

# FISHING FOR BREAKTHROUGHS

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One of my favorite hobbies is fishing. I love the opportunity that exists with every cast. I throw a small lure into this mass of water not knowing what is beneath and whether it will bite. The anticipation is exciting. The chance that I could catch something memorable keeps me engaged, even on the worst fishing trips. I have memories lodged in my head from fishing trips past that I will never forget - days when something I had only dreamed of bit and were wrestled to the shore. These days - these memories - made the many fishing trips that were just ok well worth it.

I often parallel racing and workouts with fishing. Every race, every workout, I am fishing for that memorable experience. I am fishing for that day when everything comes together - when I enter a flow that intersects body and mind making extraordinary performance almost effortless. These workouts and races are memorable, and they make me crave more. They keep me coming back despite the just ok days, even the rough days. I am constantly seeking these experiences, these breakthroughs.

Often people enter workouts and races with the burden of fear. I encourage you to enter instead with anticipation of something brilliant possibly happening. I encourage you to constantly seek that once-in-a-lifetime experience that you will remember for many years to come. Seek it with anticipation, not fear.