“It Takes What It Takes”

Hi, Everyone. As I’m sitting down to write this and struggling to know what exactly to write about, I decided to talk about a book that has really helped me through these uncertain times.

“It Takes What It Takes” by Trevor Moawad has been a game changer for me and although most of the stories are sports related, they can be applied to just about any profession and circumstance in life. The main points I’d like to share from the book are below.

1. It Takes Neutral Thinking.

First off, what is Neutral thinking? It is thinking without any judgment of possible outcomes and using facts to determine your actions. It’s more of a process-based thinking that isn’t claiming something is good or bad, it just is. Trevor goes into much more detail on this in the book but it really worked for me especially in times when it’s hard to be positive and you still know you can’t be negative either because as he says, “Negativity affects you negatively 100 percent of the time.” The example he gives is the Apollo 13 mission that went terribly wrong: if the crew would have been thinking negatively they would have thought, “There is no way we’re going to make it, we are going to die.” Thinking positive would’ve sounded something like, “I know we are going to make it, we just have to stay positive.” Neutral thinking is what the crew did - they chose to stay calm and focus on the next task they could do and not judge if they would live or die. As everyone knows they ended up surviving and making it back to earth.

1. It Takes Hard Choices

It’s common sense, but it amazes me how tiny little choices can make or break someone’s whole life and career. Trevor goes into great detail about how simple choices have made the difference between the successful athletes and the not-so-successful ones. We either choose to be great or we choose to be average. It all comes down to our daily choices and behaviors.

1. It Takes Pressure

“Pressure is a Privilege”- Billie Jean King. In order to truly be great we have to reframe our minds and realize that pressure is a good thing and everything of great value in this life must be earned.

This is a very brief overview of the main points of the book but I highly recommend it!

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