

# IT'S GOOD TO BE PUSHED

## *Do you like to be pushed?*

In many respects we resent being pushed and, in the end, appreciate it. When pushed, we get more done, we feel better, and succeed beyond what we believe we can do.

I go to the gym every weekday. Twice a week I take a spin class, which consists of using a special bike that has various levels of resistance, keeping pace to music, and following a coach's instruction. She pushes and stretches us. The first day I thought I'd drop. A week later I was fine and keeping up.

This week I asked someone to join us. He works out by himself daily. He did not like it as we started. Somewhere along the line he realized the value. At the end he said, 'It's good to be pushed.'

We all need to be pushed. Left alone we are less likely to push ourselves as much as someone else might. That is why we have coaches. They help us, they push us, and we benefit.

The more we do the more we can do. My strength coach has me lifting far more than I ever imagined. I even have muscle! He always pushes me to extend just beyond my comfort zone, always stretching, always getting better. I love it. It works, and I feel good. Sure, a little pain, but it's all for the gain.

Life is more interesting and rewarding when we are pushed. The push adds zest to our lives. The push allows us to live more fully and completely. It's that simple.

We can push in work, we can push in training, in sports, in education, and in relationships. We can extend ourselves further, risk more, and gain more in each of these areas. It's all a win win. It's a win when we try, and it's a win when we succeed. Remember, if at first you don't succeed, try, try, try again. The longer it takes the sweeter the victory.

Do you wonder why goals with dates work? It's magic to some. To others it is simply that setting a date and reviewing it regularly puts you in the mindset to just proceed and you do it. Without a date human nature drifts. With a date, we are most likely to do it. It's that simple. The date helps to push you.

Be sure to push yourself in some area each day or have a coach to assist you. Think how great it would be to go to bed each night having done something you did not know you could do.

Go, do, and be more. You can do it.