



MONDAYS

with Mike

AULTCARE

Weekly PLAN

monday

Being in the arena

During the recent March Madness NCAA Men's Basketball Tournament, long-time Duke University Head Coach, Mike Krzyzewski, coached his final game in one of the Final Four match-ups. His career spanned 47 years, with 42 of those years as the head coach at Duke.

Coach K, as he is often referred to, had this to say about his coaching career:

I've been blessed to be in the arena. And when you are in the arena, you're either going to come out feeling great, or you are going to feel agony, but I will always feel great about being in the arena. Tears of joy combined with tears of disappointment. Both of those are a part of the gift of being in the arena.

We do not need to be basketball fans or even know much about basketball at all to find the wisdom in his statement. The "arenas" of our lives – marriages, careers, raising children, friendship relations – just to name a few, provide both agony and joy. But do we heed Coach K's additional perspective of enjoying them both in such a way as they are gifts to us, strengthening us, driving us, lifting us, and at times, crushing us?

This week, let's compete in our personal arenas in such a way as to see them all as gifts. Yes, even with tears of joy and disappointment mixed together.

As March Madness' final song suggests, create shining moments!

