

Inspiration: The Triumphant Spirit

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I always believe if you're stuck in a hole and maybe things aren't going well you will come out stronger. Everything in life is this way. –Roger Federer



In case you didn't pay attention, Roger Federer and Caroline Wozniacki won the Australian Open Tennis

tournament in men's and women's categories respectively. There are winners every year in the Australian Grand Slam, but this year was extra inspirational inasmuch as both of those players have stories to tell which are amazing.

The life story of both these players have inspired me to be audacious in my pursuit and be resilient. They have shown me how hard they work and how much work it took them to get there. Sports in general inspires life. It teaches us to dream big - to keep going and to never give up. When the odds are against us, it teaches us to bounce back. And in the end, it makes us feel like champions! I consider the feats achieved by Federer and Wozniacki as embodiment of courage and hard work.

Federer, 36 (when most of the tennis players are considered past their prime and go into retirement), took his Grand Slams tally to 20 last week with victory at the Australian Open. He successfully overcame a knee injury that ruined his 2016 campaign and is in the form of his life.

He is not done yet. Of the 1338 matches Federer has played since turning pro in 1998, he has never retired - he has finished every one playing through ankle tweaks and muscle aches and bad backs and pushing his body through intense heat and tough opponents. Federer has not only survived, but he's thrived to maintain his status as one of the top players in tennis today.

A player like Roger Federer is very rare, right from his talent and success on the court to his core as a human being. A quintessential family man and a traditionalist, he has ruled the tennis court for almost 14 years with grace - in the process becoming possibly the greatest player of all-time.



Caroline Wozniacki realized a lifelong dream by capturing the Australian Open in a harrowing three-set skirmish against Simona Halep. At the age of 27, this was her 43rd appearance in a

Grand Slam tournament. She faced questions all through that run about her inability to win a Grand Slam title. She had become a topic of joke among sports journalists. Even her own father suggested that it might be time for her to introspect her tennis career.

"Nobody knows the work you put in every single day to try to be better and win that one extra point, that one extra match," Wozniacki later said. "I think I am very proud of the way I just kept my head down and just did my thing. Even in her most difficult times, Wozniacki never doubted herself.

The true athlete teaches us that winning isn't everything, but struggle is—the struggle to simply get up in the morning or to see hope through the minefields of despair. In life, defeat and victory are inseparable but resilience and effort pay off most of the time.