

So, Who's Got Your A-GAME? YOU?

Recently, Carla, a gym acquaintance of mine walked in on me midway through a workout. I was dripping with sweat, my face was crimson and I was on my second set of pull-ups. I was focused, lovin' every bit of the burn taking place in my back and bi's...and veins were popping in places I never even knew I had 'em.



"Jami, I don't know how you do it," she remarked, "You always seem to be on." Peaking my curiosity, I took a break between sets and said, "What do you mean on?" "You just seem to wear you're A-Game Attitude all the time. You know, you're like always charged, ready for whatever challenge life throws your way. I wish I could be more like that," she confessed.

I had a feeling about the direction she was going and that it likely had little to do with my workout performance. Rather, it was my drive at the gym that initiated her thought. Recently Carla was talking to me about her "off and on" days at work, home with her family, and in the gym. She can't seem to find any consistency to putting her best foot forward. And she's frustrated. I don't blame her. Been there, done that.

So, I'm thinking to myself: Well, I've had to catch quite a few of life's curve balls so a few pull-ups seemed like nothing. Sometimes physical strength can be a derivative of yesteryear's struggles. But, I wasn't about to blurt out this psychobabble. It just sounded too corny and cliché-ish, however, my attitude towards "going for it", "making things happen" and "not being afraid to try new things" comes from the heart. No joke, I really do give 'it' my all. Not sure exactly how or when I acquired such wisdom, but I admit, I do have it. We all have our

strengths and weaknesses, and I have a feeling I am about to go off on a subject about which I am totally passionate.

Today I am somewhat fearless. Good, bad or indifferent, it's the deal with me. Now that I'm older, (turned the big 40 in June), I truly appreciate all that life has to offer. Not sure I always did, but I KNOW I sure do now. I think I finally 'get it'. Deep, I know. But I'm not afraid to go deep with my Publisher's Page; it's really been my ongoing message. Life's depths are what bring out the best in me personally, and I have a feeling a lot more of us are finding that true in their lives too.

"Come on Carla," I shouted. "Come do a few with me!" "Oh, I don't know Jami, I've not worked out in months, and I have NO interest in trying something as hard as pull-ups." I think the look on my face changed her mind quickly, "Well, OK" she said, "but hold my feet and help me!" (She really DID want to try, but just didn't initially want to put out the effort. Again, I get it!)

That's when it hit me. Attitudes are contagious and I began to wonder if mine, or any of ours, are worth 'catching'! A moment of pride came over me; I realized my A-Game attitude motivated Carla to think about hers. That felt good. Even better than doing twenty

pull-ups (my goal). My inner core strength affected Carla's and I didn't really prod her that hard. I could see her wheels spinning.

Of course, my tireless brain couldn't just leave it at that, and enjoy a workout with Carla. It was just the beginning of an entire thought process that has led me to wonder about us all, have you checked your attitude lately? What's up with YOUR A-GAME, or do you even have one anymore? Sometimes? Always? Seldom? Love someone else's, wish it were yours? Bet you even think that is something taught to you over the years, so you "either have it or you don't". Well, this is where my attitude problem kicks in, I beg to differ.

When I am honored enough to have been asked to give motivational talks, people approach me at the conclusion with almost the same questions. A lot of them say things like the 'enthusiasm and passion' for life that I cared-to-share is what turned them on. "Where's that come from, aren't you ever afraid, how do you get up there and do it? That natural euphoria is the impetus for an ever-present A-Game face. No net, puck, or tracksuit is necessary for your A-Game. Get it? Let's keep it real.

The right attitude or outlook is enough to make some basic changes in your life, like changing bad eating habits or taking the first step towards a healthy exercise routine. BUT you have to want to change. You have to dig deep in your soul and start walking, talking and breathing your dreams, and I don't say this lightly.

Many people have asked me what my personal motto is, or better yet, where it was acquired. It's quite simple. I live and die by my word. I try to never forget to follow through with anything. Every tiny thing matters to me, I appreciate it all. Not rocket science, but honest effort that doesn't tire me out, it energizes me to keep trying. Here's the reason for my subject this issue: **The A-GAME really isn't a game. It's a lifestyle.** It's a natural winning attitude - because I have made my life the way I want it to be. I sleep at night knowing I've done all I can that day. Everyone who I love knows it. Any problems that need addressing get addressed. I can't sleep if I don't live my life like there's no tomorrow. I am excited to go to bed because I can't wait to see what the next day is going to bring me. Maybe it's built into my chemical make up; I believe we all have that to some degree. But to make it happen, you just have to want it, acquire it and make it customary to your lifestyle. It becomes "routine", to live like today is YOUR day, the day, for your A-GAME to be on.

Jami Lynn Apenzeller is who she is because she only does what her heart craves/demands and happily, it shows. Yup, the rough days hit this happy chick too, honest, it does. But, it's ok because it's all part of what reminds me of what I want and don't want in my life. Those "blah" days remind me to stay on track for those bright days I crave.

Along the way, I have also learned that sometimes people try to duplicate your A-Game. Yeah, I'm all for sharing it, but please don't try to take it from me. Some want to try to keep you down, challenge you. I believe in my heart that they don't really "mean it", they just react that way out of their own frustration of not

being able to find their own winning attitude. Don't let that get you down, let it inspire you to keep on top of yours. Do I get intimidated? Do I let my A-Game slip to a C-Game? Hell No!

First of all, I think duplication is a compliment. Secondly, I just refuse to get discouraged. Finally, I find that the only way to withstand your competition is to be sure you are doing the best you can. I give 100% so if my competition gives 99% - I'm still ahead. This goes for everything in my life. You get what you give, don't ever forget it. If you are not bringing 100% to the table, you won't ever get 100% out of it. Relationships, workouts, careers - it all goes hand in hand. Live life showing your soul. People see who you 'really' are, and believe it or not, it's the best A-GAME you'd ever want to have because it's real. It's you. That cannot be duplicated by anyone else, or taken away.

If you take away one thing from this Publisher's Page let it be: remember that the A-GAME is really not a game, it's a lifestyle. Start living it the way you want it to be, you might be pleasantly surprised. What comes 'round goes 'round. Trust me. I know.

SIDEBAR:

[Game Face](#), written by Jane Gottesman, was published in 2003. It's a coffee table style, photojournalistic book that captures the essence of female athletes as they reach the pinnacle of their passions. (It is perfectly applicable for men as well.) It made an impact on me when I first flipped through it and every now and again, I pull it out for motivation.

On playing fields and street corners, in backyards and gyms, the people in this arresting array of pictures are unselfconsciously exploring the physical and emotional pleasures of competition and play. Each image offers an affirming and satisfying answer to the question: What do girls and women look like when freed from traditional feminine constraints, using their bodies in joyful and empowering ways?

The book is a unique and inspiring document of the tremendous impact that the growth of female sports at all levels is having on society-and on women themselves. I highly recommend it. Better yet, maybe buy it, wrap it up with a big bow and give it to the "Carlas" in your life.

Favorite Quote of the Month:

"It is far better for you to earn something and not have it than to have something and never earn it. When you've truly earned something, there is a valuable and important part of it that can never be taken away.

Dream the biggest, most spectacular, fulfilling and meaningful dream that you can imagine. And know that the moment you begin to earnestly and steadily work your way toward it, the richness of that dream is yours to experience.

What you desire is not what you really desire. What you really desire is to be the person you must become in order to achieve it."

Ralph Marston