

## Positive Coaching Alliance Article

### Hard Work Pays Off

One of the most important lessons you can learn from sports is  $S=E/T$  (Success equals Effort over Time). Where better than sports can you learn to accept and embrace the challenge - which life will offer you again and again - of delayed gratification?

Malcolm Gladwell in his book *Outliers* explains that it takes 10,000 hours of practice to become proficient. The challenge is to make it through at least those 10,000 hours without growing discouraged, and while maintaining attention and committing to your best for every one of those 600,000 minutes - even without any guarantee of success.

Regardless of results, that journey is its own reward.