

Footwork ! Are You Practicing Your Footwork?

You may not know how to answer this question, but undoubtedly you are practicing your footwork every day. This may be an odd thing to ask yourself, but when we delve into what it is and how we seek to improve our lives, we realize that we are practicing our footwork. Are we doing enough and are we doing it right are two other things that we need to examine.

Everyone has watched a movie when there is a boxer training for a big fight, and the coach is always teaching his fighter to work on their footwork. To understand what the coach is trying to impart to his student, is that every move begins with good footwork. For a fighter to dodge a blow from their opponent, the boxer needs to be able to push back or dip left or right, and that motion begins with the force applied to the mat with the boxer's feet. To land a punch, or a jab on your opponent the fighter can only develop power in that punch if they are working their strength across your body. To throw a right hand, you have to lead with the left foot, to maximize your power. Good footwork delivers good results.

Every good athlete knows that power is developed from their footwork. Think about a batter, golfer, pitcher, quarterback, tennis player or a hockey player. They always need to develop the power of their swing with good footwork. Watching Serena Williams serve a ball you see that her left foot is forward, the racquet in her right hand swings up to

meet the ball overhead, and she develops power in pulling in towards the center of her body and connects with the ball with great power and direction. When a golfer takes a shot, he lines up to the ball a perfect distance back from the ball, with the ball between his feet, feet perpendicular to ball travel, and shifts weight to his back foot during the backswing and then shifts his weight to the front foot when swinging through the ball. Everything always starts with good footwork.



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The truth is that good footwork applies to everyone in everything that we do in our lives. We know that good footwork is imperative in sports, but are you practicing good footwork in your relationships, work, diet, education, and career? This is going to require some clear introspection, but it needs to be done, and it never hurts to ask someone for their help in making those observations. One thing that helps every golfer when they are trying to self-analyze their swing, and just can't quite figure out what they are doing wrong is to ask someone to watch their swing. The objective observer can often figure out what's wrong with the swing in a very short time, where we were not so perceptive. So, don't hesitate to ask someone to give an objective observation of your "swing" as it relates to your footwork in your life. If you ask for advice, you must be willing to accept criticism and corrections when it is well meaning.

Every personal relationship is really a partnership with another individual. Partnerships are a combination of contributions by each partner. Each partner needs to contribute in equal amounts to be fair, and yet each partner can contribute different things. Contributions from each partner create a sum result, and that sum result can be greater than its parts. Knowing your and your partner's strengths and weaknesses allow you to manage the contributions in the most efficient way. Honest evaluations of these strengths and weaknesses are done and you need to fulfill your duties. Approaching your duties in a manner which is proactive is paramount in your execution of your duties. Just like a boxer needs to plant his feet before delivering a knockout punch, you need to plan your time and efforts to deliver on your duties and obligations, otherwise your partnership is going to be out of balance. Don't wait for your partner to ask you to do what is expected of you, do it early. Go beyond what is the bare minimum. Take pride in your duties and be humble in your accomplishments.

Good footwork is showing up for work, early, prepared, with an execution plan, and knowing exactly what you need to do on a daily, weekly, monthly, and annual basis. Firstly, if you don't like going to work, or you really hate your job, consider finding another job that you enjoy, because life is too short to be miserable all the time. When you have a job, show up early, get ready for your day. Enjoy a coffee with your coworkers, and when you actually start your workday, you will be relaxed, confident and ready to conquer every challenge you meet. You need to know what you are going to be doing that day and have your tools ready to execute that work. You need to have a plan on how you are going to get done all those important things you are paid to do. You need to set goals for each week, month, and year. Tell people what those goals are. Ask them if they can help you achieve those goals, keep track of the results, see that you get better at achieving those results and that you improve over time. Realize it takes time to get better, and expect that occasionally, you are going to have a bad day. If you make a mistake, then admit it, apologize, and fix your mistake. When you admit your mistake and declare you are going to fix it, you'll be surprised to learn how many other people want to help you fix it, and just how forgiving people can be when you are honest. Ask yourself, did you need to finish high school to do these things? Did you need to go to college or university to learn these skills? No. If you take these actions and consider it to be your footwork in the workplace, you will win every day.

No person can live without food and water, so if you must eat, eat well. Put some effort into your diet, read a few books about diet and how to eat well. Eat at regular intervals and plan your food intake for the day and week ahead of time. By shopping on a weekly basis, you get into a good routine, and form good habits. Plan and prepare your meals, so that they are balanced and convenient. These fundamental habits will be the great footwork to having a balanced nutritious diet in the long run. Enjoy a treat on occasion, and do it guilt free knowing you have looked after the basics and your mind and body will be fueled for great performance in your life.



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To be effective in your education, good footwork is key to preparing yourself for learning new ideas, acquiring new skills and being able to remember them and use those new skills in an appropriate way in the future. Your brain and body generate electrochemical reactions. To sustain this reaction the correct

ingredients need to be present. Also, to operate in an efficient manner the correct balance and supply need to be ready. These are the foundations of diet, exercise, and rest. You cannot substitute anything for these components, you need them all, in balance and nobody can do these things for you. You have to ensure you do it for yourself. If you show up tired for a lecture, you are not going to absorb the lesson. If you haven't done your homework, you will not have the foundational knowledge to acquire and execute the knowledge built on foundations. If you haven't eaten well your brain will lack the energy to create new neural pathways, and if you haven't been exercising your body and brain, it will be sluggish.. You have to do the footwork to be ready to engage your education and get all the benefits out of it.

To be ready for a great career, you need to work on your career footwork. A career is different from a job as it is the culmination of your entire work over your lifetime. To be prepared to move from one company to another or to move up in your company you need to do your footwork. The footwork needs to be done in advance of your career moves or promotions. However, if you want to stay at a particular job for your entire career, you still need to work on your footwork to be the best you can be at that particular job. Image yourself as a stonemason. It is hard work which requires lifting, hammering, moving heavy objects and lifting above your head. These are difficult physical requirements and strength is required, but so too is recovery from this work. Doing your strength training, stretches, having good nutrition and a balance of rest and work are all required to extend your career and stay injury free. A Mason needs to research new tools, new adhesives, advances in safety equipment, new styles of building and new materials. These things must happen before you get to the jobsite. These preparations, just like good footwork, are the keys to a long prosperous career. A worker that wants to advance within a company needs to acquire new skills for each level of advancement. This can be done by studying new subjects, enhancing your skill levels, increasing your knowledge of trade practices, joining trade associations, and enhancing your mental acuity, observational skills, and cognitive functions. There is no easy way to do it, you just have to pick a few things to constantly work on, master them, practice them, and live the life of continuous improvement.

