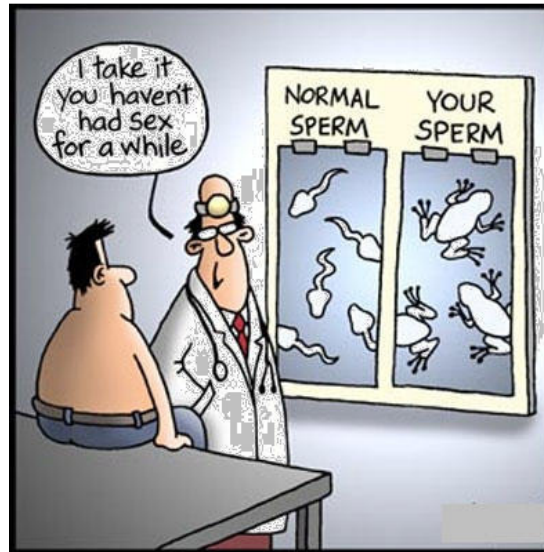


YOU ARE ONE IN 250 MILLION

We, as humans are often very hard on ourselves and this has been very true for me. I am always beating myself up because I should have done things better, faster or for longer. That was until recently when, on one of the rare occasions that we watch TV, Laura and I came across an interesting documentary. It was all about the trials and tribulations of sperms in their attempts to impregnate the female egg.



The Journey

In a typical male ejaculation, 250 million sperm are launched at breakneck speeds into the female vagina. This begins a journey by many many sperm that only one will survive! At every stage of the 36-48 hour race the odds are stacked heavily against the little swimmers and it is so true that only the strongest, most resilient and most persistent will succeed in it's objective.

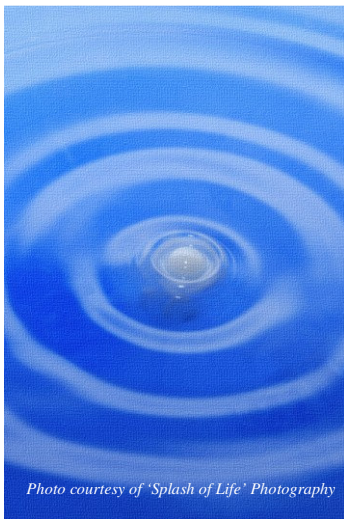
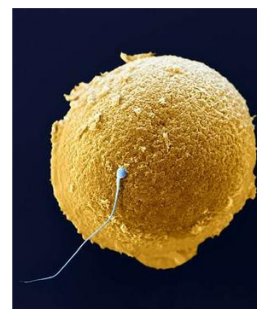


Photo courtesy of 'Splash of Life' Photography

The significance of each individual sperm when it begins is really like a drop in the ocean and at the moment when the sperm leave the penis they are under attack from the female immune system. Most are taken out before they leave the vagina and never make it to first base, the cervix. The cervix is like a very tight maze with many paths, most leading to dead ends. The vast majority of the remaining sperm will be trapped and die in the cervix. The few that get through into the uterus are immediately under attack from more nasty female protectors and after a long, exhausting and tough battle there will only be a few dozen that make it through to the safety of the fallopian tubes.

The fallopian tubes allow the remaining sperm a chance to recover from their traumatic journey so far. This is where they wait for the appearance of the female egg. Timing is everything in the fallopian tubes and those sperm that make their run too early won't last. Finally as the egg comes into view it is a race between about 3-5 sperm and **only one will win** and make it to fertilise the egg. Guess what? **That one is you!**



What do you think about yourself now?



I am pretty amazing and so is every single person on the planet because we all had to persist and fight through that horrendous experience I just described to end up as a beautiful baby! It was when I realised all that I done had before I was even born that proved to me that I was an incredible person and if I can do that then I could do pretty much anything I set my mind to.

If we really let it sink in that we have already been successful against overwhelming obstacles and finished number one out of 250 million would we be nicer to ourselves? Would we look at ourselves in the mirror and say 'you are awesome'? If we really felt that way would we love ourselves a bit more and achieve more in our lives? I think so.

You are the perfect you

For some reason we think we need to be perfect and that if we make mistakes then there is something wrong with us. Mistakes are a part of life – it is when we stumble that we learn and grow to achieve great things. If we try to avoid making mistakes then all we will do is assign ourselves a life of mediocrity. When we look at every great success story it is, without exception, a story of overcoming failure, mistakes and disappointment. Embrace failure as lessons that point you towards success and understand that you are perfect; **the perfect you**.

Do you know anyone else who does you better than you? When it comes to your strengths, your weaknesses, your character traits, your personality and your looks you are the perfect you. No-one else on the planet can do the things you do anywhere near as good as you. So you really are perfect.

You are one in 250 Million

It doesn't matter what we look like we are all exceptional - maybe just not as perfect as we would hope to be so let's just get over that one shall we? We should do the best we can do, be the best person we can be and acknowledge ourselves for what we have already achieved. With that understanding we should relax and enjoy our life and accept that we and others will make mistakes. If we could forgive ourselves and others quickly and know that we are all one in 250 million then this world would be a happier, healthier and more abundant place for all of us.

