

# The Daily Juice

## *Keep the Focus Strong*



It has often been said, “Concentration and mental toughness are the margins of victory.”

In 1996, Lou Kaspische survived the worst disaster ever recorded in the history of climbing Mount Everest. Eight people died.

Lou and his crew spent six weeks climbing, and they were just 400 feet from the summit when the conditions worsened. Some of the climbers, including Lou, decided to turn back. Four of the six who continued, died within the next four hundred feet.

When he talks to business groups, athletes, and teams, Lou stresses the value of being mentally tough. When it comes to reaching one’s ultimate goal, the greats concentrate on the fundamentals of the challenge at all times. They are able to focus on the task at hand and realize any other approach is a sign of weakness and sets the table for potential failure.

If Lou would have lost his concentration for one second, the results could have been devastating. And if he would have let the overall goal of reaching the summit, get in the way of making the decision to turn back, he would not have survived.

Though Lou Kaspische never reached the summit, he proved the value of concentration and mental toughness.

**w1nright**

# The Chalk Talk

## *Keep the Focus Strong*

### **Prompt:**

Have you ever made a decision and regretted it seconds after you made it? Explain.

### **Question:**

How far were they from the summit when they decided to turn around?

### **Answer:**

They decided to turn around just 400 feet from the summit.

### **Challenge:**

As a leader, during practice, what can you do to help teammates stay focused?

**w1nright**