

## **“THAT’S OUTSIDE MY BOAT”**

**W**hen he was asked to cover the 1996 Olympics, broadcaster Steve Jones was disappointed to be assigned to rowing, kayaking and canoeing, sports that typically don't draw a huge viewership.

In talking to the rowers, though, Jones learned a valuable lesson. When he would ask them about weather conditions and the like they would tell him “That’s outside my boat.”

In other words, they simply focused on what they could control and the rest...well, that was outside their boat.

Think about how much more powerful and productive we would be if, instead of complaining that the world or circumstances, aren't what they should be, we instead focused solely on what it is that was within our control.

**T**ODAY, when you start to stress about things that are not under your control simply remind yourself, “That’s outside my boat.”

*Win Your Day!*  
Steve Gilbert

If you are not on Steve Gilbert's Win Your Day! email list, but would like to be added, please click [here](#) or email him at [winyourday@gmail.com](mailto:winyourday@gmail.com)