

# FORGET THE PAST—FOCUS ON YOUR FUTURE ...

**Now more than ever before, you need to draw a line in the sand and forget about what has happened to you in the past.**

You need to focus on following the pathway to your passions. As adults, we tend to focus too much on our past challenges. Don't let your past dictate your future. Your future is bright, brilliant and buoyant.

In 1954, Roger Bannister broke the 4 minute mile. What is amazing about Bannister's story is the journey he had taken to achieve his goal. You see, Bannister had to earn the respect of his peers at Oxford University for a year by cleaning up after them and shovelling snow before he was allowed to compete in their track and field team. When he did, he was fast, fluid and stood out amongst the other team members. Catching the eye of the Great Britain track and field Olympic selectors, he was selected to represent his country at the 1952 Helsinki Olympics and with that selection, rode the gold medal hopes of all of Great Britain.

He made the final of the 1500 metres race and when the final bell rang, he gave his famous kick for the last lap. Simultaneously, many of his fellow competitors shifted gear, and in the end Bannister didn't get a place. In some of the London newspapers, the headline read 'Bannister Fails!' He felt he had let down his

“It's the ability to take more out of yourself than you've got. ROGER BANNISTER”



SOURCE: [www.telegraph.co.uk](http://www.telegraph.co.uk)

country, his university and himself. Like great achievers though, Bannister knew the key was not how far you fall, but how you bounce back that counts.

He set a goal that he would redeem himself and break the four minute mile barrier. This was a goal that many believed was physically impossible. Other athletes had been attempting to achieve the same goal for the past nine years.

With his medical background and knowledge of athletics, he planned his attack. He researched mechanical aspects of running, and developed a scientific training method to aid him. At Iffley Road, Bannister planned to have two runners, Chris Brasher and Chris Chataway, to pace him for his attempt on breaking the 4 minute mile. The weather on the day was horrible, with 15mph crosswinds gusting up to 25mph, and Bannister very nearly called the attempt off. Despite the poor weather, a large crowd gathered to fill the

stands and support Bannister's attempt.

When the race started, Chris Brasher took the lead as the first pacemaker. Bannister slotted in behind him, with Chataway in third place. When Brasher began to tire, Bannister gave the signal for Chataway to take over. The officials rang the bell to indicate the last lap and the crowd started clapping. With just over two hundred yards to go to the finish, Roger Bannister took the lead and kicked with the crowd now standing and cheering him on. He sprinted to the line and finishing in a time of 3:58.4. He had done it. He had come back!

When he was asked to explain that first four-minute mile—and the art of record breaking—he answered with original directness, "It's the ability to take more out of yourself than you've got."



Extract from:  
**LIVING YOUR PASSION**  
*The 5 secrets to doing what you love  
and loving what you do*

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