

result is that it drains you until there is nothing left to give. That cycle can be broken; and I will show you how.

If you don't like the current "truth" about your life, or if you feel some areas just need to be tweaked, there is good news! Things can change. You can bring about that change. You can become a new you... the you that you want to be... the you that you were created to be! Yesterday is gone and tomorrow can be better... today is your Game Day. Today is your day to stop playing around, only practicing at life, and start living like a champion... today is Game Day!

start doing something about it right now! You can have the life you want. The first step starts with the decision to change... the decision to stop practicing and live like today is the most important day of your life. Are you ready?

Think about it like this... If your life were an open book for everyone to see, would it be a study in futility or a playbook for champions? The truth is that your life, as well as mine, is an open book that is read everyday by a countless number of people. It has been said that we are surrounded by a great cloud of witnesses. These people can include people who will learn from our example... good or bad. Of course, there are areas that we can hide from other people. However, in the end, the reality is that our actions or lack of action bears fruit... and we are known by our fruit. Our fruit hangs there out on the limbs of our life in clear view... we are all standing pretty much naked for the entire world to see. Do you want your life to be the playbook for champions, or the study in futility? It's your choice.

Even more important is the fact that we know the truth about ourselves. Knowing that truth either inspires us to be all that we are created to be, or drives us to pose. Posing is simply defined as pretending to others, and even to ourselves at times, that we are something that we are not.

Are there any areas in your life where you are posing? Posers constantly live with the fear of being "found out" or discovered. This is the beginning of a nasty cycle that promotes even more posing. Some people are really good posers; they are comfortable with it because they have been practicing at it for so long. It's like getting comfortable paying the minimum balance on a credit card. Little by little the balance grows until the minimum balance is more than the person can pay. The same is true with posing; the end

there were still challenges. During his junior year in college, he played hurt most of the year. He played with pain during a season in which he suffered with a partial AC joint shoulder separation, a broken middle finger, as well as a broken foot. In an interview with Chrissy Mauck for the San Francisco 49'ers, he said: "The foot hurt so bad, it was just crazy pain.... I just pushed through it." In that season he was selected as an All-American.

During the interview, Chrissy learned that it was ultimately the foot injury that prevented Patrick Willis from leaving college his junior year to pursue a career in the NFL. Still, more adversity was to come for this young man. During the summer prior to his senior year in college, Patrick's younger brother Detris, a budding athlete in his own right, tragically died in an accidental drowning while swimming with friends.

Patrick told Chrissy that there were many times that he could have said: "...this is no fun. I don't have my mama. My daddy does drugs and drinks. I lost my brother. I'm through. I want to quit." However, he concluded by saying: "But that's not who I am. I'm someone who is going to fight through it, no matter what." He did... on Saturday, April 29, 2007, Patrick's cell phone rang with a call from the San Francisco 49'ers, notifying him that they were drafting him as the 11th pick of the 2007 NFL Draft! So what's holding you back from living like a champion every day?

(Patrick's full story can be found in a link at www.gamedaychampions.com)

Too many people go through life waiting for just the right time, or feeling, or whatever, to start (or stop) doing what they need to start (or stop) doing. Your life is what it is today, good or bad, because of past decisions, decisions to take certain actions and not take others. If you don't like the way things are, the good news is that you can

From Chapter 1

Champions Live Every Day Like A Champion (...because they know Every Day is Game Day in the game of life!)

Stop practicing at life... the clock is already running! Today is Game Day! It's time to get in the game and live like a champion right now. There are no excuses. There is no valid reason for you not to live like a champion every day.

Consider Patrick Willis... by the time he was six years old, his mom had taken his two youngest siblings Ernicka and Detris and left Patrick and his younger brother Orey behind with their dad. His dad, Ernest, was a loving father at times while exhibiting negligent and sometimes abusive behavior at other times. The negligent and abusive behaviors were brought on because of addiction to alcohol and drugs. By age 10, Patrick was working part-time jobs to help support the family. At times his dad would ask him for money to pay the utility bill only to use it to support his habits.

Patrick could have been another statistic left behind in the dust of severed relationships and addictive behavior from a father who struggled with his own challenges... but there was something different inside this young man. Patrick Willis is a champion! He pressed on in spite of his circumstances and opportunities to hide behind excuses. He found an escape through playing sports. Although he has natural talent and is such a gifted athlete, he persevered in sports as he did in life. Many times he played injured, but when he was on the field he gave it everything he possibly could.

He found success in several sports, but settled on football where he earned a scholarship to play in one of the most powerful conferences in the nation. He became an All-American and won several other awards. In spite of the success he found in sports,