

Regrets And Defeats

Question:

Hi Lachlan:

I seem to worry excessively pre game about the pending losses and I regret the absence of a positive nature in my makeup. Can you advise?

Response:

Hello:

I once read a quote from a great man...

One must never court defeat; if it comes accept it as a warrior; but, don't anticipate it for that destroys your fighting spirit (Woodrow Wilson, USA president).

And coincidentally last night I watched an interview where the person said he never had regrets, only lessons from the experience (Jeff Kennett, Hawthorn FC president).

If, like numerous other bowlers, you have ambitions to be a better bowler you might well take heed of Wilson and don't over emphasize the prospect of defeat in your bowls competitions. Win, lose or draw you are still the same human being. Preparing as best you can (time constraints are a given) in a constant state of positivity will add fuel to your fighting spirit. And fuel in all skills is important as you don't want to compete on an empty tank (of skills).

And regret!

Don't regret lack of time

Don't regret lack of opportunities

Don't regret selection (in teams)

Don't regret lost opportunities

Don't regret bad luck

Face up to your bowls future, face up to what you can reasonably do and control, given your balance in life, and set sail for the fun in your future bowls.

Hope that helps.

Lachlan Tighe, 2017