

## 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:**

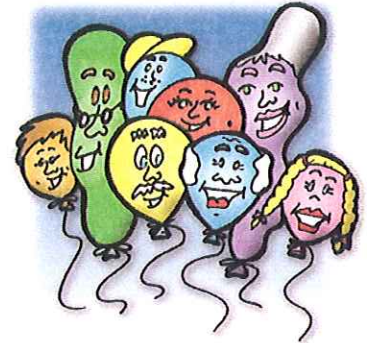
- ◆ **Set new and higher goals.** Examine your ambitions and interests. Have you achieved all that you want to in life? You may be prone to claim you are satisfied when actually you have merely found a safe harbor from the storms of life.
- ◆ **Overcome your fear of failure.** Often, a negative self-image 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!

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## The Power of a Smile

A smile is the most universal of expressions. Its meaning is the same in every language, so it's the international symbol of happiness and acceptance. A smile says, “I acknowledge you. I accept you.”

Some people are more generous with their smiles than others. They have an unlimited supply; however, some people seem to want to hoard their smiles and keep them to themselves. And most people take their smiles for granted.



Smiling not only brightens the day of those around you, but research shows that it even makes you feel better. When students involved in a research project were asked to contract the muscles of their faces and to frown, they started feeling angry and out of sorts. Compared to the frowners, those students who were asked to smile felt happier. They had a more positive disposition and found jokes and cartoons funnier.

Try smiling – even when you don't feel like it. In fact, smile especially when you don't feel like it. You'll be surprised by the results. Smile because it feels good. Smile because it makes others feel good. Smile because it looks good. Smile because it makes you look younger. A smile can give you energy, give you power, help you gain control, and relieve stress. If you smile when you're down, it will lift your spirits.

Smile for no reason other than you can. Smile and put a sparkle in your eyes and joy in your heart. Smile because it costs nothing but has tremendous value. Smile generously because you have plenty to share. And finally, smile because it only takes a moment but the memory can last a lifetime.

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### InSync® Moment #90 – Savor the Flavors

Was your last meal tasty? Satisfying? People often rush through meals, not paying attention to what they eat. Enjoy your food. Notice how it tastes. Taste for the sweet, sour, bitter, and spicy flavors. Relish each bite. You'll experience more satisfaction when you take the time to savor the flavors – of food and life!



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