

# MINDSET MONTHLY

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## GOLD Approach to Remarkable Success

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August 13, 2016. One hundred metres at the Olympic pool in Rio, for 50.39 seconds, our nation was enthralled and Singapore's first Olympic Gold was won!

What we did not see is the reality behind the single victory that upstaged the greatest Olympian, Michael Phelps: the millions of practice metres, and many moments of awful failure, hurting and yearning.

This is a story about passion, perseverance and perfection. A generation of greats cannot be tamed overnight. For Joseph Isaac Schooling, it can be summed up in **GOLD**:

### 1. **G**oal

Joseph first visualised his dream then moved to actualise it. Before achieving the 100 meters Olympic Gold, he said, *"I don't care if I break the world record and get a silver or bronze, I still lost"*. His goal was the Gold, his Olympic mark.

Now, he sets his next goal – breaking the current world record in the 100 metres butterfly. He said, *"It's great to achieve your goals but you can't be content with achieving your goal for too long. You've got to shoot for bigger and better things"*.

### 2. **O**neness

To go far, Joseph needs more resources. He surrounds himself with a team that will assist him, not indulge him. They comprise of his parents, coaches, just to name a few. He trusts that they are there for him, that they will tell him the hard truths he needs to hear. His parents, in particular, dedicate their lives and resources to supporting Joseph's Olympic dream. They walk with him every step of the way.

Behind every successful individual is an organised effort supported by many. Where the individual's ability is matched with collective excellence, oneness is a powerful force.

### 3. **L**earn from the experienced

It is not practice makes perfect but rather the RIGHT practice makes perfect. Joseph learns from experienced ones such as Sergio Lopez and Eddie Reese to hone his swimming skills and be equipped with the right mind-set.

### 4. **D**iscipline to think and act

A mere dream is not enough. Disciplined thought has to be supported by disciplined action to yield remarkable results. Joseph worked tirelessly in pursuit of his Olympic goal. He endured the inconveniences and hardship, good days and bad, years of blood, sweat and tears to turn toil into triumph.

Outside of sports, Joseph taught our nation that "It doesn't matter where you're from, really. Even people from the small countries in the world can do extraordinary things." Teamwork makes the dream work.

Source: <http://www.straitstimes.com/sport/olympics-joseph-schooling-makes-history-in-making-mens-100m-butterfly-final>