



NARRATION SCRIPT: How To Do Big Things

Introduction

How to do big things. Hi I'm Bing! I recently achieved a big goal! I became an Ironman! An Ironman triathlon is an endurance event consisting of 3 sports completed consecutively with no breaks. First there's a 2.4 mile swim, then a 112 mile bike ride, then a 26.2 mile marathon race to the finish line. In order to be called an Ironman- you must complete the event in under 16 hours. Yikes! That's a lot, but I was determined to make that dream come true. Here's what I did to make it a reality and what you can do to achieve any big goal!

#1 Lock it in.

In the beginning we feel inspired and motivated. To ensure follow through, lock in that feeling by signing up for the event. If your goal is not an organized event, set a date and make your own private milestone experience! I signed up for the Ironman without knowing exactly how I would achieve it, but by locking it in and paying the \$700, I was committing myself to follow through no matter what. Putting something on the line like a significant investment of time and money keeps you more accountable and supplies a sense of urgency.

#2 Get a coach.

I highly recommend a coach especially if you want to accelerate your progress with expertise and advice. A coach will show you how to get started and give you a detailed plan to follow so you can focus on the doing, rather than the researching and experimenting. My coach Kuba is a former Olympian who penned individualized daily training plans to get me ready to finish the Ironman in just 4 months- what most say takes well over a year.

#3 Prioritize action over emotions.

So we have a plan and it's time to execute. Now we show up, consistently, following through no matter what. Don't allow negative emotions or unfavorable circumstances to hinder your progress. Ironman training is demanding. Often I was exhausted. Other times the weather wasn't perfect. But I had to complete my training plan for the day. Not feeling like it is not an excuse. Often times just getting started is the most difficult part. So do it tired, in the pouring rain- you may be surprised at the rush you get from splashing through puddles.

#4 Turn challenge into opportunity.

Inevitably, things start to get really hard. And not just I don't feel like it hard. Real obstacles are present. Instead of dwelling on unfortunate circumstances, train yourself to look for opportunities instead. One of the biggest challenges I encountered was on my very first long distance bike ride. Coach planned a beautiful 4 hour bike ride in the countryside. About 18 miles in, and in the middle of nowhere, I got my very first flat tire. I didn't know how to change a tire yet, so I thought I could take an uber or a bus back to the city. As it turns out, the bus didn't allow bicycles and uber didn't reach that far out. So I used that inconvenience to practice a possible race day scenario. What if on race day I got injured and couldn't run the marathon? I walked that 18 miles back as fast as I could to simulate the effort it would take to still finish the race under the 16 hour time limit. And later that evening I learned to change a tire.

#5 Be confident, stay humble.

It's here. Go time. If you followed through on your planned training, you can be confident you are as prepared as you can be. At the same time, stay humble and respect the day. I was ready for race day. At that point I knew that I could physically complete the distances, but the challenge for me was to finish under the 16 hour time limit. To keep myself from becoming complacent on the course, I wrote a mantra to focus on because the familiar reassurance of 'keep going' and 'don't give up' weren't going to be enough here. Instead I repeated 'Keep pushing, don't let up' because I knew that in order to become an Ironman I would have to go above and beyond, longer and faster than I've ever gone before.

Conclusion

Becoming an Ironman is one of my proudest achievements. Through the experience, I proved to myself that I truly can do anything and now use this framework to accomplish other goals. I hope this helps you achieve your dreams! Because anything is possible.