

## Creating a new possible for yourself – you are what you think about!

Did you know in 1954 over 50 medical journals had written articles stating that it was humanely impossible to break the four minute mile? Yes, professional articles were written by medical doctors stating that this couldn't be done by any human being!!!

Despite such opinions Roger Bannister continued to stay focused on what he thought WAS possible. He refused to limit his thinking to Can'ts and remained intent on his own inner picture of CAN. His inner picture was one of possibilities and potential, he knew with the right training and focus the 4 minute mile could be achieved.

On May 6<sup>th</sup> 1954 Roger Bannister recorded a historic and famous 3.59 minute mile. This not only represented a physical possibility but a mental possibility as well. One of the most interesting facts is that within the following 12 months four other runners broke the 4 minute mile, something that was considered an impossible task.



How did this happen? Did the human species suddenly evolve and become capable of running faster and better within 1 year? Or did Bannister really brake not only the 4 minute mile but the mental barrier that was erected by so many. Today, school age athletes are breaking the four minute mile, not because of some freak genetic change since 1954 but because of their thinking, they have grown up knowing it's possible.

Bannister's thinking and attitude made it possible. He didn't listen to the medical doctors on what they thought, he did not give their negative viewpoints his attention, energy or focus. He knew that you become what you think about....so he thought on what was possible, what he was capable of and directed his thinking into possibilities.

It's true – you cannot fix a problem with the same mind that created it, therefore you cannot become a better athlete by focusing your mind on what you can't do....you must go beyond your old stale thoughts and deliberately generate thoughts that contribute to what you want, your potential, your abilities and your future possibilities.

You train your body but do you train your mind? Do you need to set new possibilities for yourself or your team?, spice up your thoughts and re-energise your mind to work for you rather than against you.

You can use your mind to achieve things far beyond you once thought possible. Your subconscious mind is always working on your behalf either positively or negatively and you have the power to channel it in any way you want! Read next SportsVibe and begin to learn more about this amazing power we have stored within us.

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