

Wayne Carey says

My wife Sam watching the AFL football televised live the other night yells to me to come and listen to this commentary.

With hesitation I wandered into the lounge room and she rewinds the game to allow me to listen to what she just heard.

I wonder what for, she says listen; I do.

That great, truly great footballer of the previous generation, Wayne Carey, opining on the game in progress and the approach of some players says...."Attitude is all about practicing good habits".

Sam smirks.

Now I know why she called me in to the TV room. That phrase he uttered is one I have used as a footer in all my documentation pumped out as articles, national and other elite squad programs, and numerous bowls presentations for well over two decades and was the theme or motto for our extremely successful Elbows bowls squad.

Heartening to know I have a similar mindset, or message, to one as great as that man Carey.

Reinforces the self belief.

May have to raise a glass (of red) after that.

Lachlan Tighe, 2020