

# DOING THE IMPOSSIBLE ...

**'Impossible' is one of the most abused words in the English language. In a lot of cases it is pulled it out and used whenever things seems difficult and it gives justification to never trying because; 'well, what's the point that's impossible anyway'.**



Well I am here to say this week that I believe anything is possible, anything truly important that is. I also believe that we know this deep in our hearts, but the word *impossible* gives us an excuse not to ever try things that are going to be difficult. This week's article is meant to challenge and provoke some thoughts and emotions because in my heart I know that if we can overcome this word and simply eliminate it from our vocabulary we give ourselves permission to really get out there and get after what is in our hearts to do, irrespective of what others think or say.

## **'Possible' is a decision**

I spoke about the Cancer Councils 'Relay for Life' event in an article a couple of weeks ago. I was honoured to be asked to speak at the candle light ceremony at 10:30pm. I remember thinking about the event which went continuously for 18 hours. It was a team event and each team simply had to keep a baton moving around the course for the 18 hours in respect for a disease that never rests. I remember thinking, surely no-one would do the whole 18 hours, people would just walk for a couple of hours and then hand the baton to someone else whilst they rested. That was until I met an inspiring couple of people.



I noticed a car with 'Redback Fitness' on it and so I found the number, contacted and met up with the business owners, Airlie and Heath. They had both not only participated in, but had completed the entire 18 hours from 4pm on the Saturday until 10am the following day! They did something many people would have considered 'impossible' and never even attempted.

'How did you do it?' I asked, full of admiration and respect for what these two had just done. They both said the same thing; that they had just decided that they were going to do it! **'Possible' is just a decision.** The other important thing they did was to enlist lots of support and tell lots of people about their plans. This meant they had plenty of help, support and encouragement but it also meant they couldn't change their minds because too many people knew!!

### **'Impossible' to 'it will be done'**

I can't remember if I have told this story, so I will tell it and if you have heard it I apologise. I was listening to Kieren Perkins speaking a while ago and he was talking about the time when breaking the 15 minute barrier for the 1500m swimming event was 'impossible'. At that time he was young and he was challenged to set some goals for his career in swimming. Amongst a couple of other things he wrote that he would break 15 minutes for 1500 metres. The word got out and he was quite savagely harrassed; 'who do you think you are?' were the kinds of phrases thrown his way. He doubted his ability for a short time and was about to give in to 'impossible' and not even try when he started to think about it...

As he broke down the 1500m into 100m lots he noticed that the times required seemed more realistic. He said that the more he thought about it, the more this seemingly impossible task went from impossible to possible. Then with some more reflection and analysis it went from possible to probable. Finally when Kieren was standing on the blocks for the race in which he had set the goal, he knew in his heart, 100% certain, that he would break the 15 minute barrier that day. He did!!



Just as Kieren achieved his 'impossible task' by just breaking down into manageable chunks, so too did Airlie and Heath break down an overwhelming 18 hours and 195 lap relay into simple blocks of time. It was then the decision that they would keep going until the goal was achieved that transformed these 'impossible' tasks to 'possible', from 'possible' to 'probable' and then finally from 'probable' to 'done'.

### **Magic happens when we aim high**

There is a saying that goes something like; 'it is better to aim for the stars because at least you will hit the top of the telegraph pole'. We see it time and time again, people doing seemingly 'impossible' things and being successful. Many times we might think they are lucky, had more opportunity or were just in the right place at the right time. The reality is that these people think bigger, aim higher, break down seemingly impossible projects into manageable chunks and make a decision to keep going until the goal is achieved. The magic is there for all of us when we follow the same process; the magic that takes that so-called 'impossible' task and turns it into reality. Our miracle is ready and waiting for us as soon as we are ready to go after the 'impossible'

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