



# "TWO WOLVES & THE PERSONAL COMPUTER"



**ETA356, Inc.**  
Excellence Thru Athletics

## **TWO WOLVES**

There was a teenage Indian boy. He was struggling with the fact that part of him wanted to do what was right, but another part of him wanted to be rebellious. One day, he went to see his wise Leader. He described his dilemma this way: He said that it was like there were two wolves inside of him fighting all the time – one good and one bad. He felt the pull of these two forces all day. These “wolves” were constantly struggling to control him. Finally, his wise, old leader asked, “Which of the two wolves is stronger?”.

He thought for a moment and then the light bulb went on inside his head. He said, “I guess whichever dog I feed the most.”

## **THE PERSONAL COMPUTER**

When I was in college, my computer teacher introduced me to the acronym **GIGO**. It stands for “**G**arbage **I**n—**G**arbage **O**ut.” Or “**G**ood **I**n-**G**ood **O**ut”. She stressed to us the importance of not filling our computer’s storage with corrupt files. Computers only spit out the data or info they have been fed. After all, what we put into the computer would eventually come out (or, as I discovered too many times to count, bad files would cause my computer to crash).

As an athlete, I got the same talk from my coaches. “If you fill your body with junk, that’s exactly what will come out. Junk or poor performance comes on the field. Got it?” I got it, especially since I had heard basically the same litany from my mom as I was growing up: “If you eat junk food, that’s how you’re going to feel—like junk. What you put into your body will make all the difference in what you get out of it.”

But the concept of GIGO is even more powerful and life changing when you apply it to your heart. What’s in your heart’s well will always come up in the bucket.

## **? BIG DEAL QUESTION?**

- What do these two stories have in common?
- Review the past week. What kinds of inputs (“foods”) did you feed your mind (computer/wolves)? List some + and – ones. How has your input affected the way you acted or made decisions?
- What can you do the next time you have a choice of what specific “food” or “input” you can have?

**3D Athletes are disciplined about what they store inside their hearts and minds.**

**They listen to positive input—great speakers and encouraging music, good TV and internet materials. They avoid stuff that will hinder their decision-making abilities later. And their laptop inside (what the wolf eats) determines the respect they get from others. What we are full of does spill out. Do you want to make an impact? You will become what you are right now. What are you feeding your mind and heart today?**

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***“MAKE IT A GREAT DAY +1”***