

to get better. He saw it too many times. A team would win a championship or a player would have a great season and then they would think that all they had to do was step on the field and they would automatically achieve the same results the following year, not realizing that it was the hard work, passion, and the constant striving to improve that resulted in success. I heard the same thing from the best in education, business, health care, science, entertainment, and other fields. Each year the best recommit themselves to new goals and being better than they were the year before. "The fact is that past success does not deermine future success. Future success is the result of how ou work and prepare and practice and how you strive to mprove every day. It's a commitment that the best of the est make every week, every day, every hour, and every oment. Force yourself to be uncomfortable, Martin. Let it









































