



# MONDAYS

*with Mike*

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## Being in the arena

The recent men's and women's NCAA basketball tournaments were full of the thrills of victory and the agony of defeat. The charged emotions, commitment to competition, and quick turnaround of game days all created a challenge for the players. How do they handle it? How do we handle the same parallels in our lives?

Retired Duke men's basketball coach, Mike Krzyzewski, shares the following reflection about how he processed the gamut of emotions, year after year. I think we all can take a page from his playbook as we engage with the many challenges in our lives:

*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 combine 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!