And I needed to demonstrate what I had. This time I couldn't let him over coming. I had become so certain about my new power that I dreaded a confrontation. The closer

that I got to that moment the more I had a wonder. I was going to make it happen no matter what. This added to the pressure. I didn't want to give in. I didn't want to pretend that I was weak when I knew I was strong. I still wasn't enough. Once I saw Jay, I started to shake. I was a little afraid.

There was almost a regal quality to Jay's arrival. He seemed like a greater swimmer than he ever had been. He had learned something important about swimming, and he was nothing like he was before. He was now a god.

I couldn't let that bother me. But I had none of that power that had been evident the last few practices. What had taken me off my game? I couldn't let it happen.

We would go up and down the pool, and the same thing would happen time and time again. It didn't make sense. I needed to catch my breath. What was the true basis of a winning strategy. I needed to do everything that I could to break it down. I was not going to be beaten this way,

Sure, he may have been setting the standard, but I was not that far behind. That told me everything that I needed to know. He was establishing the pace. But I was in the thick of things. I was reminding him that I was a champion. It wasn't an accident that I had showed up. I was there to stay. I could tell that he was giving me my well-deserved credit. Nevertheless, he still believed that he was the best. There was no way that he was going to cede me that title.

This was practice, but we both realized what was at stake. We were each showing the other person something important. I was coming out of my skin. I was lost in the moment. It was all wonderful. It was explosive.

I was hanging on just behind him. More than ever, I felt that I had something to show him. There was no longer any question. I hadn't come this far to let him push me back. When he turned on the jets, I stayed with him. I tried my best.

I saw that I was not good enough. But I saw what was going to be necessary. It wouldn't happen the same way the next time around.

I had totally locked in. I understood what was necessary to be victorious. I could feel him creeping up on me. This was going to be the end of his game. He got just close enough. Then he turned on the jets. I relaxed, and I did everything that I could to keep pace. This was going to be an ongoing battle. He was still ahead of me, but I zeroed in on his body. This was my reference point. I became more and more immersed in the experience. This helped me to excel. I did not tire.

The tendency to lose that concentration worked to disrupt the moment. Nothing would let me surrender. This was no longer part of my makeup. I was now matching his pace. That was not enough. I needed ever more to resolve the chase.

I hadn't used my jets. I had been fortunate. All my practicing had enable me to creat that foundation. This was the beginning of something greater. I submerged. There was nothing that could take me out of my game. I saw this as an eternity. I could remain like this for all time.

I had found inspiration in this ongoing experience. I was right where I needed to be. I would not stop. I was now in his head.

He hated the fact that he hadn't been able to shake me. He was haughty. He believed that he only had to wave his hand, and it would all make sense. That was not going to happen this time. I wanted to be triumphant.

When we came to the wall, I was only a stoke behind him. I rode my flip gracefully. He

was still a hair ahead of me. This was hardly the time to break. For a second, he seemed to add to his lead. That added to his assurance. He thought that he had nothing to learn from me. He loved the moment. He reveled in the sensation.

I reached deep into myself. I knew what I had left. It was so much more than he could have realized. I not only had the power, but I was sure that my endurance was more intense. I could feel that wave pass through me. That added to my commitment. I was the winner.

When I turned on the jets, the heavens should have opened up. All this preparation was now evident. I was succeeding with my plan. I felt my greatness. Behind me was this luxurious wave. I was a creature of the sea.

Even with the lane line, he could sense that wake. The shark was attacking. I found something more. I stretched out, and I pulled ahead of him. This was my science. Nothing was going to interrupt my progress.

This was something that he had never felt before. He was fighting from behind. He was convinced that this moment was temporary. I would crumble, and he could claim his rightful place. I could feel that he was again mocking me. I wanted to be heroic. He wanted to crush me.

I was now setting pace. There was only a hair that separated us. I needed to maintain that lead. I had done damage. I only needed to keep on.

He had so much in the tank. He knew all the resources that he could draw on. I felt wave after wave, but he was not in game anymore. I could not let him

We stayed at that same pace for a while. I did everything that I could to hang on. I wanted to add to my efforts. I wanted to show him something more. I still couldn't break that zeal on his part. I wouldn't give him an in. He would continue to feel his inspiration, and I would shut him down.

He couldn't stay like this. I could see that he was breaking. Everything that he had built up over the years was coming crashing down. He was still the premier performer. But I had shown him something new, and he could not take that from me. This was a new forever.

Jay was a champion. He was not going to go that easily. If I thought that it was that easy, I understood little about the sport. This was where champions were made. I needed to go deep into myself. I needed to find a lasting truth. There was no alternative. I felt the onrush of power. And he wouldn't be able to catch up. He had no choice. The game had changed once and for all. That was all that mattered.

I couldn't take any of this for granted. I knew what he was made of. And he was going to come back for just one more shot. I needed to be ready when that challenge emerged. I had kept pace for many laps, but he felt ready to make his adjustment. He was going to crush me. And he was riding at the crest of that wave.

This was why he was a great swimmer. He was there to show his dominance. I could have easily have given in. That was not meant to happen. I hadn't come to this point not to demonstrate my commitment.

He wanted to crush me. He brought everything that he had. I could feel his barrages. I should have given in. That was not going to happen. I realized something unique.

As I extended my lead, I realized that he was not going to come back. I almost lapped him. That would have been more crushing for his ego. After this competition, I took a victory lap.

I had been part of transcendence. I had separated myself from his dominance. I had

shown my brilliance. I was not going to give him any sympathy. He had always acted as if he had something over me. I respected him as a competitor. But there was nothing friendly about his demeanor. Nothing had changed.

Time and time again, he would try to reassert himself. He was convinced that I had been lucky. But I learned from what happened.

There was another side to our competition. He thought that he shared an emotional connection with me. We were both emotional about our training. But we were approaching this from completely opposite points of view. I was not going to yield. I didn't want to go out with Jay. I didn't want to become distracted from the prize. He had given me the motivation. I wanted him in the water. But he had no greater effect on my training than any of other swimmers.

I was a friendly person. Jay was a different sort. He felt that he could break me down emotionally. He could find a weakness in me, and he could exploit it. That would occur outside the pool, and it would manifest itself in the water.

I was not going to praise him. I was not going to thank him. My training only demonstrated to me the flaws in his performance. He still believed that he had something over me. That was hardly true. I hadn't taken it to this point to admit that he was right.

I knew that there were other male swimmers who had an edge over me. But they were few and far between. They were a special breed of champions, and I could never touch that level. I needed to be honest with myself.

Jay had seemed so overwhelming. I now focused on the flaws. He was taking himself for granted. He was not running. He was not doing enough land exercises. We were both young. Over time, his weaknesses would become more evident.

I had discovered a necessary lesson. I could not let my pride influence my thoughts. I had been successful because I was a professional. My professionalism needed to last. It would be ridiculous to give him props that he did not deserve.

I respected his abilities. More than ever, I could take nothing for granted. But I was not going to give him anything more. If I did, that would only show that I was weak. I wasn't there to meet a new friend. If he had been more open, that might have been different. He had tried to block me at every stage.

There was no element of revenge in my program. I had shown myself consistently. That was all that mattered. I could treat Jay fairly. That was where it began and ended. There was no other way to think about this. I was no Cinderella waiting for a prince.

My achievements had been earned through hard work, I needed to carry on. There were so many occasions to lapse. I had not signed up to slide back. This reinforced my champion spirit. I could show others what it took. But I was not giving them that special gift. They would have to make the same commitment.

Jay was trying to substitute something else for that commitment. He had so much raw talent that it was hard to see that. He was never going to beat me in the water again. I needed to make sure of that. This had been no accident. Indeed, Jay had something that all true champions had. It was hard to explain this power. But it was all his doing. Other great swimmers had been blessed in this way.

I thought that the coach was helping him along. I felt jealousy. This was supposed to be my time. But the coach was only coddling him. I could have none of that.

I discovered something deep. This made me wildly successful. I learned how to

translate my ideas into physical performance. I did this time and time again. That facility was rooted in my routine. I needed to keep on with all aspects of my training. I was elaborating a physical equation. This added to my faith.

I might have questioned my program. In competing with Jay, I realized that every feature of the training was more than necessary. That was all that mattered, now and forever.

I was still haunted by Jay. I knew that he never felt the same thing. That was why he has slacked off. He had seemed so amazing when I first swam with him. His times did not change appreciably. I adjusted to him I found my own definition of greatness.

I saw a new strength of character. It told me something that I had never realized before. This was all part of my game. No one could take it from me. No one would break me down.

I didn't want to think that I was my own worst enemy. It was nothing of the case. I gave myself everything that I needed. I was there to win. I was not playing around. I was not looking for recognition. I wasn't trying to convince my fans. If I couldn't show up in the water, I needed to go home.

Time and time again, I faced those demons. And Jay had become a threat. None of that went anywhere. I was making a true realization.

My success was not all due to me. I admitted the efforts of my coach. I worked with my teammates. We were striving for the same goal. But Jay was not like that. He felt that he could hide a secret from me. He did have a secret, but he missed something more important. I couldn't trust his performance. There was no other way to see this.

I was not allowed to take another victory lap. I had so much that I needed to do. I was forced to analyze what had happened. I had jeopardized my own development. That would have been terrible. There was not enough in Jay's performance to justify my doubts. Nevertheless, I needed to take him seriously. I would not have been a successful swimmer if I could not characterize the opposition. This enabled me to see things about my competition. That added to my knowledge. I needed to find wisdom if I wanted to win.

I hadn't even scratched the surface. It wasn't enough to hold my own in the water. I now recognized the greatest threat to my progress. Without clear knowledge, I was not doing what was necessary to claim my championship position.

I reviewed that first time that I had overtaken me. I needed to understand all the factors that had made me this way. I needed to take each practice seriously. There could be no game playing. I needed to maintain a sense of humor. I needed to relieve my stress. But my success was constant. I couldn't forget what this was all about.

She was contemplating another level of competition. She needed to be prepared for new obstacles to her success. That did not diminish the need to become a better performer. She was only beginning to become accustomed what was going to be necessary. There were other competitors in the world that had examined similar issues. If she was going to make the Olympic team, she would have to show that promise all the time. She had overcome a major hurdle. That was all part of major achievements in sports. She had discovered important benchmarks for herself. But she needed to sustain herself again and again. That made her characteristic.

Others could observe this change. They might not understand the real source of her motivation, but her success would be obvious. That would demonstrate that she was a superior athlete. She was learning so much about herself. And she needed to demonstrate those skills every time that she was in the water.

In practice, it was too easy to let go. She did not want to show that side of herself. This astounded other team members. They wanted her to take it easy.

"You don't seem human."

"Don't tease me. I am like everyone else. I make mistakes. That is why I am so committed."

"You can give yourself a pass one day."

"That is how you become a loser."

"Are you mocking me?"

"Not at all. I am looking at myself."

"We can't focus like that all the time. There are so many other challenges in our life."

"You need to understand that you are not there to save the world."

"I am saving myself."

"Why does it even matter?"

"It matters because it is part of my nature."

She needed to explore her nature in more detail. She loved to spend time in the water. But she felt that same contentment when she was at home. This was all part of her growth. Her awareness developed from a fundamental harmony,

"You cannot be like that if you do not create yourself like that."

"There are so many mistakes along the way."

"What way? What mistakes?"

"Competition can lead us astray."

"How do you think that I discovered a fundamental order in the universe?"

"Why do you have to better yourself?"

"I only have to find what obstacles are in my way."

"You need to be more sympathetic to the challenges of others."

"I need to be able to change."

"We are always changing. It is not all for the better."

"You have to let up."

"You cannot let it bother you."

"Do not share your suffering."

"These are slight muscular pains."

"You can start asking the impossible of yourself. The body breaks down."

"That is why you need to train. You need to strengthen yourself."

"Where does this come from?"

"Where does it not come from?"

"I do not want to look at this."

"You have zero understanding."

"Perhaps, this is what we fear the most."

"We fear what we do not know."

"We fear what we do know and repeat time and time again."

"I am losing my place."

"You really do not understand."

"What is in that head of yours?"

"Straw."

"Do not get it wet."
 "In whose head am I growing?"
 "I do not want to destroy you with this."
 "I am doing my best to control it."
 "I am so glad that you are safe."
 "I really hope that this passes quickly."
 "I have things to learn."
 "The water can be dangerous."
 "I only have a little while to be safe."
 "I can feel these currents."
 She imagined slipping down into the water.
 "That is not me. I am a fish."
 "Sometimes, I do not feel as if I am myself."
 "You need a better environment."
 "You need to submerge."
 "What is the chemical composition of the water?"
 "You need organic substances."
 "You can't do it all wet."
 "Where is that coming from?"
 "There needs to be steps in generation."
 "I have no idea what that means."
 "You better figure it out before you descend too deeply."
 "I DO NOT HAVE A GREAT DEAL OF FLEXIBILITY."
 "I am locked into my performance."
 "You can maintain your development, but you are going to need other influences if you want to change."
 "I have escaped my environment."
 "I am air."
 "You are water."
 "This can be a complex connection."
 "What is the chemistry?"
 "Who is the chemist?"
 "What is the result?"
 "There are too many levels of change."
 "You need to make gradual changes. It is all part of growth. You need to be the one controlling these developments."
 "You want to win."
 "There are some things that have nothing to do with competition."
 "That could be part of growth."
 "Sometimes, you move backwards."
 "What are you allowing to happen?"
 "You are trying to close the door."
 "I am closing many doors."
 "I am gliding through the water."
 "This is a limited space."

“It all happens in a short period of time.”

“Then you said know.”

“Someone is trying to slow me down.

“That may sound a little strange.”

“I am along for the swim.”

“Do not tell me about the game.”

“The meet.”

“The water reveals a great deal.”

“I am trying to slow all of this down.”

“You became too involved.”

“That is my only choice.”

“This is beyond choice. You need to understand a system of actions. This is your strategy.”

She needed to recognize the alternative strategies. This was a physical performance. But she found new ways to organize her training program.

“I am so close, but not close enough.”

“This is someone, who does not want to know.”

“You need to focus these skills.”

“You can't prevent others from progressing.”

“I am trying to map out all the steps in a clear manner.”

“You can't act like that.”

“Are you kidding?”

Who was going to question her method? She realized that these questions were based on actual performance. A person could complain, but if she could not improve her performance, this would explain nothing. Success developed from a clearer understanding of the challenges. To meet these challenges required action. These actions could be linked together in a program.

The coach was trying to focus these efforts. That added to the effectiveness of the performance.

“Knowledge becomes necessary for success. You need to be willing to make significant changes. They can disrupt your view of yourself. They create risks for your personal development. But you cannot ignore these influences. That makes you into a champion.”

“All that talk of champions is an exaggeration. You have these minor successes. They could just as easily be failures. You believe something that has no foundation in experience. You are splashing around in the water.”

“I am doing my best to make sense of my time in the water.”

“They are watching me.”

“And what are you doing?”

“Choose sides.”

“I am on my own side.”

“That makes perfect sense for me?”

“Someone else cannot do this for you.”

“I am not letting anyone take the reins.”

“That is ideal?”

“I can see where this is going.”

“I CAN SEE WHERE THIS IS GOING!”

“Tell me where.”

“I have a glimpse.”

“I just learned. How can you know? This is not an internal connection. It describes my relationship with the world.”

“Who put you in charge?”

“I am in charge of myself.”

“Do I need a coach to make this happen?”

“How can you be a really good performer if you do not have someone to help.”

“I want success.”

“I want to get in here.”

“Is this going your way?”

“This hurts.”

“This really hurts.”

“This is intimate.”

“You got too close.”

“I am figuring things about myself.”

“This is more of a science. I am discovering important things about the water.”

“At a certain point, you do not even feel the water. You are floating in the air.”

“What should I see?”

“What should I not see.”

“There are so many things to look at.”

“I need choices.”

“The water only offers you so many alternatives.”

“You have to quit yourself.”

“Sometimes, you are too deep to know.”

If she had become too focused on herself, she would have not been able to defeat Jay.

“You need to travel outside of yourself.”

“I can teach you many of things.”

“It is what you say.”

“Or what is not said.”

“This will not help with the next meet.”

“I really have nothing to worry about.”

“I bring time to an end.”

“She had learned how to control the clock. That made her a winner.”

“You find an internal clock.”

“How does that work?”

“You get ahead of yourself.”

“That is the everything of the now.”

“It is only about the medium.”

“This is not about the water.”

“You can do this anywhere.”

“I am all about winning.”

"You can find a place to be victorious. That does not guarantee you victory everywhere in the world."

"You work with what you know."

"You live in the present."

"You live ahead of the present."

"Why do you stop now?"

Jay seemed to be so much ahead of himself. That confused me. I did not understand to catch up. The more that I analyzed him, the more that I recognized that he was behind the times. I tried to help him to catch up. There was not catching up. I only needed to stay ahead of myself. And he slid back in his performance. He was not able to touch me.

"Is that really worth consideration?"

"I am doing dry land exercises."

"That may not be enough to help."

"You need those alternatives spaces."

"Everything is moving behind me."

"You cannot be nostalgic."

"I am losing my place."

"You are going to have to go home and do so much work on yourself. It is not going to help."

"I am a million places at once."

"These are all things that are controlled."

"You are giving too much of yourself."

"There is not too much. There is only the self. This is not philosophy. It is not faith. I am exercising."

"You need to find success."

"Then you find a resolution."

"What are you willing to teach me?"

"Teach me something that I do not know already."

"That is what I wanted from my coach. I guess that needed to figure it out on my own. I now realize what it is."

"And what is that?"

"It is a kind of performance."

"These are not thing that I can exaggerate."

"How does that work?"

"You are timing youself."

"You are either on or off the clock."

"You need to be on the clock all the time."

"You are asking for things that you cannot learn."

"I want you to teach me."

"That is the coach. I figured it all out on my own."

"Where were you when I needed so much more from you?"

“This is not a complex psychological problem. It will work itself out in the water.”

“I need a new idea.”

“That might work.”

“It will work in good time.”

“I only want good time.”

“That is what we are all looking for.”