



Nick Bishop Solutions

No matter what you do in life...“The first step is always the hardest”



Sport has played a large part in my life and continues to do so. During that time, I have learned much about myself and about others. How we react to situations and how team dynamics apply across both business and sport.

One thing that I see regularly as a result of my involvement with the “parkrun” initiative, is the need to take that “first step”.

Running is the purest of sports. It’s simply a matter of putting one foot in front of another surely? At its most basic, yes...But think of the many people of all ages and sexes. Encouraged to have a go...“You can do it”! People who never run before...Who doubted their abilities.

The parkrun is a timed 5k run each Saturday morning. It has inspired over 100,000 to have a go each Saturday morning at 9.00am. Not a race, just the chance to take part. Running converts have encouraged others to give it a try. Initially, it’s a daunting prospect, self-doubt, negative self-talk. Nothing new...It applies to so many things before we try them.

“The first step is always the hardest” ...This applies to all that we do. Shoes on, out of the door, the first few steps done. It’s hard, we enter a phase of more self-doubt. Perseverance and persistence pays off. The first steps...A shuffle. A walk and run between alternative lamp posts. The journey starts. We receive encouragement, we grit our teeth. We run more and walk less. We start to believe. We stick at it. And then one day a beautiful swan is born from an ugly duckling. We run for a full 5k. We smile and cry out with joy. We punch the air.

I have met people who say that could never run 5k. I have seen those same people develop as runners. I have seen them inspired to join clubs...To enter races. To build up their mileages. One such person is 81!

And I have seen some progress to running a Marathon...26.2 miles. The very same people that first of all had to take the very first step of faith!

No matter what you do in life...Don’t be afraid of taking the first step. We have all had to do so at some point in our lives. Slowly increase your GOAL’s...Celebrate each success. Work with like-minded individuals. Recognise and learn from the encouragement that you receive. **..Go and do something new now!**

Put your heart, mind, and soul into even your smallest acts. This is the secret of success.
SWAMI SIVANANDA