

taching to positive thoughts gives you energy and that negative thinking is draining. If you begin to think with an optimistic perspective, the neurons associated with that frame of mind will get fortified.

*You become what you think about.*

EARL NIGHTINGALE

## SPORTSMANLIKE CONDUCT THE GOLDEN RULE

*Live so that you wouldn't be ashamed to sell the family parrot to the town gossip.*

WILL ROGERS

In closing, I bring up the importance of always being a good sport as part of *The Athlete's Way* code of conduct. Play fair and be a gracious winner and an equally gracious loser. Live by the Golden Rule: "Do unto others as you would have them do unto you."

Athletics is a perfect venue for anyone to foster the core values of fairness and respect, especially if the emphasis is on loving the process and taking pride in good sportsmanship, not just whether you win or lose. "Once upon a time, parenting was largely about training children to take their proper place in their community, which, in large measure, meant learning to play by the rules and cooperate," said Alvin Rosenfeld, a child psychiatrist. "There was a time when there was a certain code of conduct by which you viewed the character of a person," he said, "and you needed that code of conduct to have your place in the community." Being a good sport is hands-down one of the key traits of the athletic mind-set. *The Athlete's Way* represents a code of conduct based on integrity, good manners, fairness, and respect.

*Sometimes when we are generous in small, barely detectable ways it can change someone else's life forever.*

MARGARET CHO