



Lessons in Falling

Description



“Our greatest glory is not in never falling but in rising every time we fall.”
~Confucius~

I was at my daughters middle school track meet today. It was the third one of the season. At the first meet she fell at her first event, the hurdles. She got back up, brushed herself off and kept running clearing the remaining hurdles with no problem except for a sore elbow. Later that night she was upset and mad about falling as well as having her former confident ego bruised. I have seen several falls since that first meet, luckily not by her, but by other teens. Fortunately no one has been badly hurt, and they all get back up and keep going. I overheard a

parent say,â€œthat must be humiliating.â€œ To a middle schooler or even an adult for that matter I would have to say, â€œeyes it would be.â€œ However, my first thought was good for them. They got back up and they even had a smile on their face. Quite often the victory isnâ€™t in winning the race, but rising to the occasion when you fall.

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