



# Heart of an Athlete

## March 2018

**Name:** Mikaela Janes

**Hometown:** Jackson, Wisconsin/Germantown High School

**School:** Drake University (Des Moines, Iowa)

**Sport(s):** Rowing



**List your chosen attribute:** Joyfulness

**What is your personal definition of this word?**

Joyfulness: the all-embracing, contagious, enthusiastic state of mind and soul that is the overflow of love and happiness

**What are some of your favorite quotes from other people about this word?**

"Today, I choose joy." -Anonymous

"Don't let anyone steal your joy today." -Anonymous

"The joy we feel as little to do with the circumstances of our lives and everything to do with the focus of our lives." -Russel M. Nelson

**What is your favorite Biblical passage that deals with this characteristic?**

Mathew 5:16: "Let your light so shine before others, so that they may see your good deeds, and glorify your Father in heaven."

Psalms 16:11: "The spontaneous enthusiasm of my spirit when my soul is in fellowship with the Lord."

**Why did you choose that particular passage?**

Mathew 5:16 is my favorite bible verse, and one that I read often as a reminder that sometimes, the way we behave and present ourselves to the world may be the only gospel people get to see. I believe that as a Christian, I have a duty, to let my light of joy, shine in as many lives as possible, because when they ask why I am so happy, I am able to share my faith, and how my life is something to be joyful about, because of Jesus.

**Please give an application/example of this word in your life.**

Every day, I choose joy. It is emotionally draining to be unhappy and angry all the time. I truly believe, that if Jesus is in the center of your heart, and if you know who your savior is, and know how much He loves you, this choice will become even easier. People are attracted towards joy, not misery. Plus, joy is contagious, and life is so much better when the people around you are joyful as well.

**How do you apply this word in your sport?**

Because rowing is very much a mental and team sport, there are many opportunities to be joyful in times where my teammates may think it is impossible. After personal or team failures, injuries, or even just the pain of a brutal practice, I notice that people are always surprised that I am smiling through it all. Some people call it a positive-mentality, and that I agree with, but really, joy is choosing happiness because to not be filled with joy would mean to be filled with a destructive emotion.

**How did you first become involved in FCA?**

I was invited by a teammate early fall of my freshman year. I quickly loved the community of FCA and was asked to be a leader that spring.

**How active within FCA were/are you?**

I attend FCA huddle every week, am a part of the leadership team that plans and runs huddles, and I also host a weekly FCA women's bible study. Last summer, I was a camp leader for the first time, and plan on doing it again next summer.

**What is your athletic experience? (Where?)**

I played softball through high school and walked on to the Women's Rowing Team at Drake my freshman year. Now, I am in my junior year, working hard to start off the outdoor spring season this March.

**What are your future goals?**

My major future goal is to follow God's plan for me, whatever that may be. But right now, I am preparing to apply to Physician Assistant(PA) School with the intention of becoming a PA in pediatric oncology. In addition, someday, I would like to have a family and also be a coach.

