

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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