

Find a Way

..... source unknown (adapted and written by Amy Fox)

Diana Nyad was a world class swimmer who had a dream to swim from Cuba to Florida without the use of a shark cage. Many had attempted it before her and it had never been done before. Diana, in fact, had attempted it four times, nearly dying from a jellyfish sting on her fourth attempt.

Years passed by, but the desire to swim from Cuba to Florida still deeply burned within Diana's heart and so at the age of 64, she decided to try one last time.

The waters were choppy, the challenges were great, but finally after 53 hours Diana finally accomplished the feat of swimming from Cuba to Florida.

Excited swarms of people and news reporters awaited her arrival on shore and when she arrived they all wanted to know how she was able to accomplish this daring feat. While the training mattered and having a dream helped guide her, what ultimately pushed Diana to stay the course, especially in her challenging moments were three little words: Find a Way.

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

We all have dreams, goals and desires but when we are met with challenges on our way toward our dreams we will face two choices: we will either find an excuse or we will find a way.

How long do you pursue your goals before you give them up for something else?
When faced with challenges, how long do you stay with what you're up against?

DURING CLASS

BEFORE TELLING THE STORY

What if every "no" along the way wasn't a sign of denial, but merely a step toward your yes? What if every "no" you received was pushing you one step closer to the dream itself?

AFTER TELLING THE STORY

Where can you make your mantra, "I will find a way"?

CLOSING CLASS

Whatever is at the other side of the shore for you, may you remember you are stronger than you think, far braver than you seem and blessed with everything you need.

EXTRAS

The word Mantra means "mind-tool" and it is a tool for focusing your mind so that you can sustain attention on one thing over time. A mantra can be spiritual (like the Ohm you chant at the end of class), it might be the words you use during class to weave in your theme as you cue postures, or it might be a specific mantra you give your students to mentally repeat to themselves during class or off their mat like, Find a Way.