

# 8 Seconds to Victory!



by Adriano Moraes

# *Courage*



*When we feel things are not going well, we can never give up and try to avoid a bad fall because if we do, there is no way we can stay on. We have to give ourselves a real chance to try to overcome difficult situations. Because we are afraid of a bad fall, we just give up before we really have to do so. We think that in this way we are preventing ourselves against a worse fall. But instead of that happening, these attitudes make us so insecure that we rob ourselves of any potential chance that we had to win.*

# *Hope*

*If I ride my bull Friday night and buck off on Saturday, it is on my Friday night success where I need to focus my thoughts. We have to put our mind and heart in what we did well and right - as this is the way that we can overcome our failures. And for sure when we do fail, what is going to help us to do well again is to place our energy and our focus on our victories - not our failures. We need to remember every day that we can make it. And then we will be ready for the next day and the results for sure are going to be better next time.*



# Perseverance

I know that any great achievement doesn't come from us moving forward only when we feel like doing it. Some times if we only have 10% inspiration, it is necessary for us to make up for it with 90% of perspiration! What is so very important is to always, always give 100% effort!!! Getting tired is something that happens to us all and, at times, we all get discouraged. In the end, if we can maintain an attitude of always giving it all we have, that will keep us going and the results always will be great- regardless of the prize. Because in our heart we know we gave it our 100%.



# Faith

When things start going wrong, it seems like everything is going toward the same direction, the wrong one. We don't feel hope, we don't see a light; there is no feeling of trust in a better day. One thing that I learned and still try to live is: During those times, we cannot live by what we feel and see. Some times it is necessary to believe that there is a light even if we cannot see it. In many situations the only way out is through the certainty that we are going to make it even if we don't know how. And when I say we should just believe, I don't mean that we should sit around and just wait for things to get better. But when things go beyond our strength, just our faith in a better day will keep us going.



# *Discipline*

*There are 2 ways of doing things right: one is doing right because you know better and the other is learning by mistake. If you don't know, I am hard headed and because of that many times I've got to learn by mistakes. This goes from my professional life to my personal life. I don't know what hurts more, a fall off a bull or a fall in life. Sometimes this learning takes a while, some times you redo the same mistakes . . . but it is never too late to get things right. We cannot get stuck in any mistake, even if we have to go back and try over and over, until we find where the error is.*



# *Love*

Goals are incentives that lead me in a certain direction, but it is the love lived each day that may sustain me in this journey. I will know defeats at times on the way, but I will make of them a school that brings me to future victories. I want to make my life unmatched, not through results only, but through the persistence to try to the end. And even if I have to stop in the road in order to recoup my strength, the most important is that in this journey I am not alone. The happiness, I want to share. The sadness that I encounter will teach me to humbly ask to be consoled and when I get tired I will ask for help.





## Goal Setting

*It doesn't matter how great your accomplishments are. What matters is your effort to put everything out and do your best. An easy bull sometimes means that you overcome what for you was an obstacle before, and it does not matter what score you get, you made the whistle. I know a lot of people that spent their entire life trying to accomplish great things and because of that, they don't see how great they did with the small things. Sometimes just putting enough effort and love is enough to put you on the top. Not in the world rankings, but on the top of life. And that is what I strive for !!!*



## Humility

*It is very good to know that in spite of the fact that bull riding is everything in my life; it is true for me that it does not support me. In fact, I make my profession a bridge that makes me live a new reality every day. Such reality teaches me how to overcome what once was a limit for me and to believe in the dream I had once almost given up on. Eight seconds makes me go on with my journey; however, what makes me not to quit is the certainty that behind all this there is the reason for my whole existence: In fact, whenever I accept my limit, I have a thorough view of what it takes me to overcome it because the greatest barrier for us to overcome obstacles is not accepting our weaknesses.*

