



# MONDAYS

*with Mike*

## AULTCARE

Weekly  
PLAN

monday

## How do we act when the pressure is on?

In Jim Tressel's book, *The Winner's Manual*, he shares a reflection about how adversity is inevitable. That it comes to us all and that it is only a matter of time until it arrives. So, how do we act when the pressure is on? If we embrace learning and growing, we'll treat adversity as a stepping-stone to future success rather than an insurmountable obstacle.

The following poem is included right after his reflection about how we can view pressure and adversity:

How do you act when the pressure's on  
When the chance for victory is almost gone,  
When Fortune's star has refused to shine,  
When the ball is on your five-yard line?

How do you act when the going's rough,  
Does your spirit lag when the breaks are tough?  
Or is there in a flame that glows  
Brighter as fiercer the battle grows?

Cowards can fight when they are out ahead.  
The uphill grind shows a thoroughbred.  
You wish for success? Then tell me, son,  
How do you act when the pressure's on?

When we encounter stress, pressure, and some adversity this week, let's quickly reflect upon our response. Let's be the thoroughbred and embrace the climb!

Have a great week!

