



IMPACT!

Effecting Your Life... by *Adrian Nyhuis*

You have to Run in order to Win

Most people have things in their lives that they want to change. These could be old habits, addictions or something they want to overcome. However, wanting to change something is only the first part of dealing with it. Doing something to change it is the second part.

Consider an athlete in the Olympics who is competing as a sprinter in the 100 meter hurdles final. He has trained, he has worked out, he has prepared himself physically as well as mentally. He knows that as he runs, there will be hurdles on the track, but he also knows that if he doesn't run, he can never win. His focus isn't on the hurdles - it is on the finish line. Sure, the hurdles are there and he will have to clear them before he progresses to the next one, but with each step that he takes, and each hurdle that he clears, the finish line will come closer and closer.

The hurdles are set in place with the intention of them being cleared. The finish line is intended to be crossed, but unless he actually starts the race, focuses on the finish line, and clears every hurdle that comes up, he will not finish.

If you have things in your life that you would like to change, or see completed, then the decision to start the race is entirely up to you. It is your race and you are the only competitor. All you need to do is start running, clear each hurdle as it comes up, but if you keep your focus on the finish you will win, and you will gain the prize.



Adrian Nyhuis is the Director of [DNA Life](#). He is a professional coach who is committed to assisting his clients to achieve their maximum potential and has a

vision to impact people's lives and assist them in fulfilling their destiny.

Previous Articles

Be-Come

Recently I was pondering over my life and thinking about who and what I have become. As I did this, I began to think more on the actual word 'become'.

I have often heard people say...

[Read the whole article...](#)

First Steps to Influence

I regularly write quotes on Facebook. They are not just vague time wasting comments, but comments that are intended to provoke thought and inspiration in people. One of the recent quotes was "You are very influential. You can influence yourself to succeed or fail." After writing that quote I got to thinking. How influential are we really. Who do we need to influence?

I read an article in a book by John Maxwell recently that...

[Read the whole article...](#)

Quote:

"Every accomplishment starts with the decision to try."

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