

PRACTICE

The Conquer Moments



For this exercise, we are going to go back in time and hit refresh on the moments in your career where you killed it with toughness.

They are examples of where you persevered through something you thought impossible or a moment where you overcame great odds.

When things go south, you'll be able to go to the library, pull a Conquer Moment off the shelf, and remind yourself:

- “Who did that 1,500m butterfly for time in practice? I did—that’s who.”
- “Who was the swimmer that showed up to practice every day for three months straight? I did—that’s who.”

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

This image shows a full page of blank handwriting practice paper. It features approximately 28 evenly spaced horizontal lines across the entire page, providing a guide for letter height and placement. The lines are thin and black, set against a plain white background. There are no margins, text, or other markings present.