

Concentrate on Personal Success

By Paul J. Meyer



The next time you watch a baseball game, notice how intently the pitcher stares at the catcher before delivering the pitch. Or, when you are at a concert or watching one on television, observe how the performers glue their eyes on the conductor to ensure starting right together. The pitcher and the musicians are using concentration to do exactly what is needed to perform their best. Concentration is one of the keys to success; it is an absolute essential to high performance.

Intense concentration improves your performance and releases the power of your mental potential, no matter what you are doing. Just as you use only a small fraction of your physical abilities, you habitually make use of only a small portion of your brain capacity. You can be reasonably successful when you use only a fraction of your ability, but you can perform even better if you concentrate and tap some of your unused power.

Everyone can improve concentration. Even though concentration begins with a simple decision to concentrate, it takes practice and it may not be easy at first. **Take these steps to improve your ability to focus your mental powers and concentrate:**

- ◆ *Relax.* When you are nervous, worried, or "keyed up," your body cannot perform at its best. Before you begin any important activity, take deep rhythmic breaths until your body is relaxed. Explore other methods of relaxation to discover what works best for you.
- ◆ *Try this concentration exercise.* Picture in your mind a blackboard in a classroom with a single number written on it. Dwell on this number for a while, then imagine beside it another digit, and then add a third. Continue adding digits until you are no longer able to hold together the picture of the new largest number. A book from your local library can give you further suggested exercises for improving your power of concentration.
- ◆ *Learn how to tune out distracting influences.* Practice the art of ignoring distracting noises and sights. To begin, try to tune out television commercials, street noises, and other distractions. The ability to eliminate distractions will prove valuable to you when you must perform at your best.
- ◆ *Make concentration a habit.* Discipline your mind when you are doing important work. Concentrating on everything you do makes it easier to focus your thoughts on reaching your important goals.

Concentration can boost your performance to levels higher than you ever thought possible!

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.

Getting From A to Z

For years I woke up thinking, "Today is the day I will reach my full potential. Today is the day that I get all of my various parts going in the same direction at the same time and reach success!" Unfortunately, every night I was disappointed to realize that I had, once again, fallen short of my expectations.

When I started my day, I was at "A." My full potential was "Z." I was trying to get from A to Z in a single day. As a kid, did I learn the full alphabet in a day? No. First, I learned A, then B, then C, and so on.

Trying to get from A to Z in a day is like trying to eat an entire loaf of bread by itself. It's quite unappetizing! However, when it's toasted just right and spread with jam or jelly, it's pretty good. The same idea goes for your goals. When



you try to get from A to Z in one day, you may find the process unsatisfying. You must work one step (or letter) at a time.

Learning the alphabet is symbolic of the journeys you travel in life. The journey starts out fun and exciting. As you get toward the middle, the learning may have a tendency to get on your back and start to test your determination, dedication, and willpower. Then, after you push through, the journey may become easier again until you eventually reach success. Then, what happens when you reach the end of one journey? You must jump up to another level to pursue a new goal, and start back at the letter A again!

The length of time it takes you learn the "alphabet" on the particular journey you're on is unique to you. Some alphabets are learned in 26 days, while others may take 26 years. If you feel like life has you on your back and is giving you the old grind, remember, you must persevere to reach success. If you get from A to B today, hopefully tomorrow you can get from B to C, and so on. If all goes well, your full potential will be achieved in good time!

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InSync® Moment #79 - Savoring the Outcome

Achieving a desired result requires planning, the exertion of effort, patience, the expenditure of resources, and the passing of time. People often undervalue the magnificence of their accomplishments. So, when you achieve what you desire, make sure you sink into it. Experience the joy. Give thanks. Cherish the results. Savor the outcome.



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