



# *Inspired Athletes*

INSPIRING THE WORLD



Carol Winkler, Ph.D.



## THE VOICE OF INSPIRED ATHLETES

### Who Are We?

We speak as the collective spirit of all athletes - past, present and future. Our perspective includes athletes of all sports, nationalities, ages and genders.

### Why Have We Come?


We have come to inspire you to be your best. We have come to open your eyes to a side of life that is often downplayed - the side of love, generosity and gratitude.

We have come to share our generations - old wisdom and insight around honor, dedication, persistence, passion, love and connection to the divine guidance within each of you.

We have come to come to express our undying love to you and the world.

Finally...we have come to share a fundamental message. Your purpose in life is to love - to give love and receive love, to contribute your heart and soul to your "game" and to honor the passion and dreams that live at the core of who you are.

Thank you for this profound opportunity.



*"If you have a dream,  
pursue it."*

- Jerry Colangelo  
*an American entrepreneur and sports magnate*

## THE SACRED DREAMS OF YOUR HEART

Our beloved friends, today we speak to you of dreams – the sacred dreams of your heart. The dreams that have nurtured and sustained you over the years. The dreams in which you fulfill your heart's desires.

We beg, implore, and beseech you to hold tight to these dreams and remain true to them, for they are the dreams of your soul, the dreams of your destiny. Do not let others tell you differently – those parents, teachers, or even mentors who “for your own good” caution you to “get your head in reality.”

It is far, far worse in life to abandon your dreams in favor of this so-called reality that others speak of, than to believe in yourself and pursue your dreams (and possibly fall short). Rather than give up your dreams for someone else's truth, we say: Follow *your* dreams, stay true to *your* heart, live *your* life and then deal with the consequences. Those consequences will be far easier for you to live with in your later years if you don't give in to the naysayers telling you that you can't.

And remember, we speak as the collective spirit of all athletes (past, present and future), so we can tell you with certainty that we were always happier, always more fulfilled when we followed our hearts and pursued our dreams – regardless of the outcome. Our beloved friends, honor the sacred dreams of your heart.

*“Doing what no one has  
done before - that’s  
something that excites me.”*

- Allyson Felix  
a 2008 Olympic gold medalist track and field runner



## A PATH OF HEART - A PATH THAT EXCITES YOU

Our beloved friends. Today, we simply wish to acknowledge you. To give tribute to the adventurer in you, to the spirit that simply wants to do things that have not been done before. That’s what excites many of you, the accomplishing of feats never achieved before. Feats that inspire not only you, but your fellow workers, your family, and the world at large.

Many in the world today have lost their way; they’ve wandered away from their own path of heart and passion. They’ve lost sight of the adventure and the challenge in doing what excites them. Athletes *do* follow their hearts, *do* pursue their passions and *do* remain true to their dreams. In so doing, they provide a model that the world desperately needs. Through their inspired actions, they shout to the world: “Don’t forget passion, don’t forget truth, don’t forget adventure! These are important in your life. In fact, these are *everything* in life!”

Today we acknowledge courage, we acknowledge heart, and we acknowledge the pursuit of what excites you. And we tell you with assurance – a life lived with heart lights the way for all!

## FIND YOUR HOME

Our beloved, searching friends, our message today is this: It is critical for you to find a place you can call home, to go where you feel loved, welcomed, and comfortable. You have a unique set of authentic gifts which can only truly flourish when you associate with like-minded people who cherish you and accept you for who you are.

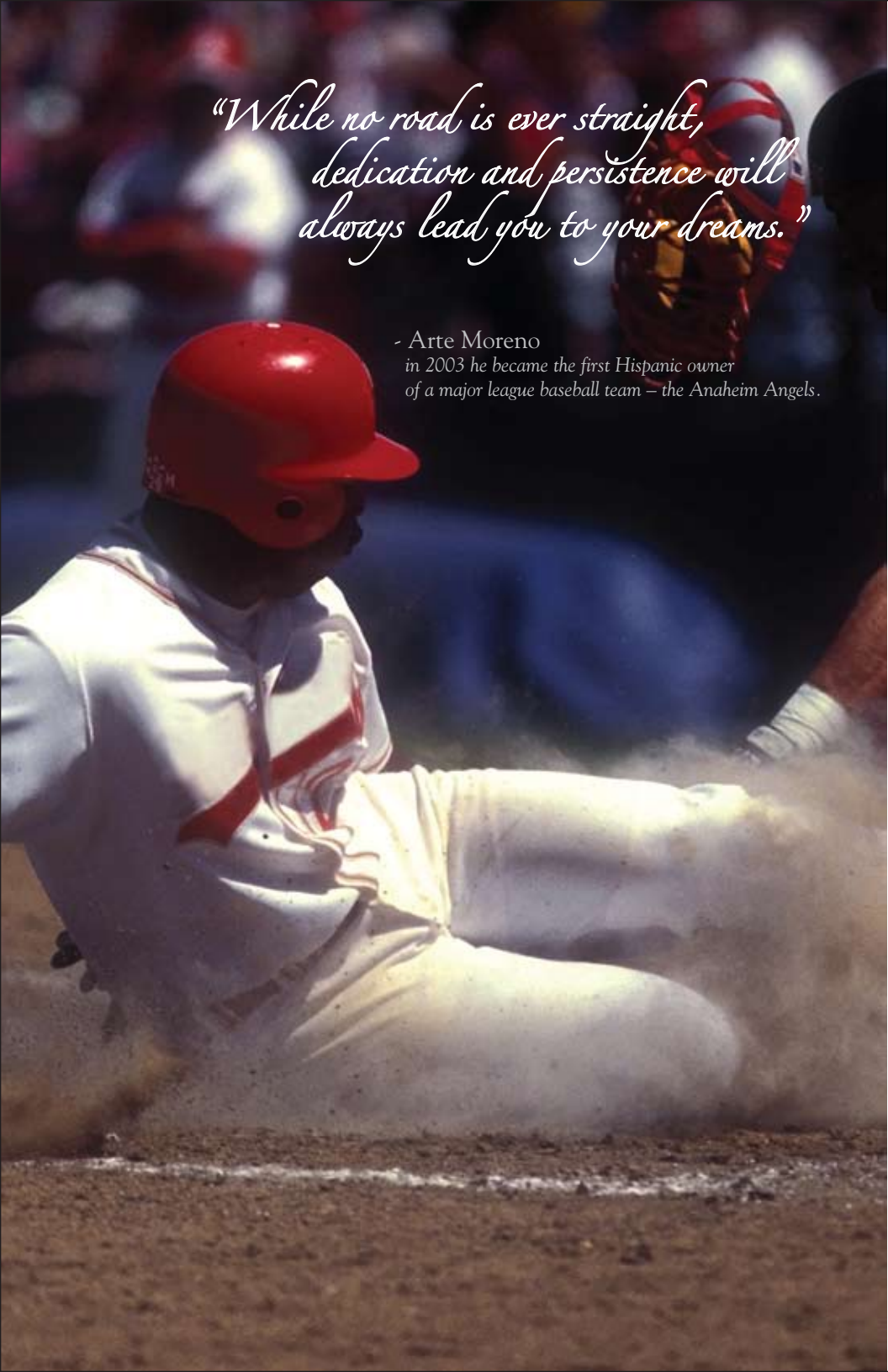
Find the teams, teammates, managers, friends, and mates with whom you belong. Don't stop until you do, for in those homes and with these partners, you blossom and become the "you of possibility."

Ask yourself these questions: Am I on the right team? Does it feel like home for me? Do I hang out with people who bring out my highest, best self? Do I like myself when I'm with friends and teammates? Do I experience myself as an awesome human being with the people currently in my life? If your answers are yes, congratulations – you are on a path to fulfillment, joy and contribution. If your answers are no, it is time to begin the most important search of your life.

You are not an island. You are co-created in the presence of those who walk the path of life with you. To realize the full potential of your life, you need "family" who honors and loves you. Find your home, our precious friends. It's worth everything.

*"I look at the fun that other drivers have with their owners. I want a guy who's going to be at the track and give me feedback. I want to feel really part of an entire organization."*

- Dale Earnhardt, Jr.  
expressing in May of 2007, his wish to find a new NASCAR home



*“While no road is ever straight,  
dedication and persistence will  
always lead you to your dreams.”*

- Arte Moreno  
in 2003 he became the first Hispanic owner  
of a major league baseball team – the Anaheim Angels.

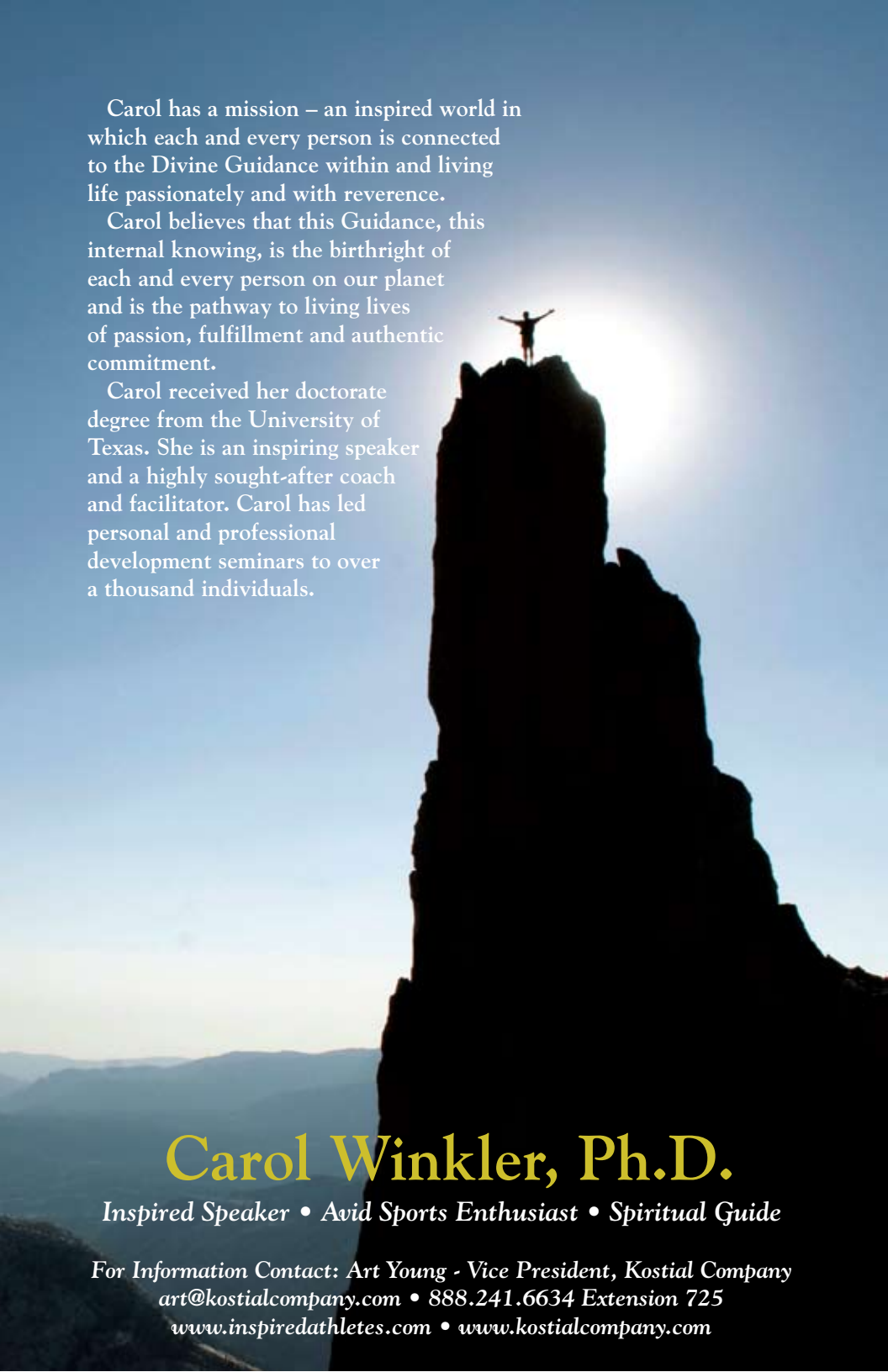
## DEDICATION FUELS PERSISTENCE

Our friends, consider that dedication and persistence are the trademarks of success and the access to fulfilling your dreams. Athletes are masters at this. They don't quit and they persevere through setbacks, injuries, and disappointing performances. The same can be true for you. We assure you that when you persist, you triumph. When your dedication is true, you prevail.

It is important to see the connection between persistence and dedication. Dedication is the fire that fuels persistence. Dedication – to your future, your dreams, your success – is what inspires you to fight through setbacks, struggle through failures, and battle through less-than-excellent performances.

Look at the lives of the athletes you most admire – what they've accomplished and what they have endured to become who they are. Their lives have not been without challenges, for there are challenges in any life path. The winners are those who persist, who do not see the trials as roadblocks to their dreams, but only as: “This is what there is to deal with today.” In the face of setbacks and poor performance, you will discover the strength of your dedication.

We repeat: It is your dedication that inspires your persistence, your vision that sources your determination. So our message today: Make sure you are solidly connected to your vision. Be crystal-clear on your dreams. Hold these dreams powerfully in your heart and imagine yourself fulfilling them confidently, brilliantly, and joyfully. Your ability to summon persistence when you most need it, hinges on the strength of your dedication.



Carol has a mission – an inspired world in which each and every person is connected to the Divine Guidance within and living life passionately and with reverence.

Carol believes that this Guidance, this internal knowing, is the birthright of each and every person on our planet and is the pathway to living lives of passion, fulfillment and authentic commitment.

Carol received her doctorate degree from the University of Texas. She is an inspiring speaker and a highly sought-after coach and facilitator. Carol has led personal and professional development seminars to over a thousand individuals.

## Carol Winkler, Ph.D.

*Inspired Speaker • Avid Sports Enthusiast • Spiritual Guide*

For Information Contact: Art Young - Vice President, Kostial Company  
[art@kostialcompany.com](mailto:art@kostialcompany.com) • 888.241.6634 Extension 725  
[www.inspiredathletes.com](http://www.inspiredathletes.com) • [www.kostialcompany.com](http://www.kostialcompany.com)