

Tennis



‘Just believe in yourself. Even if you don’t, pretend that you do and at some point, you will.’ Venus Williams

- Tennis is a good metaphor for life, calling for focus, resilience, stamina and the ability to rise to a challenge. It demands forward planning, thinking on your feet, and learning to win or lose gracefully. It’s hard work, but rewarding.
- It may look like an individual sport, but at the top level tennis takes a whole team to produce a winner. Doubles players only succeed if they communicate well, and trust and support each other. These qualities are the key to life happiness too.
- If you’re watching Wimbledon this year, or playing tennis in your local park, you might like to reflect on what tennis teaches us about life - or simply sit back and enjoy the game!

‘Start where you are. Use what you have. Do what you can.’

Arthur Ashe