Seize the Moment

The best seize the moment because they don’t allow their fear of failure to define them. They know this fear exists, and they overcome it. Their faith is greater than any score, performance, or outcome. Even if they lose, they are still on the path to greatness. And even if they fail, they are one step closer to the perfection they seek.

Ironically, even though the best have a dream and a vision within their sights, it is the journey, not the destination, that matters most to them. The moment is more important than any success or failure. The moment is the success. The moment is the reward.

When the best are in the midst of their performance, they are not thinking “What if I win?” or What if I lose?” They are not thinking “What if I make a mistake or miss the shot?” They are not interested in what the moment produces but are only concerned with what they produce in the moment. When all eyes are watching, they know that this is the moment they have been preparing and waiting for. Rather than hiding from pressure, they rise to the occasion. As a result, the best define the moment rather than letting the moment define them. To seize the moment, don’t let your failure define you; let it fuel you. Don’t run from fear; face it and embrace it. Don’t let fear rob you of your love and joy for the game; let it push you into the moment and beyond yourself. Let it inspire you to live and work each day as though it was your last.

Don’t let the moment define you. You define the moment. Define it by knowing that your practice and preparation have prepared you well. Define it with your mental strength, faith and confidence. Define it by knowing that regardless of the outcome, you have given your very best.

Everyone talks about destiny. Everyone searches for it, not realizing that each and every moment is your destiny. Make every moment of your life count. Realize that this is your one shot, yet don’t focus on the result or the outcome of the shot. Just focus on the shot.

Don’t focus on the past, and don’t look to the future. Focus on the now. Success, rewards, accolades, fame, and fortune are merely byproducts for those who are able to seize the moment- not those who look beyond it. Ironically, to enjoy success you must not focus on it. Rather, you must focus on the process that produces success.

You are more than your successes. You are more than your failures. You are who you are in the moment. Enjoy it. Live it. Make the most of it. Make it yours.

“Training Camp”, by Jon Gordon