

Tony Thinking Aloud lxxxi

I am told we have had 80 Musings. I think some might have a slightly different angle in future.

I have had 'my leg pulled' about my apparent support for Adam Peaty on 'Strictly Come Dancing'! How many times did you vote for him? Do you get commission?

I guess it goes back to when I met Adam some five years ago when he had just won his first amazing Olympic Gold Medal. I had been involved in him being made a Freeman of the Borough of East Staffordshire. I was invited to the ceremony. I think he may be the youngest Freeman. *I remember him, I doubt very much if he will remember me!*

I have just begun reading his book which was published on Thursday. Two things jumped out of the pages. His unbelievable determination to be the best and the winning of his first Olympic Gold Medal. There is a brilliant chapter about the First Gold Medal. He gives the reader a second by second account from coming out into the pool area after hearing his name announced to grabbing the rail at the end, then looking around in astonishment to see there was no one really near him!

'The Gladiator Mindset' is focused on what is possible beyond what you thought was possible. He shares his absolute determination to succeed with an unswerving mental attitude.

We have all been there is different ways during the pandemic. Our way of life has changed as have our relationships and responsibility for others. We all need to be reminded that with a positive focus we can help and encourage others more, we can do more than we thought in so many ways.

Life is built around the support of others, we cannot effectively live in isolation. The message from the Bible is Love God and Love our Neighbours. Adam's attitude is so positive it's helped me focus on my own positivity.

*'The Gladiator Mindset' by Adam Peaty is published by Quercus Books and available at your favourite bookshop. I did not have to go out of the village to buy mine.*

*'The most dominant sportsperson in Great Britain today – and perhaps ever' according to the Daily Telegraph.*