

# INSPIRING LESSONS FROM OLYMPICS

EVERY four years, the greatest athletes in the world converge at the Olympic Village. They bring with them inspiring stories of sweat, tears and perseverance. With the world watching, these athletes would go on to achieve incredible feats. There are many inspiring Olympic stories that we can learn valuable life lessons from, especially for our kids.

## YOU CAN ALWAYS DO BETTER

How do you become better when you have won so many gold medals? Win some more!

This was a lesson shown by Michael Phelps, the American swimmer who is already on top in this year's Olympic Games in Rio de Janeiro, Brazil. It would have been difficult for the man, dubbed "the greatest swimmer in history", to achieve more success.

After a slow start in the competition, he still managed to grab the headlines by



*Cheong Jun Hoong (left) and Pandeleda Rinong created history when they won silver medals in the Women's Synchronised 10m Platform.*

winning yet another gold medal, creating history as the most successful Olympian with 23 gold medals to date.

Many people would have been happy with one or two major achievements in their lives. But true champions are always hungry for more. They are able to motivate themselves to go above all the successes they have achieved. We must inculcate this attitude in our kids as early as possible. Don't let them be complacent with their current form. Instead, always challenge them to move faster, do better and fly higher.

## PRACTICE MAKES PERFECT

Closer to home, Pandeleda Rinong and Cheong Jun Hoong also created history when they won silver medals in the Women's Synchronised 10m Platform. Olympic medals, whether gold, silver or bronze, demand a high price. They only come after much sacrifice and hours of practice.

But so do other "gold medals" in life. We must teach our kids that there are no shortcuts to success. One must put the required energy and time to achieve any accomplishment. They must not be afraid to work hard and smart at the right place and right time.

Let our kids know that winners don't quit until they have given their best, regardless of the situation. Excuses are only for those who do not want to take personal responsibility for their life. At any time, there is very little we can do to

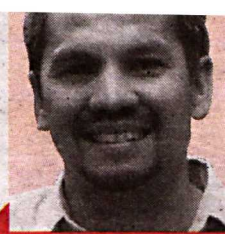
control a situation. It would be easier to blame our failures on other people, the school, the neighbourhood or even the weather. A true champion is above all that and focuses on what he/she can control to succeed.

## FINISHING THE RACE

Perhaps the most inspiring Olympic story of all time is Derek Redmond's. He was a British runner at the Barcelona 1992 Olympics who competed in the finals of the 400m race which he was favoured to win. But halfway through it, he was in agony, holding his right leg. Determined to finish the race, Redmond shrugged off the emergency medical personnel and limped on his left foot to the finish line. Suddenly, a man broke through the barrier and offered his shoulder. It was his father. Both father and son then forged ahead together, though Redmond went through the finish line alone, earning a standing ovation and creating one of the most emotional moments in sporting history.

All these stories prove one thing: that life is not just about winning but more importantly, about pushing ourselves to be the best we can be. Parents and children must work together to achieve this objective. Throw in love, compassion and humanity, and we are on our way towards creating history of our own.

We may not win gold medals but we are already winners when we aim higher, practice more, take control and cross the finish line with pride and dignity.



## SMART PARENTING

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