

:: Dana's Weekly Insight ::
03.12.07 – Pick A Fight



Have you ever felt that you were being tested? Do you feel like that today?

Have you ever experienced one of life's "one-two punches"? Are you feeling punched today?

Life does offer a lot of things. Sometimes what life offers is good times and great fun 'cause LIFE does give us a lot of what it is we want. But there will be those times when, what life will serve you up is:

a great BIG BATTLE and the opportunity to discover who you really are.

"I would like to thank everyone for coming and for calling in to hear what I have to say today. I have some news regarding my health to share with you."

These were the words spoken by Lance Armstrong about a battle that would change his life forever; about his battle that would contribute to the lives of millions.

It was just after the 1996 Olympics when America's No. 1 cyclist, Lance Armstrong, was diagnosed with testicular cancer. When detected, his cancer was so advanced that it had already spread to his abdomen, lungs and brain. Upon returning back to his home in Texas, doctors gave him a less than optimistic chance of survival. In fact, they said that it was the worse case of cancer that they had ever seen.

With a testicle amputated, brain tumors removed, lungs bombarded with chemotherapy and with his mother at his side -- against impossible odds, Lance Armstrong beat cancer. Funny though, that it would be his ordeal with cancer, that would serve to transform him into a world record breaking cyclist and a world class humanitarian.

"Cancer was probably the best thing that ever happened to me. It nearly killed me, but instead it made me a better athlete," Armstrong says today.

Before the cancer, Armstrong had been an exciting but not quite

consistent prospect on the European- dominated world cycling circuit.

Although he won the world championships in 1993, he was also forced to drop out of three of his first four Tours de France races because of exhaustion or injury. He was strong, yet not quite ready.

Before his battle with cancer, Armstrong's tactical grasp of the sport was not what it would ultimately become. He possessed a costly combination of youthful impatience and perhaps a misdirected ego that distracted him from focusing on the fundamentals of staying well positioned within his races. He hadn't yet trained himself to be strategic and smart about when to conserve energy and when to "let it rip".

But, having to fight beyond the cancer, having to look death in the face, having to rebuild his body all required a newfound mental discipline. He developed a willingness to push himself beyond his old limits and deal courageously with doubt and fear. As a result, he developed an unprecedented level of maturity. He developed patience and a remarkable capacity to WIN.

Now strong, now ready, Lance not only went on to beat cancer and win the Tour de France (described as the most difficult sporting event in the world) but he won that race an unprecedented six times in a row.

"I knew if I could beat cancer, I could get over any mountain," he said. "Once I got back into racing in 1998, I could always draw strength from the fact that, no matter how hard things might look at a given moment, they could never be as hard as when I was back in Austin in a hospital bed with my hair falling out."

Armstrong's triumphant return to the Tour in 1999 was a shock to some people and it was inspiring to many. Many people doubted that he would ever survive let alone win the world's most grueling sports event six times.

Imagine.

Lance Armstrong's story never gets old. We can listen to it again and again because it is much more than just a story of an athlete who wins the race. It is the story of the triumph of the human spirit over insurmountable odds. It is the story of a man who, when faced with the fight of his life, was unwilling to settle for mere survival. Rather than merely survive, he remained intent on living the dream and living it bigger than he knew that he could.

And you?

We are quite willing to be strong as long as we think we have strength, willing to give as long as we think we have something to give. But who are you willing to be when you are sure you have no more strength to muster and nothing more to give? When you find yourself in the middle of the fight of your life, what will you do? Who will you be? Will you settle for just getting over the hump or will you pick a battle that is

worth fighting for?

In our lives we will face many challenges -- some will be

hard,

hard,

hard.

Some will test the very limits of our personal ability to endure. But we have the freedom to choose whether we go on or whether we quit. When defeat seems certain, that is when it is time to FIGHT THE BIGGER FIGHT! Where others would quit, that is when it is time to **LIVE STRONG** and live stronger than ever before!

Like Lance Armstrong, we all have super human strength and it is possible to tap into that strength. We can choose to challenge ourselves to win a GAME beyond the thought of our own survival, and we can choose to trust that divine Power that is available to us; a Power beyond reason and a Power that defies logic. You can tap into that Power, but you have to be willing to take the leap of faith.

There are, and there will be, many battles in life. There are battles and then there are BATTLES -- the ones we expect and the big ones that we never even saw coming. When the big one comes at you from out of left field and threatens to take you out, decide that you will call the shots. Decide that you are in charge and start living like you've already won!

Thank God for our battles. Our battles will test us and make us strong and set us apart for greater things. Your battle will train you to be patient, focused and intent. It will teach you about what you are made of and train you to **Live Strong**. And, it is your BATTLE that will masterfully develop in you the ability to be, not who you are but, who you will ultimately become.

Is there something that you are struggling with today? Today, don't just be content to survive. Today, Thrive.

Set a great expectation and then, watch and see that what you will achieve will be great. Set your sights beyond what you think that you could ever do, and know that you will do far more than you ever thought that you could.

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a great BIG BATTLE and the opportunity to discover who you really are; the opportunity to

LIVE STRONG.

"There were days, there were moments when I thought "God, this may not work out and I'm gonna die!", but I got rid of those thoughts just as fast as I could and I would just start thinking about winning, -- just stay strong." -- Lance Armstrong

Find out what you are made of -

Today.

Dana

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