

This morning I would like to start with a short video. The speaker you will hear is called Kara Lawson. She is the Head Coach for women's basketball at Duke University in America. As part of their training, at the end of a session, Kara gives her team a short talk.

Here is a recording of a recent talk she gave: _____

Song of the Open Road Walt Whitman

Afoot and light-hearted I take to the open road,
Healthy, free, the world before me,
The long brown path before me leading wherever I choose.

Henceforth I ask not good-fortune, I myself am good-fortune,
Henceforth I whimper no more, postpone no more, need nothing,
Done with indoor complaints, libraries, querulous criticisms,
Strong and content I travel the open road.

Going where I wish, my own master total and absolute,

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