

adjust your PROGRAMMING

Athletes have been using a “preprogramming” technique for years. They visualize their best performance, picture themselves winning the race, and imagine how they will feel receiving their award. I’m not convinced that preprogramming is an exact science, but we do tend to get exactly what we expect.

That’s why I would rather believe the best will happen and risk being disappointed, than assume the worst and have the satisfaction of being right.

My favorite example is a business trip I took with my colleague, Dan. We were flying home from Tampa, Florida on a Friday afternoon when a brief thunderstorm closed the airport for 30 minutes. Our flight was delayed and we missed our connection through St. Louis. Our names were added to a waiting list for the next flight out, which happened to be the last flight to Wichita. Although we arrived with plenty of time to make the connection, so did a crowd of other people trying to get on that same plane.

Dan wasn’t optimistic. “Well, I guess we’ll be stuck drinking beers here in St. Louis tonight,” he said.

“No, no, no, Dan,” I argued. “You have to think positive. Imagine the ticket agent saying, ‘Passengers Crowley and Nelson, please come to the ticket counter.’”

He grimaced and shook his head (Dan’s cup was obviously half empty).

In the next few minutes, the ticket agent’s voice did come over the intercom. “Passenger Crowley, please come to the counter,” it said.

As I collected my boarding pass, I smiled sheepishly at my co-worker who was still sitting there getting exactly what he expected. I waved good-bye and headed down the jetway. I was glad he couldn’t see the enormous grin that engulfed my whole face. I couldn’t hold back a big “Woo Hoo!” I’d be home with my family tonight, sleeping in my own bed.

Expect the best - you just might get it!

~GINA CROWLEY

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