

How 5' 5" Brandon Todd Learned to Dunk a Basketball

By Susan Ellis

Every athlete faces challenges and hurdles in their endeavor to become the best athlete they can be. It's the athletes with the guts to say "I can, I will" and then put in the work to get what they want who are successful.

This video is one such story of 5' 5" basketball player, Brandon Todd, who worked and worked and worked to add a whopping 18" to his vertical leap and finally dunked a basketball! Very inspirational! <http://vimeo.com/74061236>

OK, So hopefully you clicked on the link and watched the video. Bet it inspired you, right? Now, how many of you said that was so cool! – I am definitely going to start training tomorrow.

For many of you that tomorrow never comes! You keep saying tomorrow, and promising yourself tomorrow, and yes, you really convince yourself of tomorrow, and after a summer of tomorrows you are back to the start of the season but tomorrow never came. What stands out about guys like Brandon Todd is that tomorrow is always today. What you do tomorrow doesn't count. Do it today cause today is always here and tomorrow isn't!



The other thing that stands out for me about Brandon is his unwillingness to accept that he could not do it. It must have taken thousands of "I CAN"s running through his head to have the will and persistence to keep working until he got it. His message is – Give me a reason why I can't and I'll show you why I can!

