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**THE FOOTBALL GAME**



On the way to our seats, my husband and I hiked up several colorful rows of bleachers. While occasionally gazing down into a marvelous stream of fans wearing their favorite blue, orange and white sports attire, it was clearly evident. We were smack in the middle of a high school football showdown. Bullhorns, cowbells, whistles and noisemaker battled for attention during the pre-program football frenzy. The zesty aroma of pizza, hot dogs, chili and coffee floated from the snack bar.



Although I was bundled up in a heavy jacket, it still felt nippy as my nose adjusted to the crisp night air. I sustained my mantra during the hike, "excuse me, excuse me please." Reluctantly, my husband and I continued taking steps in fear of accidentally stepping on someone or someone's belongings. Fortunately, we finally maneuvered our way to our landing space, and took our seats. We were nestled among a tremendous gathering of fans. Obviously, there was no need to ask, "Where is my team sitting?"

Just across the field, you could find bleachers filled with a cavalry of fans wearing burgundy, while and gold. These two teams had a long history, of being rivals in the adjoining cities. Parents had come prepared for much-anticipated game. Family fans were loaded down with their seat cushions, memorabilia, snacks and blankets for the breezy night air. But the intense rage of excitement, you could've easily mistaken some of the fans for players on the field. In fact, on both a mental and emotional level, some of these fans were "for real" about being on the field in their minds and from the looks of things.





A sense of energy electrified the stadium the moment the announcer came on the loud speaker. Folks popped up to attention, becoming more intense and alert. All eyes focused on the humongous lighted, football field. Both school cheerleader squads began performing and hyping the crowd, along with their respective marching bands. It was showtime and the football teams were preparing to exit their locker rooms, which were adjacent to the playing field. Each team would have their golden opportunity to make their own grand entrance.

By the end of the night, I was more informed of what football was all about. I seen it with precise eyes that a team strategically wins, by concentrating on one play at a time. Inch-by-inch, foot-by-foot, they move down the field, and as they do, eventually, they get to the end zone. If they are thinking about the end zone every second, they will drop the ball. So, their efforts are calculated one play at a time.



Conversely, your life has similar circumstances and will present obstacles that you must overcome. An obstacle can be considered a barrier, action or situation that causes an obstruction. It creates a difficulty, nuisance or disorder to achieve concrete goals. Without a strategic plan to bounce back from a setback, and become proficient in handling pressure, you will constantly be living at the mercy of your challenge.

Consequently, you must push through every comfort barrier. Success in winning is based on pushing through comfort obstructions, shattering fears of failure and success, and breaking glass ceilings. Pushing through pain and obstacles is one of the most valuable lessons a person can master in life.

I need for you to take a moment, close your eyes, and envision yourself crossing the finish line with your hands in the air like winners do. Envision yourself running the whole way: not slowing down your pace, but continuing forward. Keep pressing - even if you're tired or if you're in pain. Practicing these empowering thoughts will keep you moving in the face of obstacles and setbacks.

"As a man thinketh so is he."

