

# *The Transformation Paradigm*

*When thinking differently is the only option for discovering solutions”—  
Celeste E. Terry, MSSA*

Issue #3 Volume 3 Published March 13, 2017

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Happy Belated New Year! I hope 2017 is off to a good start for you.

I wanted to write newsletter #3 sooner, but I really like to wait until I have something to write about. I don't like to write to fill the air. I like to write with *intention*. Oprah has talked a lot about *intention* lately as it relates to her living a full life, eating well and taking care of herself—by not dieting. But, rather appreciating life because she has developed a new relationship with food.

Well, I am excited to share that my second workshop will be Saturday, June 24, 2017 at **A Cultural Exchange, 12624 Larchmere Blvd., Cleveland, OH from 11:00am-2:00PM**. This will be a great venue for interacting. Things are coming together. I now have a “team” that shares my vision and helps me. I did not have a laptop or projector when I did my first workshop in October, 2016. But, I do now—have my own equipment - for my second workshop.

My *intention* was to have my own equipment to reflect my seriousness. Speaking of equipment. My swim -mate, who welcomed into the fold and lane, noticed over the weeks that I did not have any swim gear—equipment. So, after a few weeks of seeing me at practice consistently, she said, “here try these”. She had given me her fins to try. They really increased my speed. She also noticed that my goggles would fog up. So, she lent me her, “spit” which you put on the lenses of your goggles, then rinse. My goggles no longer fog up and distracts me during practice. She let me use her spit twice.

Now, what I got from this exchange from her was, “*I'm going to show you, but get your own*”. So, now I have my own gear—fins, goggles, spit, pull, swim bag, additional swim suit, swim watch, and even—an underwater radio! That was a lesson.

I am now working on adding another day—Thursday for swim practice—increasing it to two days per week. Everyone at practice is encouraging me—*it is time to up my game!*

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Coach showed me a video of my swim practice on March 11, 2017—nearly two years after I started coming. I was so thrilled at how far I have come. Coach said, “***much improved***”. I am motivated to keep going....

What will you be ***intentional*** about in 2017? Think about it!

