

Rejuvenate Your Drive for Success

By Paul J. Meyer



Occasionally, you encounter people who are completely satisfied with themselves and their performance. They see no reason to try to improve. Complacent people surrender to the inner urge to “take it easy.” They are satisfied with good enough instead of good, or good instead of excellent. They have stabilized their income and their work habits, practically immobilizing their lives. Unfortunately, they are usually totally unaware that this has occurred.

Complacency in individuals seems to conform to the principle of cycles; every living organism grows to maturity, levels off, and then dies. But the cycle can be broken – even reversed – by the infusion of a new purpose, new life, new ideas, and new activity into your daily routine.

Like a muscle or organ that is not exercised, your abilities can lose strength and tone. But you can be inspired to reach toward a new and rewarding way of thinking with new ideas, new goals, and higher aspirations. **Here are several ways to rejuvenate your drive for success and overcome complacency:**

- ◆ *Set new and higher goals.* Examine your ambitions and interests. Have you achieved all that you want to in life? You may be prone to claim you are satisfied when actually you have merely found a safe harbor from the storms of life.
- ◆ *Overcome your fear of failure.* Often, a negative self image can establish a low ceiling of achievement. Believe in your talents and abilities, and use them to boost your success. Take steps to reach the level of success you desire.
- ◆ *Explore your interests.* Sometimes you need more responsibility and a bigger challenge to get motivated to reach new goals. Seek out new opportunities to succeed. Try new activities and explore new interests. Avoid putting a limit on what you can do.
- ◆ *Never look back, unless you plan to go that way.* Learn from the past, but move forward into the future with optimism and positive expectancy. Every success is the result of trial and error and of learning from mistakes.

Make a conscious, deliberate decision to restart your internal motivator, and experience the rewards of achieving even higher goals!

Paul J. Meyer is a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Fortune, Family and Faith. For more information, visit his website at www.pauljmeyer.com.

Renew Yourself with Rest

People need to work, but they also need to rest. Great days are the result of fulfilling, satisfying work and renewing rest. Rest is a mental and physical recess from the stress of work and obligations. Rest is not only sleep but also time spent in solitude, in play, in the company of nurturing friends, and each of these is critical to a balanced life.



Most people live in a frenzied, fast-paced world. They're overwhelmed and plagued with too much to do and not enough time to do it. There never seems to be enough time to escape to a quiet oasis of peace and solitude.

Take some time today to rest, to think, to regroup, to rest your body, and renew your spirit!

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life and Make Life Count! – 50 Ways to Great Days. For more information, visit www.JulieAlexander.com or call 1-877-GR8-DAYS.



Shrink Suitcase Injury Risks

Whether you travel by car, train, plane, or bus, lugging heavy suitcases or bulky packages can be bad news for your back, neck, or shoulders. Whatever the size of the bag, don't twist when you retrieve it from the overhead bin on an airplane or the trunk of your car. Rotating the spine can lead to muscle or ligament strain or even a herniated disk. Point your toes in the direction in which your hands are moving and pull the bag straight toward yourself. **Other tips include:**

- Don't pack more than you'll need, and use a suitcase with wheels and handles.
- Bend at the knees to lift bags.
- Use a couple of smaller bags so you can distribute the load more evenly.
- If you use a backpack, sling it over both shoulders instead of one.
- For a duffel, switch shoulders often.
- Strengthen your muscles to reduce the risk of injury.

InSync® Moment #80 – Living as a Role Model

Whether or not you want to be, you're a role model for others. Someone – an associate, friend, child, partner, or stranger – is influenced by watching what you do and learning how you respond to situations. Acknowledge your responsibility to live the best way you know. Live in a way that benefits others.



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