

How good am I?

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'Good enough' is a disease. And 'not that bad' is the battle cry of mediocrity.

Somewhere along the way I'd lost the ability to make myself a better player. In that moment, I wanted to crash and burn rather than leave with a small whimper. My inability to get healthy was deteriorating my overall skill by a steep decline in both command and velocity. But if I walked away then, my ego would have had a huge cozy blanket to sleep with at night.

And the allure of sleeping easy with the warmth of excuses is surely tempting, But I couldn't walk away like that, because in the back of your mind, you know. You know if your career is just one elaborate lie that you tell your family and friends to save yourself from the admission of failure. If I could just get back healthy and prepare the way I wanted to, and it just turns out that I stink and I can't get anyone out, then I stink and I shouldn't be playing. At least that's the truth.

Motivation is a myth.

There's a mental game 101 idea that says excellence is mundane. It means that people who are the best at stuff are the ones who do the repetitive tasks day after day after day. They don't wake up with a burning desire to be better than they were the day before or wake up every day like it's Christmas morning because they get to go do what they love.

I've worked. I've rehabbed. I did as much as I could do that was in my control and took away every excuse that I could give myself. **Hard work doesn't guarantee you results, it guarantees you honesty.** But now I'm grateful for everything that has happened to me in my baseball career. The injuries, poor performance, trades, releases. I wouldn't trade one day of my journey for one day in the big leagues, because I know I wouldn't have earned it.

Everything that I went through and the work that I was able to accumulate gives me the most honest evaluation of myself that I could possibly get.

And that is the point.

So, understand, it will be impossible to lie when you're faced with this question when you're playing career is over

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