

# Life is a Marathon

**MATT JONES**, three-time cancer conqueror, shares winning strategies for personal and professional success.



**Matt Jones** is a professional speaker and author. He shares his inspiring story across the country.

**O**n September 11, 2002 my life forever changed. At the age of 23 I was told by my doctor, “You have cancer.” After spreading to the fluid in my brain, I slipped into an unconscious state. Doctors did not think I would live. Against all odds, I recovered and had a successful bone marrow transplant. Due to brain damage I had to relearn how to walk and from that went on to complete a marathon. Here are three winning strategies that helped me that you can use in the marathon called life:

## 1. Visualize Your Victory

What is your vision for your life? What do you want to do, be, and have? The first step is to be able to see your vision in your mind’s eye. Just as I laid in the hospital bed, picturing myself running a marathon, you must do the same for your vision. Once you can do that, it becomes a definite major purpose. This moves the vision from your mind to the physical world.

## 2. Take Action

How do you run a marathon? One-step at a time. In order to fulfill your vision you have to take action every single day. It does not matter how small it is. The key is to do something everyday that moves you closer to your vision. This builds momentum. Think back to science class and inertia. Objects at rest tend to stay at rest, while objects in motion stay in motion.

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## 3. Check Your Attitude

In order to complete a marathon I had to have the belief it was possible. Daily I had to check the negative self-talk and the self-defeating inner dialogue. The little voice that says it is impossible. Once you have the attitude that your vision is possible, you will take the necessary action.

**VISUALIZE YOUR VICTORY**  
**TAKE ACTION**  
**CHECK YOUR ATTITUDE**

Life like a marathon is an endurance event. It is a roller coaster with ups, downs, and surprising turns. Crossing the finish line was one of the greatest victories in my life. Through Visualizing your Victory, Taking Action, and Checking your Attitude you will be able to cross the finish lines in your life.



**Matt Jones** completed the San Diego and Rome Marathon after going through a bone marrow transplant and relearning how to walk. For more information visit [www.MatthewDJones.com](http://www.MatthewDJones.com)