

Martina Navratilova was once asked, “How do you maintain your focus, physique and sharp game even at the age of 43?”

She gave a humble reply, “The ball doesn’t know how old I am”.

You need to stop yourself from stopping yourself. Every game in life is actually played on a 6-inch ground – the space between your two ears.

We don't live in bungalows, duplexes, or flats. We live in our mind which is an unlimited area. Life is great when things are sorted and uncluttered there. Keeping the mind messy with hatred growing on the table, regrets piling up in the corner, expectations boiling in the kitchen, secrets stuffed under the carpet, and worries littered everywhere ruin this real home.

The key factor to performing well in life and in every arena is the ability to control the quality and quantity of your “internal dialogue”. Performance is potential minus internal interference. **Live in peace, not in pieces.**