

Inspiration: disability and final lap

[Health & Medicine](#), [Disability](#)



Disability and Final Lap BY cancans Inspiration: Life Is Like photography. You need the negatives to develop. Do you always think of what people say about you? Does It affect your dally basis and break down yourmotivationand inspiration? Always try to avoid negative people, they feed on your reaction and if they see you being affected by what they say or do, they'll keep doing it. If paralysis had their minds posted to the bad comments people give, they would've never reached success.

The reason why I chose the Paralyticts instead of the Olympics as inspiration, is the fact that paralysis are disabled and they need o work so much harder to gain a certain goal. Their disability can easily break their will to keep on working towards thesegoalsas well as their mindset and motivation. Being disabled keeps you humble because you know what it feels like to have nothing, to lose something very important like their legs etc. Or to work twice as hard as people with no disability.

It's like a little voice that whispers to them " maybe" when it seems like the whole world is shouting " no". Paralysis never know how strong they are, until being strong is the only choice they have. That is why they are an inspiration to so many people. They teach you that discipline Is the distance between reality and yourdreamsand you need to appreciate the little things In life because one day you're going to look back and realize that it was the big things.

People tend to be more inspired by disabled people because even though they have lost something they still work hard to gain something to replace what they've lost. They know, when you truly want success, you'll never give

up on it. No matter how bad the situation may get. Of course what they do are challenging but challenges are what make life interesting and overcoming them is what makes life meaningful. They would also tell you that they never underestimate their strength and never overestimate their weaknesses and that's why most of them are humble.

At the Olympics in London in the year 2012, there was four different swimmers: One with both arms and just one leg, one with both arms and no legs, one with half an arm and the most important one, one with no arms. To start the swimming competition you have to jump in the water and hold on to the blocks. The man with no arms couldn't so they tied a ball on a piece of string and attached the string to the block and he put the ball in his mouth. He swam the fastest fifty meters anyone could've ever seen.

In the first lap he was in the lead and everyone was standing for two reasons: one, he is winning and two, how is he going to turn? He slowed down, bumped his head turned. The second lap was breast stroke, not his strongest and at the end of the second lap he dropped down to third place. He turned for the third lap. This time it's the butterfly. He gets to the end of the third lap and dropped down to fourth place. He turns for the final lap. This time it's freestyle, his fastest stroke. He was quicker in the freestyle than any other stroke.

In the final lap, this man went from fourth place to third, from third to second and with a meter to go, the crowd on their feet as his head is in front of the man next to him. But he didn't win because the man next to him was able to succeed, your desire for success should be greater than your fear

offailureand that's why he was happy with second place. His motivation was so powerful that he kept humble and gained his goal of succeeding in what he does. If you love what you do it will be the only way to great work. If you haven't found it yet, keep looking. Don't settle for something less than your goals you set for yourself.