

## Defeat the Drama Episode #9 Show Notes

## Choose Your Perspective



In every situation you have the opportunity to choose a perspective that either motivates you and gives you tenacity or tears you down or stops you in your tracks. The new focus is there and available as easily as shifting your eyes from the mud-filled floor of a forest to the blue sky above.

Olympic swimmer, Amy Van Dyken-Rouen provides a wonderful example of choosing a positive perspective in the face of a heartbreaking accident. She won four gold medals in the 1996 Olympics in Atlanta and 2 more medals in the 2000 Olympics in Sydney, he was inducted into the U.S. Olympic Hall of Fame in 2008. Clearly, we can call her a world class athlete. Few of us have physically achieved what she has -

On June 6<sup>th</sup>, 2014 she was in an ATV accident that has left her paralyzed from the waist down. She copes with daily pain and is undergoing grueling physical therapy. But she's not complaining.

As a matter of fact, on the contrary, she described her recent experiences with words like "awesome," "thankful" and "amazing." Why? Because she almost lost her life.

As doctors wheeled her into surgery shortly after the accident they encouraged she and her husband to say their good byes as they cautioned that she may not make it through the difficult surgery.

She did make it! And rather than focus on what she has lost she is choosing to celebrate what she has! She has expressed that she's excited to start her "new life" and has called it a "rebirth."

What an example!

Where could you choose a new perspective to impact your mood and provide the tenacity you need to overcome a challenge? If she can do it so can you!

Her fans and friends keep up with her on Twitter ([@amyvandyken](https://twitter.com/amyvandyken)) to hear about her journey