

Lessons From the Racquetball Court

Life lessons can come from unexpected places. I have learned much about myself from the game of racquetball. In fact, I have learned a great deal over the years about all aspects life and living on the racquetball court. Here are some of the more important lessons that have come from the court:

1. **People play better when they are encouraged.** It's true in life, too. People do better when they are encouraged, rather than criticized, condemned and judged.
2. **When two or more people occupy a small space, they should learn to share.** It goes for planets, too.
3. **The only way to get better is to practice.** And in life, the only way to improve relationships, learn courage or be happy is to practice.
4. **Pay attention.** Those who lose their focus, lose games. And those people who are too distracted by yesterday or tomorrow will never live today fully and joyously. Focus on the present.
5. **There are always people who will do better than you.** But your job is not to be the best, it is to do your best.
6. **Attitude really is everything.** When you believe in your success, visualize it and work toward it, you are more likely to succeed.

7. **Losses are lessons.** When I lose a game so badly that I am humiliated on the court, I thank my opponent for the free lesson. Failures are not endings; they are valuable opportunities to learn.
8. **It isn't over until the last point is scored.** Many victories are snatched after one comes back from almost insurmountable odds. So it is with life.
9. **Work can be fun, but fun should never become merely work.** Life is to be enjoyed.
10. **The only way to score is to serve.** Individuals and institutions that make a difference find ways to serve others. Additionally, those people who are happiest and most satisfied with their lives have learned to serve. Great lives are built on service.

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