

The Transformation Paradigm

*“When thinking differently is the only option for discovering solutions”—
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As 2016 winds down it is a good time to think about what one wants to accomplish in 2017.

For me, it was joining US Master Swimming and the Shaker Sharks last year (officially), and launching The Transformation Paradigm Workshop and The Transformation Paradigm Newsletter. I also discovered a new podcast platform which is much easier to work with so that I could create podcasts again. So, I have launched my podcast, Digital Sista again! I updated my website: <http://celesteterry.com> to utilize with twitter and facebook to promote my activities.

What all of this has done is re-energized me. It has allowed me to unleash my creativity again. It has made me feel alive—radiating an energy that only comes from when you find your niche and work it. So, that *transformation* can take hold.

In the last news letter we talked about time—learning to view it differently—and long-term. We live in an instant gratification society now. You post something, and get an immediate response. If you are making a turn onto a street, cars behind you try to go around because they can't wait a second for you to complete the turn safely. When you are able to take a long-term view, you build *stamina* and *fortitude*. Results do not come quickly.

I have been swimming all of my life, really. But, joining US Master Swimming has taken things to another level. I wore swim goggles for the first time, and got nauseous from seeing all of that water in the pool. I had to learn how to swim in a circular pattern in a lane that can have 2– 7 or more people swimming in it. The first time, I collided into the only other person in the lane. I had to build up my stamina to last during practice. I would get out of the pool and sit on the side, tired. But, my lap-mates encouraged me to “get back in the pool”. I did and kept going. I would get cramps—everywhere. One time in both legs! So, I changed my diet and now consume lots of water. Even so much so, that I always carry a bottle of water with me. I never used to even drink water! To improve more, I signed up for 3 nearly 3 hour swim clinics at Cleveland State University. This gave me the opportunity to receive one-on-one coaching from the head coach. I learned to dive off the platform, do pencil jumps in the pool—feet first. Most importantly, I

Learned how to swim in an Olympic size pool—50 meters, which I had never done. But, when I started this journey, fear crept in and took over—despite the fact that I had been swimming all of my life. I get up at 5am on Saturday mornings to be at practice in the pool by 7am. Early on, I would get up and let the time pass—saying “oh, it’s too late to go”. I did this for maybe two or three weeks. But, one morning I got up and said, “no, I’m going to do this.” and went back. Coach said, “nice to see you back”. My response to him was, “conquering self coach”. He responded, “yes maam”. So, fear of the new experience, almost prevented me from continuing to do something I enjoyed doing. And, I have been obtaining a System Of Profound Knowledge on swimming to improve and grow in my swimming practice. I worked through my fear. Now, I am beginning to be able to do some of the swim drills that the others can do—two years after I went to swim practice for the first time in November, 2014!

So, take heed and keep pressing on with whatever it is that is important to you. A new joy will emerge and take hold in your life that will spill over into everything else you do. People will take notice too.

I am excited about 2017 and looking forward to new achievements—reaching new goals. Join me on this adventure of transformation. It is exciting!

Merry Christmas and Happy New Year!