

Timeless

Information

Volume 1

By: Armen Shirvanian

Foreword

Hello to you who has purchased this book. I'm Armen Shirvanian and am the creator of this compilation. Contained in this creation is a selection of 45 articles that I have written and posted on timelessinformation.com. These were my earlier articles on the site, and while my writing style has changed a bit from when I wrote these, my current messages continue to build off of and connect to these ones. They don't lose their value, and so they remain as timeless information. Note that you can click on a chapter or article title in the Table of Contents to head straight to that page.

My aim with the content I put out is to present those thoughts and findings that I have acquired, so that you are either able to relate, or to learn, or to use my thoughts to branch off of, or to take actions based on them. I get a certain feeling when something occurs that I know I will want to write about, so I take note of this and write about it later, or if I feel up to it, I write about it right then.

As I have heard from various individuals, "if you don't give back, then you can't move forward." The words in these articles represent one of my ways of giving back.

Disclaimer: These articles are based on my thoughts and understanding from various experiences. This book is not intended to replace common sense, legal, medical or other professional advice, and is meant to inform and entertain the reader. Although I put my best thoughts forward for the information provided, I do not take any responsibility or liability for the consequences of actions you take based on this book.

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Competition

Your Main Source of Competition Is Yourself

There may be times when you are working on a project, and you decide to check on the status of other people that are working on a similar type of project at the same time. There are benefits that can come from this comparison, but there are also drawbacks that can show up. You might notice that another person is excelling in a part of the project that you are not having the same success with. This can lead to thoughts like: “Is it worth it to continue, if my results might not turn out to be as wonderful as theirs?” The answer is “yes”, since your only actual competition is with yourself, meaning your past results and habits.

A fine way to look at this is in a long-term perspective. How many times have you looked back a few years, and realized that a competitor of yours did not have a significantly negative effect on your results, but that your hard work was the cause of that which was able to be enjoyed by users of your product or creation? You might want to think that other people are on a path, and that you are on a path, but it doesn’t make sense to have their path cause your path to become less risk-filled or courageous.

If a time comes up where you feel like you are partially, or completely, giving up on a project due to the sights of a competitor’s work, understand that your path would not benefit from that procedure. Instead, that would be the time to either spend more time and effort on your own work, learn from the competitor’s success, or even look to team up with the competition, because it may turn out that you would complement each other.

A long-term view also gives you the sense that you should be glad that your “competition” is there. They are the people in the same field as you, or are performing or creating something similar to that which you are, and so you can think of them as being on the same team as you. If you think a few years back to when you were competing with someone for an item, you will probably notice that they were heading in a certain direction from the start, and that you were heading in your own direction, and that the item was, for the most part, irrelevant.

Another way to look at it, which can provide you with a broader view of the situation, is through processing it hypothetically. If a time arose where only you and 100000, or another arbitrary number of, other people could be transported to a new planet to continue to develop the human race, you might realize that you would want to take some of the people you view as successful competitors there, since they were in the same field as you, and were successful in certain aspects of their behaviors. Their success would add to the prosperity of the group on the new planet. The same is true in the reality that you are a part of, in that their helpful force is not to be left unnoticed. It is beneficial to view your competition in a more appreciative fashion, and to view your real competition as your past self, as you improve upon habits and personality traits.

Your Atypical Qualities Are Your Biggest Advantage

We all have certain qualities or habits that put us in the minority in some categories. They are qualities that put you into a group that only 5% of the population is part of, or that you can otherwise feel make you stand out from a group. You need to view these character traits as your biggest advantages. They are the qualities that can be used to power and motivate you to excel. I will elaborate on this here.

Competition

In the competitive atmosphere, all of your qualities come into play. Your mind will instantly jump to using a strength of yours when the opportunity arises. Concurrently, your opposition works in this same way. Therefore, the strengths that you have that your competition also has are not strengths that are as likely to put you over the top.

Enter Your Atypical Qualities

This is where your rare qualities/idiosyncrasies come in. With them, you have another tool in your arsenal, another source of motivation, another story to provide in support of your future accomplishment that your competition would be unable to provide. Your quirks give you something to explain that very few will be able to attack, due to the majority not having them or having gone through your unique experiences, that instilled them in you.

Example

Let's say there are two aspiring computer programmers applying for the same position. They both meet the general requirements and are provided with a chance to present themselves in an interview. While one of them provides a generic description of themselves out of fear of looking atypical as an applicant, the other provides a

story of how they were motivated to do programming because they were part of an online libertarian political group with half of the high-ranking members being programmers themselves. Although it might seem like too much information, it shows why motivation is there, provides interesting background for the interviewer, and shows the interviewer that the applicant isn't scared to speak his mind, which would also be beneficial when some problem was found while coding.

Conclusion

Appreciate and make expanded use of your idiosyncrasies, rare qualities, and atypical past experiences.

Being Called “Nice” Is Not A Positive Thing

When your business or personality is described as “nice”, the person is indirectly telling you that you are lacking in punch or vigor. “Nice” is the word that is resorted to when nothing certain or unique comes to mind. A remarkable product will not be called “nice” by its users, or even by the people that don’t use it. The attitude that you present to others determines whether you or your business is labeled as “nice”, and changing the way you present yourself clears off any chance of being labeled as such.

Start From The Ground Up

A key point is to look to bring about changes in how people perceive you by focusing on your external actions and communications. You should not be looking to change people’s responses directly, as that is dealing with the effects, as opposed to the causes. You have got to bring enthusiasm and force, in order for people to get a sense that you aren’t willing to deal with inconsiderateness. When people realize that you have loads of energy behind your actions, they will not describe you in a generic way, because they will feel the pressure of competition that you are providing.

Take It As A Signal

When someone describes some aspect of your actions as “nice”, it is up to you to use that as a signal that you need to change what you are doing. It is a wake-up call that you are not presenting yourself with enough force to be memorable or listened to. You can see it as a favor that someone pulls out this N-word, because they are giving you instant insight into what you are lacking

Only You Can Make The Switch

A large part of making the switch from being nice to being remarkable, noticed, or relevant, is understanding how others are viewing your efforts. In the competitive domain, someone that is being careful, watching what they say, trying to not intimidate other people, taking less risk to not overshadow others, and items of this nature, is a person that can be forgotten about, because they don't present a threat. They are to be labeled as "nice". While some of the more competitive people will feel some sympathy for the nice person that isn't succeeding in his actions, they will quickly switch back to forgetting about them when the other competitive individuals come into their mind again. This is why you can't expect anyone else to take you out of the "nice" category but yourself.

How?

You might now be thinking: "how can I switch from my current state to a more remarkable state?" The most powerful way is to educate yourself by thinking in detail about how others are viewing you. Notice their communications, and think about the type of messages they are sending. A powerful tool is to repeat the words and actions of those who are successful or remarkable, in your own words and actions, to get a feel for what they are thinking. Read what they wrote as though you are presenting it to an audience as your own words. Say what they said to you as though you are saying it to them, and see if you feel more empowered by their behavior than your own usual behavior. After you get a much better sense of the competitive field, as well as what people are thinking, you will have a sense of why you are being called "nice", or a similar generic word, and will then be bursting with energy to change the way you are perceived by others. This way is most effective because it comes from your foundation, as opposed to from a partial desire that you will then cancel effort on.

Sooner Is Better

The sooner you stop being “nice”, the sooner people will forget that you weren’t remarkable at some time. People will use the fact that you weren’t remarkable before to make the case that your newly remarkable self is a facade, so you need to build up some time as a remarkable individual, in order to leave them less options to use against you. Also, the sooner you become remarkable, the sooner your mindset will be cleared of all the nonsense that you start to think of when you feel like you should be doing something more. All that extraneous thinking and worrying floats away when you feel like you are doing something that has impact and matches your capabilities.

Being Ahead vs. Being Behind

There is a huge difference between feeling ahead of people in a certain category versus feeling that you are behind the average person in that category. This separating point can be the difference between being motivated to continue and being continually frustrated. There are two parts to the description of this: preventing getting behind where it matters, and coping with being behind if already in that state.

Taking Action Is Synonymous With Being Ahead

When you are ahead of the average person in a category, you set the tone. Is a person pro-active because they are ahead of the pack, or are they ahead of the pack because they are pro-active? This question does not need to be answered, because the valuable point is that there is a direct connection between being ahead and pro-activeness, and taking action is the only part that you have control over.

Getting Ahead Has To Come From You

Being ahead of the average person in some aspect can provide a positive feeling with respect to how others then treat you. A key point to notice is that others will slightly commend you for being ahead, but will not push you to remain ahead. This is something that is often not noticed until you are no longer ahead. Being ahead of 40 others means that 40 others want you to slow down. You may get some slight support at that time, but you will not get enough support to stay ahead if you don't supply the majority of it. If you then start to get behind, you may start to get pity and support from others, but it will be just enough to seem respectful. Also, some may not even provide you that, and you may not hear from them again.

It's Lonely Up There

When they say that the top people in a field are “alone at the top”, they mean it in this sense. They are alone in providing their own effort and results to maintain their position. Any top member of a field knows that their production has to come from the inside out, as opposed to being motivated by supporters, because the motivation from supporters will never be enough on its own to keep someone at the top.

No Need To Showcase Being Behind

It is said that one wanting to be successful should “fake it until you make it”. This also applies when you have gotten behind. If you are behind the pack, but act and take risks as though you are ahead of or in line with the pack, you will return to a propitious state much sooner than if you first broadcast to the world that you are falling apart. Also, competitors will repeatedly bring up that you fell apart at one point, in order to reduce your forward momentum.

Use An Area Of Domination To Prop Up An Area That Is Lacking

Another aspect of this dichotomy is that while you may be behind in one aspect, you may also be ahead in another. Take the item you are ahead in and present it lavishly, and use any energy/motivation you get from that to boost your efforts in the aspect you are behind in. Some would say that you should only focus on your areas of strength, in order to boost them to indomitable levels; while this can be a victorious way to go, it tends to be the case that a little effort put towards something you are currently behind in can get you to a satisfactory point in that aspect, so that you can cross it off in your mind as completed, and then work on that which you are ahead in.

The take-home task here would be to

1. check where you are ahead and where you are behind
2. think a bit about how people treat you in each category, and
3. think how you would be treated if you went from ahead to behind in some category

This can help you to get more in line with reality about where your support actually is.

Levels Of Competition

There are multiple levels of competition that we either observe, or that we don't even notice. Classifying them into separate categories of competition can help to give us a better sense of where the real battles are, and where battles are being won in a split-second. It is also beneficial to seek out the competition that is not particularly visible, as that can be the most powerful kind. Here I discuss three levels of competition:

1. Neck-and-Neck Competition

Neck-and-neck competition is the kind of competition that is most constructive to both parties involved. They are close to each other in rank or position, and are continually trying to top each other. Very little competition stays at this level for long, because one side pulls strongly ahead soon enough.

-this is the one we think of most when thinking of competition, but is the least common kind

2. Above-Below Competition

Above-below competition is when one is considerably ahead, and the other is trying to catch up, but the one who is ahead only has to do a little to maintain his lead. This is pretty tough for the one who is behind, as he has to work very hard to even have a chance at taking the lead, and could be easily overtaken again in the process.

-this type of competition is fairly common, and fits into people's thoughts as the underdog looking to rise to prominence

3. Crushing Competition

This is the competition that we don't tend to hear about. It is where someone wants to compete in something, sees the leader or leaders in that category, and gives up that effort before even starting. The rank, esteem, multi-

faceted skill set, diligence, or other qualities of the members of high position scare off the potential competitor before he even sets foot in that field.

We don't hear about this because the decision to not take part in something is so quickly made and switched away from that even the decider may not notice what took place. Also, if someone does make the avoidance choice consciously, it is not likely they would share it with others, for fear of unnecessarily looking weak or incompetent.

For every very successful person, there are numerous people that quit their efforts in the same field as that person due to their success. Some will see 5 years of success from someone, and think to themselves that it would take 5 years to catch up to where they are now, let alone where they would be after 5 years as well. The error here is that a multitude of issues could affect the leader's success, and the one looking to catch up also has an enormous amount of options to propel up quicker (which would entail much effort). People who think small look at the large initial separation in rank, while people who think big view it as a manageable separation that can be reduced to the point of no separation at all, and entry into the highly successful group.

-this is the type of competition that is least thought of, but is the most common

It is said that the way to win an argument is to not take part in it, or that the way to succeed in something is to quit and move on to the next step earlier than others. In the same way, presenting yourself as an esteemed individual in a certain category is the optimal way to keep loads of competition away without a battle even taking place, as your competition will quit before they even start down the road against you.

The World Rearranges Around You

I once wrote that your main source of competition is yourself. While you are competing with yourself to improve from a day to the following day, the world or social environment you are in adapts to your progression. This matches with the mindset of abundance that is supported by many, as the idea that the world is negatively impacted by your efforts only seems true in a scarcity mindset. Here, I discuss how your contributions create their own space to flourish.

Focus On Your Impact

Long before I wrote about it, Tara hit on this competition concept in The Flow: 40 Days to Total Life Transformation, in her section titled “Focus on yourself, not on your competition.” Here she described how competition is not even something to view as an actual entity, or as something that exists. She talks about being the actual person you are and focusing on your own items of effort. When you think about the impact on others, or if you will be pushing people the wrong way, you are actually giving them the energy that you should be using for your own tasks.

Eminem Created An Added Dimension

Eminem rose up in a large sea of rappers. He ran across thousands of competitors along the way, and most of them were intimidated by him at the time, as they saw his drive and effort as much more than their own. If he had focused on pleasing each person, he would be nowhere today. In addition, he worked to excel whether the multitude of individuals was there or not. Although “competitors” can remind you of your position or motivation, you can see the whole scenario play out without anyone else involved, with you improving day by day regardless of whom else is watching.

When he was working on getting multiple rhymes in each of his lyric lines, which he described as doing “syllables” with his group, other people had plenty of opportunity to do the same; however, he was on his own path and they were on theirs. As he continued to build up his skill in this ability, along with associated skills and boosted confidence, the world around him took notice and a space/niche had been created. Others have had years to mimic his multi-syllabic rhymes but no one has accepted the role. The “competition” he had at the beginning wasn’t even there.

Molecules Open Up A Space And Become Situated In It

You can think of it like you are a water molecule that is added into a milliliter of water in a centrifuge tube. Due to molecular attractive and repulsive interactions, all the other molecules will move in order to provide you with your own space. You can deny that for many years, speaking as though your space has not been provided, but that shows a lack of appreciation for what others are ready to provide you. Give them the benefit of the doubt.

Success

Proof That Risking More Is The Way To Go

If you took a poll of the people you deal with regularly about if you should take more or less risks in your presentation or actions, what do you think they would say? Can you imagine anyone saying that they thought you should take fewer risks? Other than people that would want you to stand back in fear, everyone would want you to take more risks, because they would want to see what kind of exciting items you could present. We are all curious about what is out there, and we are curious as to the potential of people we deal with.

Should I Take More Or Less Risk?

If you think about the answer you would get to that question anytime you asked it to others, you would realize that it would be absurd to not take the risks you have wanted to take. The risks are not to be taken lightly; instead, they are to be boldly powered through. When you take a risk in public speaking, make sure to get tough constructive feedback, like that which would be provided in a Toastmasters session. Risk-taking generally consists of pushing against social boundaries that you had previously set for yourself, or taking risks against nature, like climbing a rock formation or tree in a local park. You might as well look at avoiding risks as giving up on your goals.

Various Perspectives That Promote Risk-Taking

Competitive: For those with a competitive edge to your personality, if you don't take risks that you feel are within your reach, your competition will do so, and you will then be playing a catch-up game that is not appealing to take part in.

"Clump of cells": If you are a supporter of the "clump of cells" view of people, there is even less, if any, reason to avoid risks, as it is hard to be worried about comments coming from other sets of cells.

Long-distance: If an alien life form was looking at you from 100 miles above, what would he think about you if you were too worried to make some tiny risk? He might think that you were confused, and that you would be easy to defeat or control.

Logical: Yet another way to look at it involves arguing either side of the issue. Usually, you can instantly think of a good result of taking a risk, but it can take much longer to think of a valid problem that would come up due to taking it.

Reflective: By reviewing risk examples from your past, it is probably the case that you wish you took the risks you didn't take. Also, for the risks you did take, you probably wish you took them sooner. You will look back on this current time in the same way.

Long-term: Someone who is not taking risks looks like a person that can't handle their small local environment, since much time passes and it seems as though they remain indecisive about even minor items.

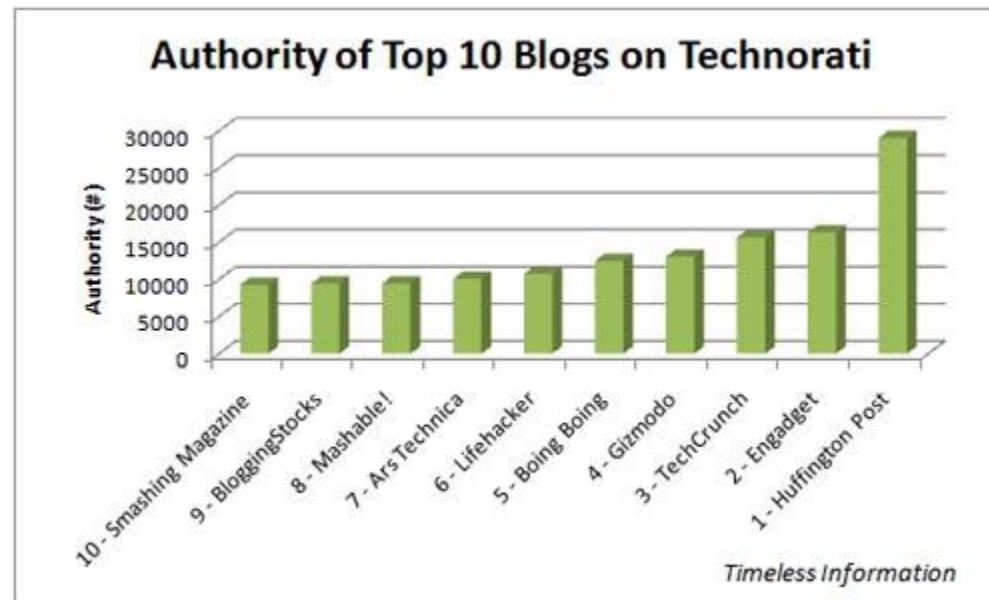
When you risk more, you either succeed amazingly or error largely, and in the case of large errors, you can either laugh them off, or present them to others as an example of what they should avoid doing. This takes care of social concerns that might arise, and as for other concerns, other than possible health issues, they can be made up for by the next large risk that is taken. If entrepreneurs didn't have this point internalized, they wouldn't take the next risk in their mind, because they would be more worried that they would lose the items they had gained so far. You might assume that they have a mindset that only takes "calculated risks", but they are only able to take those due to the less calculated risks they performed and learned from in the past.

Today vs. Tomorrow Part 2: Exponential Gains

In the last article, I showed some examples that bring up points about why the amount of time a person has today is worth more than the same amount of time on a day in their future. Here, I bring up a point that was not mentioned there, that is in some ways larger than the other exemplified points. This is that usage of your time today can result in exponential gains building up day-by-day, and these gains can only start building when your activity begins on a project, representing your “point zero” on an exponential graph.

Everything Around You Grows Exponentially

I will start off by providing a graph that represents the exponential nature of the environment we find ourselves in.



A graph that has a steepening curve like this is very common to see when representing organic growth of an effort-based entity over time. This one shows the ranking of the top blogs on the internet by Technorati Authority, which is based on links to each site over the past 6 months. Although there are other factors involved, a key point about high-end achievers or sites like these is that they put in effort daily (with each day's efforts building on the past days), accumulate further resources, and build up by strengthening what they already have.

This chart is one example that shows that rankings and settings around us are generally in a state where the gap between competitors increases as you head up the rankings. The top people and businesses are set apart by more ranking distance than lower-ranked individuals and entities. A large part of this ability to increase one's distance ahead of others is the exponential or multiplicative gains that naturally show up after something has been started.

The Process

On day 1, there is very little to add to your efforts other than your starting effort.

On day 2, you have energy to produce yet again, but now have experience from Day 1, assistance from those you met on Day 1, and new ideas that you thought of on Day 1.

Assuming you continue in your efforts to a Day 3, you now have another chance to produce, using the experience from both Day 1 and 2. You also may now have a customer or supporter that assists in your project as well, or who even obtains new customers or supporters. This phenomenon is a big contributor to the multiplicative gains that one sees once a project is begun and maintained.

It Has To Start From A Point Zero

A key point to take from this is that the gains only start when you have a day 1 or beginning point to your growth graph. Without a beginning point of action, the exponential gains remain in your head, as opposed to in the public eye. Saving your efforts for a later day doesn't allow your exponential gains to start blooming. If you don't start something soon enough, you might not get far enough into the gains that result before you quit, so there is limited time for you to take advantage of the potential multiplicative gains that can show up.

A closing item to keep in your mindset about this phenomenon is that effort put out today for one project is worth slightly more than the same amount put out tomorrow for that same project. It can even be the case that two hours of effort today could be worth more than three hours of effort on the same task tomorrow.

Instant vs. Delayed Gratification

One of the largest separating factors between an entrepreneurial individual and one who is not able to grasp that mindset is the quality of handling delayed gratification. From an issue of The Economist, Mr. Banerjee of MIT's Poverty Action Laboratory stated "Armed with a capacity and a tolerance for delayed gratification, [new entrepreneurs] emerge from the middle class and create employment and productivity growth for the rest of society." There is a world of difference that comes about when you don't accept instant gratification on your way to a larger reward. Here, I discuss points of separation between them.

Instant Gratification

A way to open this is to discuss how to think about instant gratification. Let's say you are intent on learning another language. You don't inform any others about your plan. You study words and phrases in that language for a week, and are glad about your results thus far. Your good feelings at that point comes from having put out effort that you haven't yet recouped the gains for, in that you have invested in yourself and know that the dividends will be coming. If you pull out your dividends right at that point, and tell others about your wonderful week of learning, or ostentatiously present your new-found knowledge to someone who only knows one language, or tell yourself that you have done so much, you are going down the instant gratification route.

Exercise Example

Let's say you are intent on working out, in order to build muscle. You head to the gym one time to start your efforts, and you have a reasonable workout that leaves you sore the next day. You have two options, in that you can then gratify yourself with a reward that ignores the innate reward that is already on the way, or you can accept the effort you have put out thus far, and build upon that toward a larger reward.

Zero New Rewards

When you accept a reward too early, you are giving up some of the internal motivation that would arise from having a feeling of investment in future gains. In short, an item accepted as a reward now is given up from being accepted later. Like an e-mail box that is constantly checked, sticking to instant gratification as your regular habit leaves your reward inbox at “0 new rewards”. There is also a connection to e-mail checking here, as leaving it to be checked twice a day, as opposed to twenty times a day, leaves you feeling like you have more control of your environment, which is a definite plus. Like people that have a financial cushion to back them up in times where problems arise, you will be much more willing to take larger risks and make bolder moves if you have a few rewards in your “In-basket”. Successful people have multiple rewards ready for their acceptance, which they hold back for a later date, while they focus on creating new investments through their efforts.

Delayed Gratification Is Invested Instant Gratification

In this way, delayed gratification can be thought of as instant gratification saved for a later usage. When your gratification is delayed, you are indirectly saying that you can handle the lack of a reward now, and that you know the benefits of reserving one for later on. You can notice that the ones who have multiple rewards in their in-basket are the ones most watched by other members of society, who are wondering “when will he cash in his effort-based results?”

Academic degrees and business positions that one is able to reach are heavily related to the level of delayed gratification they can handle. The “struggles” related to moving up academically or professionally are the “struggles” of not getting instant rewards along the way. Some results can take months to materialize, and others can take years. Part of the struggle involves informing your own mind that it is in fact worth it to continue to persist with a lack of tangible rewards arriving in the early stages.

If you are to handle the onslaught of turmoil that will arise when heading towards the completion of a task, you have to be ready for that which will come competitively, which includes others wanting your ability to handle delayed gratification to not be as strong. That single factor is a dominating aspect of your performance ability, so competitors would rather have you accept instantly gratifying rewards, in order to keep you from having a cushion of protection. Competition is also sometimes about providing instant gratification to others, as a tool to prevent their independent growth.

Check The Sources Of Instant Gratification

It is wise to look at any source of instant gratification, in order to assess the helpfulness that it actually provides. You will find, time and time again, that sources of quick rewards and fast results are not there to benefit you, and that few, if any, will actually result in your long-term growth. Although different venues, companies, or people could be named, it is not the people that should be avoided. The items to avoid are the ones that smell like instant gratification from a distance away. Selling instantly gratifying items is on the easy side of the selling scale, while usage of instantly gratifying items is low on the long-term value scale.

The [Stanford Marshmallow Experiment](#) is an experiment that studied the impulsiveness of young children, and then checked on their qualities many years later. Walter Mischel of Stanford tested four-year-old children on their impulses and delayed gratification. A marshmallow was shown to the kids, and then the experimenter informed the children that he had to go somewhere, and they were told that they could eat the marshmallow, but if they waited for him to come back before eating it, they could eat two marshmallows. Some children would instantly eat the marshmallow that was left, while others would wait twenty minutes for the experimenter to come back.

The same children were tested when they reached age 18, and the children who most quickly took the marshmallow were compared with those that waited in order to get two marshmallows. The average SAT score of those that had waited to get two marshmallows was 210 points higher, and this difference is said to be as large

as the difference that shows between children from families with graduate's degrees versus those with parents who had not completed high school.

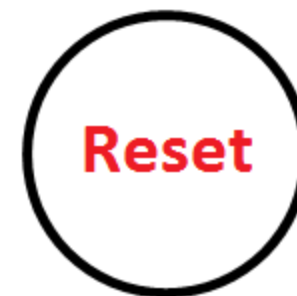
Delayed gratification in the study was related to people being assertive, self-reliant, trustworthy, dependable, eager to learn, able to cope with frustration, and more competent academically. On the other hand, accepting instant gratification was associated with people that were more likely to be indecisive, stubborn, impulsive, overwhelmed by stress, prone to jealousy and envy, poorer students, and who would have a lower self-image.

Delaying Your Gratification Gives You An Edge

As is seen in all the qualities that branch off from this important distinction between delaying gratification and making quick use of it, you are able to see that a small change in your current average level of gratification usage will impact a multitude of aspects in your character. Leo from [Zen Habits](#) often refers to holding back, or limiting yourself, and this leans toward the side of delayed gratification. When you limit yourself in certain ways, you are delaying the gratification that would result from release of all your energy. Reserve your rewards for a later time, and not only will this give you an edge on the competition, but it will give you a continuous motivational boost.

Reset Yourself When Needed

This is a very useful tool for if you hit a bad stretch that leaves you dumbfounded and confused. Most of your thoughts may be oriented towards keeping you in a position where you are lacking in control. Thoughts like this in such a time do very little to pull you out of the problem. One way to move forward when stuck in this loop is to create a reset point. This is a point where you tell yourself that you are now situated at a new level, and can only work from that level onward.



Is This A Defense Mechanism?

It certainly is, but it is based on a concept that has nothing to do with being a defense mechanism. You are at a point called “now”. Even with whatever has brought you to your current situation at “now”, you are in control of where you go from “now”. You can disregard a mistake you made yesterday, because reliving your mistake is more foolish than having made it in the first place, as you are now adding time lost to the error.

The Battle: You Against Your Habits

The usage of a reset point tends to be propitious after a lull in your activities. If you have been doing something the same way for two weeks, and have been getting disappointed by the lack of results, there are helpful guides out there that will tell you to remain persistent, and there are helpful guides out there that will tell you to start in a new direction. For the first one, it is said that doing the same thing and expecting different results is not reasonable. However, for either persisting or starting in a new direction, you want to make it a choice that you definitively made. It should not be the case that you persist on because you are too lazy to change course, or that you change course because you are too lazy to persist. At that point is the opportunity to look at what you are doing from a distance, and make a decision now. Regardless of the outcome, you will then feel empowered by your taking hold of your habits, as opposed to your habits dragging you along with them.

Who's In Control?

There is a huge difference between someone that lets a mistake occur, and a person that makes a mistake as part of their larger plan. The person that lets a mistake occur, and continues to go about their day as though it was a part of it to ignore, has that response as a part of their routine. They are victims of mistakes, and when that point is reached, it is time to stand back and become a dominating force in your activities. Successful people don't see problems. There isn't anything that can bring a successful person down, because they run the show. If anything goes wrong, it can be attributed to someone who didn't run the show. Getting to a point of success requires creating a stoppage point when you aren't running your own show, and then setting a definitive path in a direction.

An Added Note/Diatribes About Successful Individuals

Here is an ancillary list of ways in which successful individuals view events. If you have something that you have let bring you down, remember that successful people wouldn't do that in any case. This list can put things into perspective for you, to make it likely that you reset and take charge sooner.

- a successful leader of a 350-member group will not have a bad day.
- successful people thrive from tragedy as well, as they can use it for motivation or leverage.
- they love good times, because their success can double during them.
- any social problem that you might think a successful person has is actually a small blip on their radar, and they are probably using it to seem to have more humility.
- a successful person loves their flaws, because they can loudly present their flaws to others to distract them from their successful overtaking of a competitor's business or a new achievement. A writer that doesn't write well in

English can use that as a tool for years, so that people think he is more innocent or new to English, while he is out-competing other writers in his genre.

-when you see a successful person talking about something new that is bothering them, instead focus your eyes on their main success that is certainly continuing to thrive, and then remember that the item that they say is bothering them is related to another success they want to add to their collection.

-competition makes successful people get even more, and if their product doesn't do well against others, they will either use that as motivation to work harder, or will tell everyone about their attempt, in order to show that they are hard workers, and then will regroup to attack again.

-if you are in competition with a successful person, waiting for them to fall below your position before taking control will be the longest wait you ever go through, as it will not occur. Successful people are indirectly saying "you can try to catch up to me, but I won't let that happen." The only way to pass them is to out-succeed them, and that can be very difficult when they are already ahead and receiving exponential gains.

Use That Information About Successful Individuals To Motivate A Reset

When you have that fire in your mind, there is no occurrence that can actually cause you to fail. If you don't have that fire yet, standing back from your situation, resetting yourself, and setting yourself as the decider of what you are doing creates that fire.

Vocabulary Used In This Article

Propitious – Presenting favorable circumstances; likely to result in or show signs of success

"The economic conditions now seem propitious for an enormous further expansion of migration."

Diatribes – Thunderous verbal attack

“This was all she could point to as it related to civic involvement in her unending diatribe about vicious dogs...”

Ancillary – Furnishing added support

“In practice, they have been focused mainly on a relatively limited range of ancillary services related to new buildings and their subsequent operation.”

Some Opportunities Are Only Seen By You

At a certain point, some of us get the sense that the decisions we make, and the opportunities we see, are the same as the ones other people see. We think that some big chance is not grasped because it is a large burden, and that others have already thought it through. While this can be the case for some of the most well-known decisions or opportunities, it is often the case that something we see as a huge opportunity is only in our mind, and so it has to be treated as such.

Your Conditions Are Unique

The state that you are currently in is unique to anyone around you. Your genetic makeup, location, daily routine, social interactions, etc. are all items that set you apart from people who you might think are very similar to you. This provides your mind with thoughts and opportunities that no one else is more suited for. When you see an opportunity, it is worth the time to think of how specific it is to you as a person, and the more specific it is to you, the more weight you should put on pursuing it with action.

Example: A Book Recommendation Business

You might come across a website that has a listing of 100 business ideas. One of the example entries might be about creating a book recommendation business, where the handler of the business would lead people directly to the next book they should be reading if they want to proceed at an optimal rate of knowledge-gaining. When reading this, your mind might jump to ecology books as the ones you could see yourself recommending, since that is your area of interest and learning. The likelihood of someone else running across that site, picking out that specific suggestion, and thinking of ecology as the focus of their business is already very low, and the chance that they would put it into action is much lower (the average rate of reading something to acting on it is enormously low).

In this example, you would do quite well in pursuing something related to the concept of recommending ecology books, whether in a business just for that, or as an add-on to your website, or as a public service in your local area. Whether the idea has a solid business basis, you have to seek the valid points in it that piqued your interest in trying it out. Your mind saw an opportunity while reading the business idea list, where the majority of others did not, and that is a sign of something to pursue.

Being Alone Is Okay

When I am saying this, you might be thinking “If I pursue an opportunity that only I see, no one will understand it or help much along the way.” While this may be true in the initial points of pursuing it, you can be surprised with how soon some individuals notice what you are trying to do. Other than a couple of useless comments that you can ignore early on in your efforts, some people will see that your business plan suits you, and will likely make suggestions to tweak your plan, in order to make it more marketable or relevant to the masses (it is vital to take suggestions like these into account, because you have to remember that each single suggestion made by one person can represent what thousands of people would suggest you to change if your business was much larger).

We can see that most opportunity-pursuers are alone in their initial efforts. If you were watching most of the big creators and businessmen of our time when they were formulating their plans, you would have seen people much more clueless than they are today, piecing together the way they would provide their service or product. Very few people would help them early on, because they would see them as competition, or as confused individuals, or as people that didn’t want to be part of the common folk. Next time you see a new business venture, think not about the hype around it, but about the image of a person sitting at a table formulating the business plan.

Others Join In Real Quickly

Once your opportunity is seen and acted towards, certain people will quickly identify your passion and fitting interest, and will come around you to leave you no longer alone in your endeavors. It will then be up to you as the handler of the operation to assess how much you want to delegate or not delegate the efforts of your operation. This special ability to be the person in charge comes directly from spending time in the “alone” phase, where your idea is only in your head, being formulated and worked upon.

The Win-Win Way To Respond To The Success Of Others

From someone battling to get a higher rank in a company to a person seeking a better position in a ranking system of any type, seeing another person succeed in reaching for where you are aiming to be can be disarming and de-motivating if viewed in the wrong context. You have to be prepared to view their positive movement in a way that doesn't leave you mentally paralyzed and unable to continue your own efforts. Here is how to deal with the competitive pressure in a way where you can't lose.

You Benefit Either Way

You need to view their competitive success in relation to your efforts in this manner: either they have taken notice of your efforts, and then got motivated into producing their own success, or they made their efforts in no relation to yours. In the first case, your efforts caused their efforts to come out the way they have, which means your role is just as relevant in the predicament. It may be that your competency serves as a threatening force that propelled them to produce something of quality. In the second case, their efforts had nothing to do with you or your efforts, which should be a sign that you should respond in the same way. If you had no impact on their competitive success, that is a direct example that you should be focusing solely on your own material.

Compare Only When It Makes Sense To Compare

The concept behind this way of responding to competitive success favorably is that you are more connected to others than you often think. Becoming disappointed by the success of others means that you are thinking their success affects your own chance of success. While this is the case when thinking of absolute comparisons, it ignores the strengths each person has. A competitor that has succeeded has found one or more of their strengths and implemented them, but their strength set is different from yours, so comparing your success to theirs in the same aspect is similar to the apples vs. oranges comparison.

Real Estate Example

You work in real estate with a group of co-workers that also are able to sell the properties provided to your group. One of your co-workers gets a special deal that leads to him selling a property quickly since he had a personal connection with the buyer, and he boldly points this out in front of the group while looking at you. You can look at his efforts as damaging to your own sales image, or you can realize that he thought highly enough of you to want to bring you down with his success. This is a sign that you are a contender he is worried about, and should motivate you further.

A Victory On Both Ends

If he wasn't ostentatious, and had been respectful while being successful, it would be an item to be glad for as well, as he would be bringing the group up in reputability. This would be beneficial for the whole set of individuals in it. This is the kind of time where you should appreciate the person and their success.

Message From The Pursuit Of Happyness About Achieving

The movie The Pursuit Of Happyness contains a scene where the father Chris, played by Will Smith, goes with his son to the basketball court. The son makes a shot, and then the father tells his son that he didn't turn out to be good at basketball, and that the same would be the case for him, so he shouldn't spend too much time practicing it. The son gets discouraged, drops the ball, and then starts to pack it into a plastic bag to take it away unused. The following is what the father then says:

Don't ever let somebody tell you you can't do something, not even me. Alright? You got a dream, you gotta protect it. People can't do something themselves, they wanna tell you you can't do it. If you want something, go get it, period.

Others Are Watchfully Comparing

Very few movies send a valuable message to the viewer, and there are a couple of concepts presented here. One of the points being made is that others will try to prevent you from doing something, not based on some sort of support for you in preventing you from making a mistake, but to keep you from completing a task they were unable to complete, thus separating you from them in that characteristic.

It Is Only Your Desire If You Are Reaching For It Right Now

For the second point, the father tells the son that if he wants something, he should get it, with no questions asked. This point can help to repeat during the day. If you are not reaching for something, is it really your desire? This will keep you from saying something like "I want to be X" or "I want X" to other people, when you really don't want either, and are not motivated to work toward either one. Also, the line said in the movie reminds us that the desire is there for the taking. It is right there in front of you. When you read that line, you knew exactly what the "it" was for your current predicament.

Challenging Others With Positive Intent Is Most Beneficial

The father in the scene challenges the son. He first discourages him, and then before the discouragement sets in, he gets a message through to him about not accepting others trying to limit his ability. This type of challenging is the way to go because it is based on positive intent. Others can sense when you have positive intent very easily, and if this is paired up with a challenge, they will know you want them to become better.

Time

You Aren't Too Late For Anything

There may be activities that you are not taking part in because you feel that the opportunity to pursue them has passed. You will benefit from bringing items you have given up on for this reason back into your active daily thoughts. One big factor that causes items to be given up on is that you start to get the feeling that you are too far behind, or that you missed the chance to take part. This perspective is of the lose-lose type, because you are losing by viewing which step other people are at in a process, instead of their habits toward the goal, and are losing yet again by letting their success have an indirect impact on your success, when there is no competitive reason as to why that should be the case.

You might be able to come up with a myriad of reasons as to why you are too late to partake in an activity, or pursue a specific goal, but you don't have to do any thinking of that type if you absorb the mindset that your current period of time is more than adequate to use to build upon. The majority of successful people could handle all of their items being seized and taken away, since they would know that the important aspect was not their status or financial condition at a given moment, but that it was their pace and direction of progress, and they would quickly move right back up to their previous fulfilling position.

Sir Alan Sugar once commented on The Apprentice UK, by saying something to the effect of: "I know that if I lost all the wealth that I had, and had to do it all over again, as long as I had my health, I know I could get it all back." He was indirectly informing the contestants on the show, as well as the TV audience, that the only item of importance, in relation to his success, was his determination and hunger for a rise in financial control.

In an article titled "[Calibration](#)", written by Steve Pavlina, he asked: "If you took away my blog and all my articles, and I had to start over from scratch as an anonymous blogger today, do you think I could repeat my success?" Although he was specifically making a point about how the skills he had developed over the years would greatly help bring him right back to his current position, you can get a sense that he would rise to prominence if his

developed writing/communication skills were removed as well, since his resilient mindset would not allow him to feel like he had missed his opportunity to shine.

Another thing to keep in mind is the understanding that others traveled through the same process that you may be avoiding. When they were building up a set of plans and ways to implement them, they knew that there were others that were already ahead of them, who may have also been advantaged in some way, but they continued to set a focused tone. Your focus should be on the responses they developed, plans they set into action, and methods of structuring their time that they grasped. When/if you think about President Obama's success in acquiring and maintaining a role of leadership, it will provide more value for you to analyze his steps on the way to his current position, instead of looking at his current status and distancing yourself from the thought that you could progress the same way, if that was your path of interest.

For those of you who think that you are getting too old to pursue an activity that you still have interest in, you will only travel through the day with that mindset if you are more focused on regrets than dreams. However, if more of your thinking involves dreams than regrets, it will be hard for someone to convince you that you have missed the opportunity to acquire your desired status or set of daily functions.

Your Time Today Is Worth More Than Tomorrow's

Today, you have 100% of your current ability to complete a task, see through a goal, or acquire some experience. Tomorrow, you will have most of the desires for accomplishments that you have today; however, tomorrow, a number of the motivating factors leading up to completion of your tasks or experience-gaining will be diminished in some way.

Example 1: Meeting With A Client

In this example, you are more than ready to meet with a client today. He is ready to converse with you about your business plan, and you have some punch-lines to utilize in mind. You have the option to set up the meeting for today, or to set it up for some future time. Today, all the variables are ready to go. If left for another day, any of these issues could come up:

1. You no longer have the passion to present your punch-lines effectively.
2. The client will cancel on you and pick another person to work with
3. Your job set changes, and you are no longer interested in participating with him
4. Some pressures come up, and the opportunity to meet with him seems to be out of reach based on your new priorities and deadlines

The list could continue, and it represents that not taking the action which would be completely doable, and possibly easy to do, today, might lead to it not being able to be done at any time, due to changing conditions. It is a poignant thought to keep in mind that an opportunity taken for granted and postponed today will not likely return in its original form.

Example 2: Learning Vocabulary Words



In this example, your goal is to learn vocabulary words, in order to expand your base of high-end word choices. This could be due to your current interest in doing so, or due to an advantage it will give you on some sort of assignment, project, or job type. In your current state, you might feel like you would like to spend a couple of hours writing new words down, and using them with others. If this fleeting interest in learning vocabulary was shrugged off, and tossed to a future time to make use of, here are some issues that could come up:

1. Once again, your passion for learning vocabulary could diminish
2. In months of time, your capacity to learn vocabulary at a high rate could be reduced a point where it wouldn't be enjoyable to do so
3. A person that you might have been able to learn vocabulary with might now be completed or uninterested in learning vocabulary with you now
4. An opportunity comes up where your expanded vocabulary would have come into use, and your feeling of regret of not putting in the effort early on leaves you uninterested in both vocabulary expansion and chasing of the opportunity that would have used it

Keep in mind that this is not being transmitted as a threat that you can't complete something important to you if you don't start it today, but as a reminder that your capacity to dig into it and unearth your energy for it tends to diminish from the time the thought of taking action on it was created. Having a thought that you will be better off to start something a month from now, unless drastic changes are taking place between now and then, can feel good to process, but is not likely to be rooted in reality.

Spend The First 30 Minutes Of Your Day Alone

We all have a certain amount of time that we allocate to morning warm-up. This period of time is very important for the day. The productivity and feelings you exhibit in your first hour or 30 minutes have a huge impact on the rest of your day. This is why it is wise to save a certain amount of time for morning planning and brainstorming that you perform alone.

Leave E-Mail And Updates For Afterwards

When you wake up and go straight to checking e-mail, checking internet updates, TV news, or other entities that come from others, your day's foundation can become based on concepts that are not conducive to a productive mindset. You might run across a frustrating TV story, a pressure-based deadline in your e-mail, a time-wasting message, etc. Although these might be enjoyable to run across, they can heavily limit what you can complete in your day.

Your Day Starts Off Clean

When you have just woken up, your day is blank. Starting it off by checking news and updates from various sources leaves you as a reactive individual, instead of a pro-active individual (which [Stephen Covey](#) would recommend that you would be). You will get into the thinking that your day depends on circumstances around your environment and around the world, as opposed to the decisions you make. Once you step into the reactive mindset for the day, it is no longer a blank day, and it can then become a struggle to be pro-active for the rest of the day.

A Foundation Of Pro-Activity

If you convert your first 30 minutes of the day to self-time, or create 30 minutes of such time by waking up 30 minutes earlier, you can start each day off in a pro-active stance. It is already pro-active to perform a 30-minute foundational time-boxing, and this is built upon by spending the time discussing the day with yourself, or producing material with no interruptions.

Be The First Tire To Get Rolling

One of the main concepts behind why waking up “early” tends to be associated with success is that it refers to waking up early relative to others in one’s community or environment. This creates time when you are forging ahead while others are still asleep. Although they might sleep just as long as you, since they sleep later at night, in the comparative scheme of the day, you would be ahead of them throughout the day, simply because you started sooner. This provides added motivation that they would not have, since you would be gliding along knowing that extra effort you put out adds even more to your lead. You often see people publicly saying all the things they did early in the morning, and this can crush the motivation of others who wake up to find out that they are behind, sometimes leaving them mentally paralyzed for hours of the day with the feeling that catching up is out of reach. You can become the person in this example who is performing more early on and reaping the benefits.

There Is No Criticism In An Empty Room

Also, when you start off working or discussing the day to yourself alone, you don’t have to worry about criticism. It is like bonus time that you have created, where anything you do is a plus, and no one will describe your efforts as wasteful or irrelevant. Although a select few individuals will try to build you up, the majority of people will make small comments to tear down your efforts as they occur, which is expected, but you can avoid these in the important early basis-forming portion of your day.

A Stable Foundation Allows You To Be Fruitful

It is not to say that dealing with people is to be avoided at all times, but that the first minutes of our day are like a soup of chemicals that crystallize over time; at first, it is a liquid that is easily able to be disturbed or unsettled, making it unable to crystallize, but if it is protected during that time, in hours it will become a hardened crystal. It is said that “You are your best doctor.” In the same way, the individual who is best able to protect their pre-crystallized self is you, as you know your own trials and tribulations, have the tact to not discourage yourself, and have a solid understanding of your own goals for the day or week.

What To Specifically Do When Waking Up

A reader followed up with a question on the post about spending the first 30 minutes of your day alone that was about what to specifically do in a healthy morning routine. Here I will point out some key components of the process, the focus to keep in mind during the process, and items to avoid during one's waking up procedure. I would add that momentum builds up through the time of a day, which would make the morning the most important period in leading to high efficacy.

Waking Up Instantly

You can tell a lot based on whether someone gets up and goes or spends 30 minutes greeting the day. Glen from [PluginID](#) (home of the [personal development blog list](#)) recently posted an update about how he got up with excitement to continue his efforts. I can see this as being the only case for someone who is producing material, because a delay in that capacity wouldn't make any sense. If there is work to be done, slowly getting up is counter-intuitive to the goal at hand. Also, when you wake up quickly and in one swift maneuver, you will remember all day long that you jumped into the day.

The First Foods To Eat

It is a good idea to start off the day with water, as well as a fruit or related entity. I would recommend checking [Dietriffin](#) for articles like one on [healthy breakfast ideas](#) for this information. Getting food and water into your system gets your metabolic processes running, and provides you with nourishment before you start to feel hungry, which isn't a beneficial feeling to get.

Think About Your Day

Although this one seems redundant or commonplace, we usually miss material if we don't spend a minute or two thinking about all the things we want to get done during that day. There are usually obvious items to tackle, but then there tends to be a few more that we have put off to the sides that come up during this minute or two. Writing them down on a sticky-note will keep them from being forgotten again.

Keep To Yourself Until Awake Enough To Respond

Right after you wake up, there is a short period of time when you are groggy or not as aware. This is the period of time to avoid checking e-mail, news, or other sources of information that are not controlled by you. Negative input, while you are still in a more vulnerable state, will be tougher to handle than if you are fully awake and ready for that which is sent at you. You can think about it like storing positive potential energy for the first 20-30 minutes of your day that cancels out or buffers you from items of negative kinetic energy hurled at you throughout the day. If this is not done, you might not be able to respond to the input as you normally would do, and may later regret a response or lack of action.

Take 5 Minutes To Clean

If you make a small mess of your living space daily, this is a fine time to race through moving items back into place. Instead of seeing clutter for the whole day and cleaning it up at random intervals, it would leave you more goal-oriented if your surroundings were tidied up before the majority of the day has passed by. Doing this every day leaves little chance for a large mess to originate, and you can get very quick at setting items back where they should be.

Have A Positive Item To Wake Up To

If you have an important picture that brings you good feelings, an article that is motivational to you, a graphic or physical record of your own success, or a song that reminds you of times when you were excited or glad, incorporating use of these items in your wake-up procedure will do a lot to connect you with your stable self, so that you don't feel like this day is disconnected from good days you have had. There is a huge benefit in realizing that the person you are, who had great times at a certain point, is the same person as the person that took part in those great times.

Here is a related article on the same topic about how Henrik Edberg from The Positivity Blog handles his morning routine:

[One Simple Tip to Help You Start Your Day in a Better Way](#)

What To Specifically Do Before Sleeping

As a follow-up to the previous article about an effective morning wake-up routine that strategically protects you from negative influences until you are fully awake, a reader pointed out an interest in a similar post about an appropriate regimen for the period before you sleep. I will take the same approach here, describing various elements of a controlled 20-30 minute ending period to the day. A lot of this portion of the day is meant to be dedicated to clearing up issues before the morning that follows.

Spend 2 Minutes Judging The Day's Success

Connected to the morning point of spending 2 minutes planning or writing out the day's side goals that are forgotten and remembered at times, is this follow-up point of taking another 2 minutes to assess how it worked out. If you look back at your day and notice that something went unfavorably, and that you could have prevented or circumvented it, this is the time to set that concept in your mind. You have to actively think about the error. This will cause you to either correct the mistake the next day, or if that doesn't occur as well, you will eventually get frustrated enough with the error to correct it some point, as long as you keep acknowledging it. Our minds don't like to feel stupid, so reflecting on an error in action daily until it is corrected is a fine way to use built-in ego responses for positive change.

Eat Minimally

It is often said that the biggest meal of the day should be breakfast, followed by a somewhat smaller lunch, and a medium-sized or light dinner, to fit in well with the way the body processes food effectively. In this case, the period of time near when sleep is soon to arrive is mainly left for drinking water, or eating small amounts of food. At the same time, going to sleep hungry is not a preferred case.

According to a short experiment performed by Professor Drew Dawson at the [Centre for Sleep Research at the University of Southern Australia](#), monitoring brain waves, eye movements, and teeth grinding during the sleep of 2 individuals who ate a full meal 3 hours before sleeping and 2 individuals who ate a full meal right before sleeping, it was found that the late meal-eaters missed out on a fair amount of early deep sleep, which is the stage where the body rests and repairs. An added note to this is that eating the same amount of food 3 hours before sleeping or right before sleeping doesn't have a connection with making the person gain weight. If the amount of kilojoules in the food is the same, the only effect from eating right before sleeping is the negative effects for relaxed sleeping and the deep sleep stage.

Organize Lightly

This attaches to the note about cleaning up quickly in the morning to make for the two periods of the day that you would want to use for making your space inviting to thoughts beyond "There is a mess here." By performing quick cleaning/organizing after waking up and right before sleeping, that leaves the rest of the day free of a mess for action to occur.

Head To Sleep With Calmness

After you have already thought about the errors of the day, and how they can be improved up on the next day, or within a few days, pack up those thoughts and leave them for later. Once that is done, you have to package it as a completed process, and then head toward sleep with the thought that you have made progress in reflection, and that can only be seen as a positive. Avoid letting yourself go to sleep partially nervous, because that which is keeping you nervous is not worthy of your anguish. To prove this, use hindsight. If you look back on a past time when you slept with nervousness regarding the eventful next day, you will see that it provided no value. In fact, I would relate this to any time of the day, because if something is a cause of worry, it is not worth worrying over, and is worth taking action on when time permits.

Weakness And Lies

Weakness, lies, and unsuccessfulness go very well together. They each lead to one another, and you generally want to avoid all three. Weakness may seem to be more of a vague term, but it is the general feeling that arises from a problem being unsolved for the time being, leading to the mind having to expend energy trying to solve it, leaving it less capable to deal with new issues. Lies are quickly identified, and unsuccessfulness represents failure not in the sense of trying and failing, but either not trying or not understanding the plot.

Weakness Leads To Problems

Presenting yourself in a weak fashion, so as not to upset or bother anyone, is sure to bring problems your way. The minute you act like a doormat, people will treat you as such. Various problems arise when you try to ingratiate yourself with others by acting subserviently or similar. When you give in to others demands to make a situation less tense, they remember that and use it again the next time around. It isn't because they want to be spiteful, but that their mind sees a shortcut in your weakness, and so it doesn't make sense to not use it.

Lies Waste Your Time

A lie by definition has to be maintained to stay a lie. Once it is revealed, it is no longer a lie, and no longer leads to problems. Until that point, it is a false setting that has to be protected in its not being known. It takes loads of time and effort to make sure it doesn't show up here or there, and this time and effort can't be regained. The longer a lie is maintained, the more time you end up losing.

Keep This Trio Out Of Your Days

This combination of items that aren't positive is to be avoided as a package. Remember that one leads to another, and they tend to originate from wanting to appease others. That will help in avoiding the circular effect.

Struggle

Getting Reconnected Where You Left Off

It is sometimes the case that you get disconnected from an activity for a period of time. This could be playing the piano, attending classes, reading a certain book, or calling a special friend weekly. Although at the time of disconnection, you may have thought it would be easy to continue later on, you then find that it is very difficult to continue where you left off. Here I will discuss why, and what you can do to reconnect with your past activity/routine.

Problem

One of the big issues with disconnecting in the first place is the loss of momentum. Momentum is a very finicky quality; it can disappear in a negligible amount of time. It provides a foundation that can be relied on when getting stuck, which translates to phrases like “I’ve already gone this far this fast, so I’m still in good shape.” When this type of motivation is lost due to disconnection with an activity, you have to switch to other modes of sustaining effort.

Problem Example

An example to use is the practicing of the piano. A person that stopped playing piano at a certain point, but who now wants to continue where they left off, will then have to deal with some tough concepts to handle. Some of their peers didn’t stop playing the piano, and a couple might already be playing piano for public events. This is de-motivating because they start to think “Even if I practice steadily for a year, I can’t catch up to him, and people will still rank me below him in piano skills. This is an unconstructive line of thinking. If everyone thought this way, worldwide activity would come to a halt. This thought process ignores

1. the piano skill gains you would make in that time
2. effect on some people around you that might build off of your newfound strength

3. improvement to your sense of discipline
4. positive example you are setting for others

and the list goes on. These items are just as relevant, if not more, than catching up to the piano player that hadn't stopped playing routinely yet.

Solution

The key to reconnecting to a past activity that you gave up on is to seek the items of reconnection that present themselves most clearly. For this piano example, this could mean discussing with one of your peers that didn't quit playing about how to get back into the procedure. It could mean using one of your current achievements as leverage to getting back into piano.

1. A public speaker could tell his next audience about his goal to return to piano playing, which could provide motivation due to making a public goal, and could also result in advice or piano lessons arriving from someone in the audience.
2. A dentist could ask each of his customers if they have musical interests, or if they know someone that tutors.
3. A student could ask their classmates this same question, or seek out someone in the classic music department.

An Alternate Solution

However, another method of reconnecting doesn't involve others. A more introverted person might want to take this route. This method first involves analyzing why the process was halted in the first place. This is useful to prevent it from occurring again. It could be that interest in it isn't there, or that one section was too difficult, which is where assistance would be the item to seek this time around. The second part is to find a way to

rationalize the reconnection in your mind. If you have the mindset that there is an empty 2-year block between when you stopped and when you want to continue, it will be harder to explain to yourself and others. On the other hand, if you can make linkages from when you stopped to:

1. successes during that time
2. musical people you have met since that time
3. reasons why now is in fact your optimal time to get back into it
4. and people you now know that will appreciate your reconnection to your past interest

you will have an easier time of getting back into piano playing at your past level, and improving/continuing from then on.

Clearing Away Imagined Issues That Hold Us Back

Numerous occurrences in our lives work in reverse. The items we are quietest about are the items that are the most important to us. The items that we are loudest about are often the ones with which we have the most insecurities. Working off of this basis, and adding in experiential background, it is safe to say that the majority of individuals are being limited by issues they don't reveal to others, and these issues may not even be based in reality.

When reading memoirs or autobiographies of individuals late in their lives, you often find that their multitudes of decisions made over their time could be attributed to certain occurrences or perceptions they had that were not based on something visible or realistic. They were based on something that was either not expressed by them publicly, or was not even something that the rest of society would consider an actual basis for decision-making. An incident in one's youth, like the shattering of glass, when it dropped during movement, can cause someone to be hesitant in making decisions from that point on. In the same way, a person can build up inhibitory ideas in their mind, that limit their activity, while everyone else that interacts with them will have no idea that these thought processes are retarding their potential performance/boldness.

Analyze the Issue

The procedure to handle this is to bring an issue of yours to light. Take a thought process that you regularly work through, and assess whether it is based in a real response mechanism, or whether it is rooted in a foundation that has no merit. Self-conscious individuals can be self-conscious even when it provides zero benefit for their daily processes. Someone might go years being nervous about a physical issue that others take no notice of. Self-consciousness like this is a complete waste of our thoughts and emotional health.

Pick One Issue To Start

It can be a bit much to be asked to examine all of your tendencies, so as with any other procedure, it is best to pick one, and focus on that for the time being. You may have a worry that being too loud in public will get you a reprimand. If this is the case, the first issue would be to see if you can think of any past examples where you were punished for voicing your opinion loudly in a public setting. If you can't think of any examples like this, it might serve as a foundation for your acceptance that you will probably not get punished for being verbally bold. If you can think of an example where you were punished, it would benefit you to think of why you were punished in that instance, and if it was an isolated case. The only memory that would be valid enough to prevent you from performing an action today would be one of an occurrence that, time and time again, resulted in failure or negative consequences.

There may be an item that is jumping out in your mind right now of an occurrence that you go through routinely that doesn't seem to have value or benefit associated with it. If that is the case, you already have the one to tackle decided.

What If Your Body Didn't Release Stress Hormones?

We always hear about the health issues that arise from stress, and how stress can cause negative effects to our body over time. What if the hormones weren't released, or were released in smaller amounts, when high pressure was on you? Thinking about that question provides you with perspective on what you should be targeting, and leaves you in a more realistic mindset. Here I discuss the impacts of stress, what stress normally connotes, and how to view it as a tool:

Stress And Some Background On Its Purpose

In acquiring research information on the topic, I found a review paper that matched part of the point I was looking to bring up here. According to [Stress and Memory: Behavioral Effects and Neurobiological Mechanisms](#) by Carmen Sandi and M. Teresa Pinelo-Nava:

“Although stress effects are frequently regarded as deleterious to cognitive function, very intensive work during the past decade is delineating a great complexity, both in the nature of interactions between stress and memory functions and in their outcome. In addition to the overemphasized negative side of stress on brain and behavior, there are many instances in which neural function and cognition are either facilitated by stress (de Kloet et al. [2]; Joëls et al. [8]), or even not affected (Warren et al. [10]; Beylin and Shors [11]).”

One point I was looking to make is identified in the phrase “overemphasized negative side of stress”, as stress is brought up the majority of the time as a negative item. High stress is said to cause health problems. Stress isn't normally thought of in a positive light. However, this paper presents it as a tool or buffer. I wrote in a past article that pressure causes memories to be made or learning to occur, and here that information is linked with stress chemicals placing that pressure (AKA causing the physical learning pathway changes) on sections of the brain.

Stress Hormones Keep Us Active

Without stress hormones or chemicals being a part of our natural response system, neural function and cognition suffer. Although this doesn't link directly to the physical occurrence, you can think of stress in the mind being the pressure of a pen that writes on the paper of the mind. In that sense, it is a requirement for our functioning. Now, in the sense of high stress conditions, they are just as helpful. The body's response to high stress, in releasing chemicals to provide more ability for you to handle the stress, protects, or buffers you, from further complications.

Without Stress Hormones, Deadlines Are Meaningless

If the body didn't release these hormones for high-stress situations, you wouldn't get the signal to continue to meet a deadline or complete a task. A few rocks or a concrete slab are under no stress of the cognitive type, but they are also not processing anything. Stress is the signal that you have something relevant to your continuity that needs to be worked on. Productivity loses relevance when there is no mental reminder of the urgency of completing anything.

Reject Any Thoughts About Rejection

Rejection is the least of your worries. Well, at least it should be. People who are in a path they desire and fit into aren't rejected, unless it is to provide them with a sign to take a bigger leap. The people you see in the public, out and about, or often as a topic of discussion, are not likely to be ones who are worried about rejection. You could pinpoint whether you or another person is being held back by fear of rejection based on how much they are interacting with others. The fear holds action back, so the people who are most affected by fear of rejection are the ones we hear the least about.

Rejection's not so bad, and frankly, neither is failure

In this headline quote from a section of [The Flow: 40 Days to Total Life Transformation](#), Tara introduces the idea that rejection is not negative or relevant enough to spend time on it. She points out that we will think of questions like "What if I fail?" or "What if I do the wrong thing?", which leads to risk avoidance. These fears are to be tossed out. You might want to spend a minute to actually answer them. You will quickly see that the answers leave you much calmer, since the effects are not able to be that bad, or it wouldn't have been worth even thinking about taking the risk in the first place.

I would also add that you want to get rejected in any capacity sooner than later. Having a rejection of your business proposal, assignment idea, or product that you are trying to sell on eBay would be better this week than if the same rejection happened a few months down the road, since you would have gained months where you could tweak your release method or product.

One Of The Biggest Changes You Can Make

Make your rejections public. One of the most powerful ways of removing worry about rejection, and showing others that you haven't let it affect you, is to publicize your rejections. Time and time again you will see the most successful people touting their errors. This isn't a random occurrence.

When you succeed, let others see your success without you having to point it out. When you fail or get rejected by another person for a business deal or opportunity, let others know about your rejection or error. This will get it off of your mind so you can focus on your next move. Also, it lets everyone know you don't have any intent of hiding the rejection, meaning that it didn't affect you. Others then start to see the rejections as steps in your success process.

Example From Glen Allsopp

On his Twitter page, Glen Allsopp from ViperChill said:

This week I have literally had rejection after rejection after rejection (writing wise). You just have to keep going till something sticks

People who are worried about looking bad, or the negative consequences of their rejection, or how the world will view them after a rejection will not post a message like this. The simple act of posting it removes any of the public societal worry that would come with it, which is the vast majority of the worry related to rejection. By posting in this way, Glen serves to keep even the smallest rejection from holding him back, by instantly releasing it and focusing on the next item.

If not for worry about how the general public views us, rejection would be a 2-second process every time. Long ago when people were in small groups and were more worried about getting food than being socially acceptable, rejection was likely a non-issue in the way it is today. You can act the same way by replacing worry about getting food with worry about continuing the progress on your goal. Treat it like if you spend time away from it, while worrying about rejection or problems, your goal will fade away.

Example From Alex Shalman

Alex Shalman from AlexShalman.com has made his goal of getting into dental school public. He has explained his current academic situation and his interests as well. This is a very positive thing that very few people would be bold enough to do. In doing this, he removed any social worries about his predicament or rejection from the school. He pointed out that if it did not work out the current time, he would be ready to apply again next year, which makes it that much more likely that it will work out for him this year. (Update: Alex got into NYU Dental and joined their program.)



His pointing out of this goal helps in many ways, including keeping him accountable for his academic plan, providing readers with a sense of his journey that lets them know what is on his mind, and reaching readers or friends of readers that would assist with his dental goals. When you don't point out your goals, people can't help you like they might want to. You are the only person who can release the contents of your mind.

Having A Victim Mentality Is Not The Way To Go

One of the qualities that you notice in yourself or certain others is the presence or use of the victim mentality. Instead of accepting responsibility for your actions, you view your external world in such a way that everything is an obstacle that was placed in front of you to slow you down. Suddenly instead of opportunities being everywhere, they are closed off and motivation is lacking. Here I discuss why you shouldn't get into the trap of assuming a victim mentality:

Feeling Like A Victim Takes Away Your Productive Drive

If you assume victim status, then that means that you don't give yourself the right to produce or cause effects on others, since a victim can only be reactive, as opposed to pro-active. For example, if you have a situation where you have a person that brings some negativity to your day every few days, you can view this as an issue that you have no control over. You could tell yourself that the person is the cause of your pain, and that you don't have a chance to make things better, but this only weakens your case. You will not be able to succeed in your endeavors because your mind will continually have a worry that the person will affect your day that day.

Victims Give Up Their Power Freely

You are full of power and ability to change the environment around you. When you assume victim status, you are giving up that power for a temporary feeling of security. This is a short-term choice, and we know that short-term choices are generally the wrong ones to make. You want to think in the long-term, and so you want to maintain your power so you can have a strong effect. The people we notice in the public spectrum are the ones who assume no position of victimization, and have switched to activity and forward-thinking presence.

Take Note From Well-Known People

Every successful person you hear about, see on TV, see doing research, in the news, or in any prominent location assumes a mentality of strength and change. They may have given up the victim feeling long ago, and are now glad they did it. You can do the same.

Knowledge

Is It Common Sense If You Aren't Using It?

We run across a lot of information daily. Do you ever get into the habit of shrugging off advice or guidance as common sense knowledge that you won't be able to benefit from? This is even more the case when we see the same advice provided constantly in one location or another. If you label something as "common sense", but you aren't using it, then there is something difficult about it that is keeping it from becoming your "common habit".

What Is Common Sense?

With regard to this, it is vital that we look at what "common sense" is purported to mean, and what it would be better if it represented. We might say that brushing your teeth a certain amount of times a day is "common sense", but there are plenty of people who don't match the "2 times a day" that they see as "common sense" on a regular basis. This means that they are indirectly saying they are not able to keep up with a habit that they see as obvious. This shows that there is a disconnect. There has to be an issue in place, because if you think something is common knowledge, but are not making use of that common knowledge, you either don't really have that common knowledge, or don't see that knowledge has to be implemented for any real-world changes to take place.

There Is More Than Meets The Eye

The problem here is that we take the activity as a distinct item of its own, without connecting it to all the parts necessary to make it happen. With the tooth-brushing example, it may be obvious to you that brushing a certain amount of times per day is a smart concept, and that any less times would be deleterious to the health of your teeth, but you may be leaving out factors that allow for brushing to occur. Maybe you don't make time for it to occur, and therefore it does not occur and you become frustrated. Maybe you have a habit of constantly eating throughout the day, and brushing your teeth would get in the way.

Advice You Get Usually Includes Many Parts That Are Left Unsaid

When you see tips like “sleep early enough” or “read a book a week”, you will want to avoid calling those obvious and moving on. “Read a book a week” doesn’t just mean to read a book a week, but means that one should take all the steps to get into that habit, including setting time for reading, finding books of interest, finding motivational factors to keep the process going, building up one’s vocabulary to assist in the process, joining a book club, looking for an online forum to present interesting points from the book, etc. You probably already have a 100% success ratio on the tips that are a one-step deal to advantage, but most tips represent multiple activities to engage in to maintain a habit.

Common Sense Is Better Viewed As “The Common Sense You Want”

The next time you see a tip and are quick to pass it off as obvious material that a child would know, ask yourself if you are using it, and if not, look for the difficulty that keeps you from making it part of your day-to-day. There is usually something in the process that is more complex than the tip first looks to be. “Common sense” is only common sense if you implement it at all times, or else it has been mislabeled.

Using Memory Methods To Learn Vocabulary

Recently, I had discussed the details of a quote that talks about the various activities we do and the memory recall rates associated with them. This procedure is able to be applied to any topic like learning how to cook a certain recipe or how to study for the national boards for optometry. Here, I exemplify the most useful techniques in order to show how they can be used to learn one new vocabulary word:

Avoid Regular Memory Methods

Let's say you have a word you want to learn like sanguine, which means cheerful or confident. You could try studying it simply by memorizing that sanguine means cheerful and confident by reading it five or ten times. While this has a low rate of working, there are many methods of learning the meaning that have a much higher efficacy. It would make more sense to not focus on raw memorization or simply reading it a few times, and to instead focus on making the word important to your mind.

Try Making A Unique Memorization Method

Take the word "sanguine" and get into a habit of finding ways that are inventive in order to learn the word more quickly. If you are able to use mnemonics to use parts of the word to remember it, that would be the first step. Maybe you could think that you become cheerful when in the sand at the beach, and that relates to the san- in sanguine. In another way, you might think of the word sandwich, and how you enjoy sandwiches that you make yourself. Then you would just have to remember the nuances that make sanguine mean confidently optimistic and cheerful.

Pictures Are Powerful

If you can draw a picture that shows the meaning of sanguine, you will certainly not forget its meaning, because you have taken the time to draw a picture about it, with your mind processing how you could depict its qualities in an image, possibly by having one with a person walking by smiling with his head held high. The picture itself could be used as a future tool. There are plenty of opportunities like this to encode information into our thoughts.

Use New Media

For this vocabulary example, you could easily learn the word by searching for its usage on Google News or Twitter Search or a regular Google search. You could even search a set of PDFs that you have for presentation of the word. By searching for usage of the word in a regular location or area you normally check online, it would make its meaning more relevant to you, and would make it that much more valuable than a random word taken out of the Oxford English Dictionary.

Relationships

Distinguishing Actual Help From A Manipulative Help Offer

People often help each other in return for certain services or help of a different type. This comes out positively for both individuals involved in the procedure. However, it is important to separate direct help from help that is said to be provided later. At times, another individual will dangle help in front of you to get you to help them, and then won't end up returning the favor. Although this might be showcased as a successful marketing technique, it isn't beneficial to the person that is used. Here I discuss this concept and how to prevent it:

Avoid Pseudo-help

When you get a sense that someone is trying to use you by saying they will be providing future assistance or support that will probably not arrive, it is best to deny it right there. If you stick to absolutes in this respect, you will protect yourself from others figuring out that you allow them to manipulate you with a potential of future assistance. If assessing their intent is not obvious, look at the long-term result of their current actions. You might then see that they will want another piece of help later down the road, followed by another piece.

Know That Help Is Definite

Keep in mind that help is an item that is definitive and noticeable. It is wise (sagacious) to take a few seconds to think about the direct results of help that was provided to you. Help consists of items that caused positive change to your routine, production, reputation, etc. Something that hasn't yet provided some improvement for your living is not helpful until it does.

Be Careful Of Help Services

When you see someone rise up and say "I will lead this operation" for an operation of any type, try not to get caught up in the hype. In hype is a lot of smoke and confusion, but usually also a lack of substance. Take a look

at what their efforts will provide to you directly, ignore the presumed greatness of the concept, and respond accordingly. It is good to think about most items in reverse. Here are some examples of how communications work in reverse, and what is actually meant.

1. “Everyone is talking about this product” means “I want you to think that there is a huge following around this product, and that not making use of it will leave you behind the pack”.
2. “The amount left is limited” can mean “I have created artificial limitations on the amount released in order to keep demand high to maintain matching cost”.
3. “You will see results within 8 months” means “Ideally you will get some results out of this, but you might also forget about this bold statement a few months down the road when no benefit has shown up”.

Be Thankful For Real Help

When you see a help offer that is presented to you in order to use you for something with no gain provided in return, quickly dismiss it. On the other hand, when you are offered real help in the form of action that is provided on your behalf, be quite thankful for it, as it is not a commonality, and items that are not appreciated at the time are not likely to be repeated in the future.

Support People You Like Or Else They May Stop Doing/Producing What You Enjoy

I have heard that if you like something someone made or did, then you should support them in an actual way, or else they may have to switch what they are doing to maintain a stable routine another way. This applies all the way from one’s favorite independent musician to the cashier at the local store that has a great attitude. For example, if someone’s underground music is what motivates you, support them before they end up switching to creating mainstream music that disappoints you. The image shown here is of [Toby Emerson](#), a trance/house music creator I am glad to present to anyone, due to how I enjoy his music.



Don't Let Others Affect Your Plans

Two of the recent articles here talked about the benefits of following a certain routine during the first 30 minutes of the day and the last 30 minutes of the day. I gave some specifics there, and you would be free to add or remove certain items to have the routine fit you better. However, one added item that can't be neglected is that the routines have to be protected from the interests of others. Here I discuss defending your routine from sabotage by other people:

The Underlying Problem Is Being “Nice”

Why are “nice” people always described as unable to become big successes, less likely to achieve their goals, more likely to be mentally stepped on, etc.? This is because the standard connotation of “nice” breaks down to meaning “willing to give up one's dreams and desires to please or appease others”. When someone is told that you are a nice person, if they are a person on the ruthless end of the personality spectrum, they will see you as easily usable and tractable. A person who is nice will be guaranteed to not reach their goals, because someone, or multiple people, will always be asking them to do things or help them with things that don't fit the routine they know is best for them.

Think About The Long-Term Effects Of Dealing With Certain People

Often, we try to cover up for others damaging our routine or plans by telling ourselves that they have been helpful in the past, but a small bit of help from the past can often become overblown in your mind. This is the time to take a minute to assess if the person really is having a positive effect in the long-term, such as in the past month or three months. Think about if some of the goals you possess have been put off by your own incompetency or lack of diligence, or if it is that another person or set of people has been holding you back by making you feel guilty if you don't do things for them.

C++ Programming Passion Example

If you have a strong desire to learn C++ programming, and have found that your routine makes it most doable at 6:30 PM every day, but are constantly being derailed in your study routine by a friend who wants you to go play soccer with him around that time, you have to be tough enough to put one interest over another. If you don't point out the problem to him today, or don't cancel playing soccer with him for a certain amount of times a week, you will neither enjoy soccer as much as you would, or get to fulfill your interest as you see fit. This is a lose-lose type predicament. The longer you hold back from pointing out your interests, the longer the time before you can tell yourself "I should have done this sooner".

What Does It Take?

The easy part is to have a passion. That comes naturally. The part you have to struggle with daily if you want to persist with the passion is letting others down in their requests for your time. This is easily done when you realize that you are not letting them down. Their job is to focus on their own time usage. It isn't of their interest or duty to fit their day into your time slots, and this works both ways. When you cut off the things you are not interested in doing, you won't be punished for it. Instead, the other person will fill the gap sooner than you would think, and you will now have an open slot to place time for your interest or passion of choice.

It takes boldness to say "no". When someone presents an item that would take up a time slot you wanted to use, you can think about it like they want to steal a portion of your time. This will make it easier to turn the offer down. You might think that saying "no" to more offers from others would make you look bad, but it will work in reverse, in that people will see that you value your time even more.

Another Way To Look At It

No one looks back and wishes they had done less of what they wanted to do. Many people look back and wish that they had done more of what they wanted to do, and less of what others wanted them to do.

Work With People The Way That They Are

The basis behind this message is that people's personalities are quite fixed in place. You might notice that someone you know acts very similarly to the way they acted ten years ago. With this idea in mind, it is beneficial to not keep trying to get someone to do something they don't normally do. Here I discuss why this is, and how your "social efficiency" improves when you work with people in a way that is suited to them:

Basketball Example

In the past, I used to invite many people together to play basketball. This would include people who were very interested in playing basketball, and people who weren't interested in playing at all. While it would go well, after a few times that this occurred, I would notice that the people who weren't interested in playing would only really be doing it for the group, and would still not enjoy the matches. My goal of getting everyone to play was partially going against the interests of some, and it wasn't until I noticed this and stuck with people who would play basketball whether I went or not, that the average intensity of the matches as a whole would increase since everyone was fully on board.

Business Example

Let's say you are trying to reach the market of fiction book readers with your book, but it doesn't fit well into the average type of fiction book. You would do well to show off many of the things about your book that do make it like the bestsellers you want to match in selling intensity, while still maintaining a couple of lines about your book's differences. It is key that you don't sell your book as different in every single way, because people will either think you are trying too hard, or have a book that is not fitting to their interests. People usually have a certain item or aspect they require in their purchase.

People Want To Work With You As Long As You Consider Them

It is often the case that when we run into anguish and issues with other people, it is because we haven't taken the time to think about their interests that they had long before they met us. If we take a minute to see what others naturally do, we can mesh with them more appropriately, and won't interfere as much with their progression towards their goals.

Why Duplicity Doesn't Work Well

In this age where technology and inter-connectivity abound, duplicity is not a trait you want to exhibit. Duplicity represents the act of covering up your real intentions with false intentions that you try to get people to believe are your actual ones. While this sneaky technique can seem like it would get people to help you more than they actually should, the negatives of maintaining duplicity outweigh the positives. Here I discuss how presenting an external image that matches your intentions is more fruitful in the long run:

Covering Up Your Intentions Heavily Slows You Down

Take an example of a person wanting to get a quick promotion in their company. If they were to conceal this interest, and proceeded to use methods like obvious flattering of a superior, pretending to do more work when others are around, etc., while acting humble when talks of promotions came up, their promotion would come far more slowly. With less time spent on producing actual results, and their mind constantly thinking about how they could seem more like a promotion candidate, a superior would have little substance to use when recommending them for promotion. Anytime you see a “success shortcut” working, check to see if the success is coming from something else that more than makes up for the failure of the shortcut. If something was truly a shortcut, it would most probably already be part of the regular process, as it would be a more efficient way to do things.

People See And Hear More Of You Than Ever Before

With the prevalence of cameras, data-tracking, social networking updates, and the like, it has become harder and harder to hide a portion of your interests from being seen by others, as you would have so many facets or areas that need to be continually kept in line with the false image. Companies track your company e-mail and computer usage. People have a very watchful eye for any signs that congruency is missing in someone's

character. We tend to want to make sure everything adds up, so that we aren't being swindled by someone's efforts.

When You Get Caught, Your Reputation Diminishes

The minute someone finds that you have been acting as though your intent was for one thing, but have in fact had a different goal in mind, they will want to tell as many people as possible to cut off any benefits you would have gained. These people might then inform even more people, and here you can see that all the time spent to cover up your actual intent becomes wasted time. It is very stressful to have this thought in the back of your mind, knowing that much of your time can be rendered worthless if one mistake shows up.

Help Comes When You Reveal Your Intent

The message to gain here is that, even though you don't have to broadcast your intent and goals to the public (although it can help you quite a bit), it serves you well to refrain from trying to maintain a more positive image that is not truthful to your character, in order to manipulate others a bit more, as stress and problems arise from the minute you begin that habit. Some people will even help you more when they know what you really want.

Respond Quickly To The Expectations Placed On You

When is the last time someone's high expectations of you helped you out, and actually altered the path you wanted to take in a positive way? It is said that satisfaction = reality – expectations. This is not referring to expectations like that of someone expecting you to turn something into them when you told them you would. Here I am referring to expectations that you did not agree to, that were placed on you, and that are holding you down from proceeding forward on your efforts. I discuss their origin, and what you can do to respond to them.

Regular vs. Externally-Provided Expectations

Expectations are set on you when you say you will turn in an assignment. This is more than reasonable as you accepted the challenge. On the other end of the spectrum is expectations others have of you that you didn't agree to directly, but that are weighing you down because you have silently let them take hold, and have let the people who set them on you maintain them (notice I left out the expectations you have publicly cancelled out, because those will not have any effects on you). Therefore, although the problem did not originate from you, the error is/was in your response to the problem.

When You Are Thinking “No”, Say “No” Quickly

If someone asks you to do something that you don't see yourself doing, and you don't say “no” in some form right away, you have provided inkling that you might do it, and will feel weak. The other person will capitalize on your weakness, not necessarily because you are their enemy, but because they now have someone to use as a topic of blame in case the item doesn't get done (“I thought he would take care of it since he didn't decline.”).

In the same way, if an expectation is placed on you in some way, you will certainly recognize it due to the pressure attached with it, and then have the opportunity to cancel it boldly. If you are fine with the expectation,

and are up for the challenge, that is just fine. On the other hand, if something you are not interested in is being handed off to you to be indirectly labeled as your own goal, speak your mind right there.

Don't Let Others Leave Unfinished Business In Your Mind

When you don't instantly say "no" in some form, manipulative individuals will use that as a sign that there is a possible "yes" in place, and go with the "yes". An instant "no" will often get some harsh response, since it cancels out the other person's effort to pack your thoughts with their expectations; however, they won't be in your thoughts a few hours later to feel your frustration, but you will, so it is your job to protect your future self from getting disappointed over another person's creation.

"If you accept the expectations of others, especially negative ones, then you never will change the outcome." – Michael Jordan

Creating A Routine Where You Remain The Bigger Person

As you go through your day, you have many chances to show others that you will remain on the high road. While it will not be a directly visible concept to those that aren't on the high road, those who are will respect your self-control. Instead of getting caught up in small matters or conflicts, you can choose to go beyond them, working on larger matters, and attending to conflicts that are more relevant for weeks or months into the future. Here I discuss maintaining a response pattern like that of an upper management individual:

Upper Management Is Not Concerned With Trivial Matters

If someone in a programming company has a hard drive error that causes them to lose an hour of work time, a manager doesn't want to hear excuses about that. The important item is to fix what has been lost and move on to the next step. This is why you want to absorb the mindset of an upper management individual. If someone has provided you with information about matters that are meaningless to your efforts, it is wise for you to accept the information and move on, because time is of the essence.

The Best Way To Win An Argument Is To Stay Out Of It

This is a fairly well-known concept, in that you win an argument when you stay out of it because you keep your time and effort for your own interests. During an argument, both people taking part lose time and effort. You can win an argument, but you can't get the time back that you spent taking part in it. This time is your tool to build a reputation and get practice in your field of interest. People with big intent will have the shortest arguments imaginable, as they either respond very quickly and close up the situation, or stay out of it and maintain their focus.

People Will Remember Who The Bigger Person Was

When there is a conflict, we tend to think that the winner of the conflict is the winner. This is not the case, as the loser of a conflict, either by forfeiting, not taking part, or giving up quickly, may be the one who is thinking in larger terms, and was not willing to give up their time. You can be this person, who will be remembered for their quick response and conclusion to the conflict. Others will realize that you have assignments or projects that you view as more important than a trivial “win” if you readily depart from an argument and continue forward.

The Way To Remind Yourself

When about to engage in an argument or conflict, remember that you will either win or lose it, and will be guaranteed to lose your time and energy, but if you don't take part in it, you will win it by default of higher priority, and save your time and energy. The decision should be easy the next time around.

Asking For Help, And Who To Ask

You may have been reminded by cognizant individuals that asking for help is a wise thing to do. It is certainly another thing that seems simple, but that many don't do. A question asked can save you hours of frustration time for a minor item. There is almost always a person who knows the shortcut process to something you could take an hour on. Taking the initiative, finding the right person or group of people, and presenting them with the question in an appropriate way is the set of steps to work with. The following is a discussion about asking for help, and the people to target for questioning:

Keep Asking For Help In Mind As An Option

As you go through your activities, you want to have the thought that asking for help is one of your regular options. You don't want to have it be a rare occurrence that you leave as a last resort. When you get stuck working on a project, asking for help should be mixed in as a solution-getter with trying out something new, checking a help manual, and looking for an easier or different way to do something. If asking for help is not in your mind as a viable response, it will rarely occur.

Target People Who Benefit From Helping

When you look for people to ask for help, it is quite beneficial to search for people that have something to gain from helping you. If you ask for help from someone that won't build up their rank or reputation due to answering, they are far less likely to want to help. The locations where rank or reputation is in place includes support forums, online IRC channels, and certain instant-help chat sections on sites. When you go to these places, people are much more inclined to help, since the rest of the channel can see, or they can acquire points like on Yahoo! Answers service. You gain your assistance and they gain something they are looking for, so it works out better.

The Time Saved Is Quite Noticeable

After asking for help a few times, which you might want to do as a test run, it will then be harder for you to not do so, since you will realize the instant benefits. I posted a help message on a Photoshop forum, and got a response in 10 minutes that solved an issue which would have taken me an hour or two to handle otherwise. Other people have run through certain activities numerous times, and it is a shame to not use their experience to speed up your own production.

Preparing To Ask A Question Can Make You Think Of The Solution

Often, when you actually go to ask a question, you will think of a possible solution to your problem before you even end up asking. This is the effect of thinking through the problem more intently while getting ready to ask, which can bring up new ways of responding to the problem, as you may even think of how the helper would look at it. This side effect can happen repeatedly, as you might keep going to a support channel with nothing to say when you get there, as you are thinking about how to implement your new option. In that respect, the support channel still served its function, although in an unexpected way.

Mindset

People In High Positions Know More Than You Think

The mindset of a person in a higher position than you is vastly different than the one you possess. Misconceptions about the day-to-day thoughts of managers, leaders, and individuals above you serve to keep you from either obtaining those positions or respecting the individuals that are currently in them. Here I discuss how to view those in higher positions than you in a way that doesn't leave you out of the loop or able to progress smoothly:

First Imagine Yourself As The More Esteemed Individual

What you first need to do to get a better sense of the regular thinking of the person or people who are above you in rank, position, power, or class, is to imagine yourself in their shoes. What are they focused on that you aren't focused on? One of the first things you would imagine is that they see you under them as a small variable to worry about. Although you might be huge in your own head, you would be a relatively minor point in their thoughts. When you take on this hypothetical viewpoint, you realize that leading other people is not as complicated as it might look.

Think About The Extra Tools They Have

People in higher positions have tools that are not available to you. These tools make their leadership much easier to maintain, as they allow them to maintain a greater watch over the members of their field, and correct problems with much more ease.

One example would be of a person working in a finance/accounting office. Let's say there are ten people working in it and nine of them are under the manager of the group. Each of the nine people tends to their own functions, but is limited in their ability. As one of the nine people, you would know your duty, but would not have access to certain powers and information that the manager does. That specific power and information is probably what

the manager focuses on for most of the day, since that represents what his managerial presence is most made for. Therefore, those certain special abilities and duties are regular to the manager, so his mindset is far different from your own.

Higher-Level People Learn More And At A Faster Pace

In another way, the manager also builds up ability much more quickly. The greatest pressures and problems go to the leader or manager. They see the worst from customers, including the cleverest tricks to use the company, or manipulative measures to give the company a bad reputation. Although this would seem like a terrible occurrence, pressure is where growth comes from, so the large amount of pressure on the leading manager shapes him into a stronger individual at a quicker pace. Lower-level individuals are not able to grow as quickly because the largest issues are not directed at them (usually because they think they are not ready to handle them).

Two Points From This To Take Action Upon

This information leads to two actionable points: have high respect for people in high positions, regardless of their category or subject of leadership, and also aim to place yourself in higher positions as soon as possible. On the first note, it makes sense to treat them as highly reputable individuals, because their position above you means that they handle everything you handle plus more. This is not something to be disappointed about, but to instead recognize and appreciate. People in higher positions are only to be attacked through competition, and not through harsh words.

How David Allen Discussed This

In his “Getting Things Done Fast” audio-book series, David Allen brought up this concept by talking about a younger worker who said something to the effect of “If only I was promoted to manager, I would have it much easier than I do now”, with David’s response being something like “Sure thing kid, come on and try”. David was

pointing out that the regular perception of upper management being lazy people that somehow got into their position by chance has negligible validity in actual businesses that are currently prosperous. A manager that doesn't know the foundational material will quickly look foolish and get fired when a pressure-filled situation shows up.

Your Time Is Worth More The Higher Up You Are

As far as the second note about actionable items to take from this information, it serves you well to rise to the next level sooner more than later. One minute in a higher position might be worth five minutes in a lower position. When an opportunity comes up to move up or aggrandize in some way, keep the value of your time in mind to use against your mind's worry that the pressure or level of competency required would be too much for you to accept more responsibility.

You Don't Get What You Deserve, You Deserve What You Get

You are in a certain state of mind and environment. You have some material possessions, positions in various social systems, and other entities that you have become accustomed to. You have the option to look at the things you have as if you don't deserve any of them, and also have the option to look at things you don't have and become disappointed due to that. When you read this, you are thinking those are terrible ideas. On the other hand, there are many people that think they don't deserve what they have, or that they deserve something they don't currently have. Here I discuss why you deserve only what you currently have or have gotten.

You Aren't The President Of Your Country

For example, in the United States, there is only one president. Should everyone else beat themselves up daily for not being the president right now? You could go outside right now and put people down for failing to rise to the level of presidency. You could also blame yourself for that. It would likely be a ridiculous activity. This same concept applies to any other position you are not in. There is no value in beating yourself up for not being there. Also, anyone who is in a position put in X amount of work to get there, so if you want to be there, you have to put in X amount of work as well, no questions asked.

You're Not Spoiled

You might be in a position where you think that you have been provided with too much, and that it has spoiled you, and even worse, that you allowed the spoilage to occur. Remember that you are not spoiled because you got what you got. You are only spoiled when you don't appreciate what you currently have at this time. You can change your current state of spoilage in an instant if you take what you have and work with it in a productive fashion.

You Deserve What You Get

You need to internalize this concept. If you want to acquire something, and you grasp for it, and then get it, it is yours for your own use. No one can say you don't have rights to it, unless you broke the law, because they didn't reach for it. This is an empowering concept. If you create a position, and then maintain that position, no one can argue with you about it. This is how pro-activity provides a shining beacon of light. You create a community group of 20 people that play music together, and set yourself as the Head Musical Chair. People might argue with you about being power hungry later on down the road, but before you came to the scene, the group and position were non-existent. The only way people should actually battle you is to try to do more good things than you. Any other way doesn't work or make sense.

Use What You Have

Understand that your current possessions and positions of status are appropriate and to be used. If you don't feel that something in your presence fits you because you are undeserving of it, or that you deserve more than it, realize that those thoughts only slow you down. It is not only that you should appreciate what you have, but that you should realize it is there to stay, unless someone is trying to take it away from you right now, so you should utilize it to further your goals, forgetting about whether you deserve it, or not, or more.

Your Physical Space Translates To Your Mental Space

I would go so far as to say that your desk or table is as cluttered as your mind is. This is not to say that the physical clutter is the sole cause of your mental clutter, but that you treat clutter equally in all of your internal/external spaces. At the same time, when you do de-clutter your physical space, your thoughts will expand to fill the extra area in the room. The largest houses are valuable when they have large backyards because they open up the minds of the people living inside of them.

Your Table Is To Be Empty

Leo Babauta from Zen Habits will certainly agree to this, as your table should be set up to be as simple and clean as possible, to assist in your free-flowing thoughts. If it is not set up in this fashion, your mind is constantly looking at the things that are on the table and out of place, and is wondering when they will be dealt with. Taking action takes a short amount of time, but it saves time multiple times over during the day.

A Clean Space Brings About New Thoughts

When your area isn't a mess, your mind can then focus on other items that will surprise you, like thoughts you wouldn't have had before when your mind was somewhat caged up. Some of your highest potential creativity is held back behind small bits of clutter around you, or small tasks you have not completed. Once they are completed, your thoughts are triggered onto the next step.

You Know Exactly What You Need To Clear Out

When you were reading these things, your mind instantly jumped to some items on your table, or in your to-do list, that you need to do before you will start thinking of new plans. These are the ones to tackle, and if they aren't tackled, you will be in a dormant stage. The signals you regularly get are the ones you need to respond to.

Another Way To Look At Happiness

One way to look at happiness is to see it as a period of good following a period that is less good. This would make it a temporary feeling each time it was to occur. In this view of happiness, it wouldn't make sense to seek happiness, because it would be like waiting for the good parts of the day and trying to skip over the bad parts. The good is only there because the bad was behind it, or else the good would not be labeled as happiness.

Go For Well-being Instead Of Happiness

Unless you normally think of happiness as a type of well-being, you are going to want to go for that feeling of content you get when things are going smoothly in your routine. Happiness will be a fleeting period of time that comes and goes along that routine, but seeking it would be a disappointing activity. It is sort of like only wanting to roll down a hill, but not wanting to walk back up the hill to do so again. There has to be a give and take involved.

What Are Some Elements Of Well-being?

A feeling of well-being comes from knowing that your current mental system is allowing you to continue forward while growth takes place. Although it doesn't mean all time that passes by is enjoyable, you would be able to pick yourself out from any moment in time and see that you have a general good feeling about your progression. This comes from knowing you complete tasks regularly and on time, and that you know how to respond and deal with others that come into your path. Doing these things regularly builds up your sense of well-being.

Well-being Precedes Greatness

The foundation you build from regularly knocking task after task over is what is needed before greatness can come from you. If you are expecting your greatness to come before you have gotten into a routine of doing what you have the opportunity and desire to do, your greatness will be delayed. Look to produce that foundation.

Pursue Your Interests While They Are Still There

At this point in time, you may have one or more interests that range from socially acceptable to quite atypical. Regardless of where they fit on that scale, there is a high likelihood that these interests will change over time, and some of them will fade away. Interests don't last forever. You can't expect your passion for something to remain waiting for you months or years into the future. At that time, your priorities may be so different that pursuing that interest would make no sense.

Passion Is The Engine

With this knowledge in mind, can you see any interests of yours that are not being harnessed? Passion is worth so much more than experience, wealth, and power, because it is the generating force of all of them. Your desire to put energy in a certain activity is not something to take lightly, because the only thing separating another person from completing a same task of that type is that their desire isn't there. There are loads of people that wish they had a desire for a certain item/position.

Example: A Desire To Perform Statistical Analysis

Let's say you are a site-owner. For the last couple of days, you have had an urge to perform a statistical analysis on 30 sites of a certain type, in order to then report it to the public on your site. You have a very short window of time with which to perform this analysis, because after a couple of weeks, your desire may be gone due to changed priorities, someone else performing it already, the newness of the idea fading, etc. Statistical analysis of others sites might be cool to you today, but it might become something you couldn't be paid to do in a couple of weeks.

That Which Is Not Acted Upon Fades Away With Time

You have to start seeing new ideas and building desires as ticking clocks. From the minute you get the feeling that you are able to pursue an interest, your mind starts a subconscious clock, and if you pass a certain elapsed time on that clock, your mind then treats the item as though it couldn't have been that relevant, or you would have taken action on it.

Process The Truth Of Postponement

A related note about this returns to the common theme of not lying to yourself, or understanding ways in which you are deceiving yourself. Know that when you postpone a passion, with this information about how it will disappear over time, you are throwing it into a trash can. Don't let yourself think you are saving it completely intact for a future occasion, because doing so will get it cancelled. It is beneficial to stick with reality, so that you don't have to make up self-rationalizations to feel like you didn't make a mistake.

Now Or Never Is The Case Every Day

Here is how serious your current day is: There are certain priorities and opportunities that you have today which you will not have tomorrow. This is not meant to cause fear, but to give you a realistic sense of the choices you are making. A key point is to stay focused on today. If you don't do item X today, you may never have a chance, or the willingness, to return to it. Are you willing to give it up permanently? You are either willing to give it up permanently or not, and if you are not, it has to be acted upon today.

Activity Has To Match Goals

A large part of this is being truthful to you. If you are telling people, and yourself, that your dream is to be an accountant, but you are spending your available time doing crossword puzzles, problems are sure to erupt. It is either the case that you are avoiding something you are not interested in, or are interested in it, but are entrenched in a routine that doesn't support your pursuance of it.

Example: A Break From College

Another example of this, stretched into the long-term, is that of individuals that quit going to college on purpose for a quarter or a year. The rate of return to continue their academics has been very low from what I have seen, due to various factors that arise. Contact with certain people is lost, acquired money during the time taken off affects interest in continuing the pursuit, and the pressure of school that was once handle-able becomes too much to bear. Very few who truly wanted to acquire a degree of some sort would take a quarter or year off by choice if they could see what their future self would be thinking.

Avoiding Disconnection With Other People

There is then the case of communication with a certain person that you have talked with recently. Today might be the last appropriate day to tell them something, and if it is not said today, they may no longer value your opinion at a later date, due to your procrastinating on the communication crossing a deadline in their mind. If this rings a bell in your thoughts, then you already know who you need to talk to today. Hindsight is said to be 20/20, and things from the past can seem to be completely understood, so there is no reason to not incorporate forward thinking in your daily routine to get some of the qualities of hindsight before it is too late.

Habits Have Their Own Starting Deadlines

Another example is that of starting a habit. Today might be the last day that you can handle taking on a certain habit. If the opportunity is missed, you might never again be in a stable enough state to change one of your routine processes into a more beneficial one. This may bring up an idea in your mind of something that is reaching a threshold of handle-ability for you. Changing habits takes a load of effort and focus, and since it is always easier to change a habit now than 10 years from now, it is just as likely that there are certain habits you could be adapting which are soon reaching their threshold point. An activity started now can take one day, but if it is not started today, can end up taking a month due to distractions and disappointment issues.

Prevent Opportunity Loss By Thinking Ahead

What is the way to handle this? The easy way to deal with this concept is to spend a minute a day thinking about all the items in your life that are flying by, in order to judge the ones that are soon hitting their actual or figurative deadline. Give these relevant items a bit of your time today, as ignoring them tends to bring the kind of result that is the most disappointing, which is that which you knew you could have caused to come out differently. We only tend to feel bad about things to the degree that we think we could have brought about a better result. Things that are out of our jurisdiction are out of our minds and out of our expectation sets.

Standards You Set For Yourself Are The Vital Ones

Others can set standards and expectations for you. It is not up to you to control their views of your activity. Others can make you feel like you have to fit their standards, but you ultimately decide whether to accept their indirect control. The important standards are the ones you set yourself to maintain, regardless of how any other person acts. Michael Jordan said that he set playing standards for himself that were harder than expectations anyone else put on him. Here I discuss this concept:

Most People Do The Bare Minimum

If you notice the majority of creations in most categories, most individuals are trying to get by on the bare minimum, or are working at the lowest common denominator of material. While this can be fine to keep going at a certain pace, it is not enough to be remarkable at any level. This lack of expression means that you have a huge opportunity to shine in a group of plain individuals. If you go beyond the average, and set a high standard for yourself, for example by creating a new piece of music once a week, or calling out a new customer once a day, you will get rewards that no one else is able to get.

You Can Keep Your Standards Private

There is no need to publicly tell people the new standards you have set for your actions. If they become consistently shown through your activities, people will quickly take notice, and act as though you have a special gift, ignoring your own self-discipline. Even when compliments come your way at this point, they will not derail you, because you will know the root of your success, and will maintain focus on it instead of absorbing too much positive criticism. It is better to have others talking about your skills than to talk about them yourself.

You Ultimately Answer To Yourself

There is only person that is with you all the time and that is yourself. Others will come and go, but it is not the case that they will be around at all times to guide you or keep you in line with expectations. You will keep up consistency only if the expectations are created from your thoughts and directed at your actions, regardless of others and their views. When everyone is gone and you are back at your desk or place of residence, the main thoughts in your mind will be whether you kept up with your own plans or expectations. It isn't your place to think about how others view you until you can maintain a system of thoughts where you have yourself in line with expectations you support.

Action

Create Your “Day One” As Soon As Possible

If you ask someone who is progressing forward with their passion about the time period when they started achieving results, they will likely be able to tell you about the day they started, and how that was the branch-off point where they started to see possibilities. This point in time has a few characteristics about it that make it something you want to reach for now as opposed to later. I have labeled this the “Day One” of the process, and discuss here why you want to cause this day to arrive for your future self’s appreciation.

Use Every Entrepreneur’s Hindsight As Your Foresight

Until you start on your passion (including failing and making errors), you will not have your Day One. Your Day One is the day you will remember as the first day you finally started towards your goal. You will always wish this day had happened before it did. If you haven’t hit it yet, you can see the urgency it presents. In a way, you are using the hindsight of others’ experiences for your own foresight here. You have often heard people say “I wish I had started sooner”, speaking about anything they enjoy doing in the long-term. Your current “now” will be that “sooner” if you take in mind the following points:

Time Isn’t Your Issue

1. Realize that time has no effect on you. You are not going to have more of a chance to create material later on. The right people won’t magically show up to help you out, since if you don’t show them your steps toward your interest, they will have no idea that you could use help. If you don’t have enough interest to do it now, you probably won’t have that interest later, since our personalities are fairly fixed in place.

Researching Ideas Sounds Beneficial, But Isn't Too Useful

2. Quit researching about methods for the activity until you have already started the activity, or at least stay out of the “ideas” phase where loads of ideas are in mind but none of them are being acted upon. A member of a law firm who wants to branch out and create a new office in another county 40 miles away would do better to drive to the other county to assess it as a home for the new business, instead of having the idea of going there stuck in his head for 3 months, with uncertainty in place. 10 minutes of action is worth countless minutes of idea processing.

The lawyer who actually drives to the other county and judges a certain location as suitable or not for a new office would remember that day as the day he found his future office location. Hindsight would later tell him he would have more business in his new office if he had gone physically searching for it earlier.

Waiting For Support From Others Is The Longest Wait You Can Imagine

3. People are not going to support you until you do the heavy lifting. Your Day One won't arrive until you assume the main portion of the efforts for it. If you are waiting for another person or group of people to get to a point where they want to help you or team up with you to create the way to work on your interest, your Day 1 won't arrive. I read somewhere that the way it works is that you put out 100% of your effort amount, and other people respond in assistance with less than 100%. You don't get back effort equally, but that is good because the creation then remains in your control.

Time Spent In The Inactive Idea Phase Is Mostly Lost

Abraham Lincoln said “If I had eight hours to chop down a tree, I'd spend six hours sharpening my ax.” Although this quote is about how preparation can lead you to be far more productive in the long-term, notice that he said he would spend the six hours of preparation sharpening his ax, as opposed to planning how he would chop down the tree or thinking of ideas about other ways to do so. The six hours of preparation was active preparation,

similar to going door-to-door to find clients, e-mailing current companies in a field and asking what is missing, reading a current ecology book to get a sense of what information you need to write your own, etc. The key point is to get out of the ideas phase and on to testing ideas with other people and making an imprint on your environment, online or offline.

Avoid Moving Too Slowly

From a quote in a business magazine, the CEO of the company Cisco said that, without exception, all of the large mistakes he made in his career came as a result of moving too slowly. This could have been in relation to making decisions, taking action, trying out an idea, communicating with another person, testing a new plan, or any other item that is time-based. His quote sends a strong message to those that want to swiftly improve, since in all his years of building businesses and dealing with company-members, he said that his most consequential mistakes came from taking action late.

Good Ideas Are Fleeting

An idea comes to your mind. It tends to only be an appealing idea because your mind tells you it is currently advantageous to put it to use. If you act on it within your local time frame, these advantages usually materialize and rewards follow. However, if you take that idea, and then drag out action on it over an extended time frame, working on it in small bits each time, the advantages that would have come from doing so early on may then no longer be present.

Cut Off Slow Movement

This leads to the next point, which is: if you see yourself progressing through an action too slowly, cut it off right there, because you are not naturally motivated to perform it, and it may end up becoming one of your largest mistakes. If someone told you that you could avoid a huge mistake in your efforts, you would probably be glad for the foresight. This foresight is present in your own thoughts once you recognize the signals of a problematic procedure.

Implementation Is Key

If one person has ten great ideas and implements none of them, and another person only has one great idea and implements it, the person who actually implemented the one idea will obtain rewards, even though the other person had an abundance of ideas. In the same way, it is better to be a person progressing quickly through an idea that won't actually work out, than to be a person barely progressing on a fantastic process. The person progressing quickly through a failure of an idea will learn what the problems were much sooner, and is more likely to find a successful path.

Only Two Successful Options

Let's say you see yourself moving very slowly on some action. You only have two options that bring you positive results. One is to quit the action, and switch to one that you can start flying through. The other option is to change your attitude or habit towards the action, in order to bring about moving results. If there isn't always something new coming up, you are probably moving too slowly. One might say that another option is to leave things as they are, but that option leads down the path of time thrown out the window.

Keeping Your Thinking Ability Up To Par

The mind is meant to be continually processing new attempts, environmental conditions, and social plans. If a reasonably large risk isn't being processed at some time, it is likely that some thoughts need to be rearranged so that priorities are back in order. A mind that is left unused while moving slowly through a project is a mind that will be hard to kick back into high-processing gear when you want to return to past levels of effort.

Example: Conference Call Idea

As an example, let's say you have an idea to get five certain people together in a conference call, in order to record a group discussion that you will then release. At first, this idea is exciting to you because it would put you

in a positive position. Here are some possibilities that could occur if you move too slowly in bringing the idea to reality:

1. another person gets the idea, and implements it before you, making your version seem like a copy-cat effort
2. your idea starts to seem old and ill-fitting with changing times
3. you get into a disagreement with one of the five people so that there would be no way he would participate, and the idea no longer has value with just the other four taking part
4. your motivation diminishes as you have kept putting off the effort, and end up questioning your own thinking of it as a good idea
5. an important change occurs in your life that makes this plan no longer appealing

Reason after reason will pop up to cut off a project if it is moved upon too slowly. You can use this information to either cut off a project that would end up mainly wasting time, or to remind yourself to keep it steadily moving along the way, so that the problems of stagnancy don't start to show up.

The Task In Front Of You Is Doable

When you have a large task in front of you, that seems too large for you to do, it helps you to realize that it is doable. Something doesn't get labeled a task or a to-do item unless your mind thinks you would have a chance at doing it, or it would ignore the task. Our minds are efficient in this way. This is wise to use when you see a huge task provided to you. You can't view it as something that is out of your reach. The more you view it like this, the more it becomes out of your reach, as time passes by with inaction in place.

Think About Why The Task Is For You And Not For Someone Else

This point will remind you of why the task is there. It is there for you because you are a person that is able to handle it. You were entrusted or provided with the assignment with the reasonable expectation that you could handle it and possibly shine in the process. They say that 80% of success is about "showing up", or taking part in an activity, and this relates here in that 80% of finishing a task is about sticking with the task. Although it does take some ingenuity to maneuver through tribulations along the way, there is no game plan to work with if you don't stick with it.

Whatever You Do Instead Of The Task Is Worthless

Often times, you will have a large important task in front of you. You might want to procrastinate by doing this or that. However, "this" and "that" are garbage. Remind yourself of this repeatedly. The items you procrastinate with are not items that will support you later on. The reward from the large task is what will support you later on.

When you procrastinate by watching a TV show, remember that the actors are getting paid while you aren't, that the show is made to entice you into continuing to watch, and that teaching the masses is not the goal of the vast majority of TV shows. When you realize that the TV show is actually an enemy to your future, you might be less

inclined to continue watching. Keep stressing the negative support behind the source of your procrastination until it loses its appeal. Pretend that the source of your procrastination is trying to starve you of energy that you would have been able to use for your large task.

Your Only Real Enjoyment Will Come From Completion Of The Large Task

The things you are procrastinating with will only give you a small percentage of the enjoyment that you would get from completing the large task. You are basically trading your big reward of 50 for temporary rewards of 5 and 10, which don't even come close. If you remind yourself of this during the process, it becomes harder to continue to enjoy or accept the procrastination, because it won't make sense to your mind when the big points could be accumulated by sticking with the large project.

Focus And The World Watches You Work Wonders

Like Joan Rivers said on The Apprentice when talking about what she does to maintain her success, you need to “put your blinders on and focus” right on the task at hand. The rest of the world can't matter at that point, and shouldn't matter, and you should know that the world is glad to wait for you to finish the project. The world doesn't move when you don't move, and you always have to take the first step if you want something noticeable to be provided to you.

The Evolution Of Methods – Boldness Plus Persistence

I had a guest posting on The Change Blog about [Switching To A Bold Mindset](#), and here I build upon that concept. Boldness is not about a one-time occurrence. You have to use that mindset to influence yourself towards making progress. Instead of pairing potential boldness with a personality that gives up when an obstacle is hit, which will provide you with larger disappointments, you should be following through on a first attempt with a second response, in the same way you should follow through on a shot in basketball.

Number Guessing Involves A Process

Let's say you want to guess a number I have picked between 1 and 100, which is 28. You guess 63. I tell you that the actual number is lower. You keep trying multiple times, adjusting from 14, 45, 30, 27, and finally ending up on 28. You have to be motivated/bold enough to offer a next number, have the resiliency to handle it being wrong, and have the diligence to try with yet another.

The Same Applies To Marketing Or Completing Tasks

Although it might have been enjoyable to do for that simple number guessing situation, the same is not always true when you see a difficult item that you have to complete. If one client turns you down, do you provide him with another offer that is he is more likely to take, or find a new client to make an offer to, or do you back down from both of these options and quit trying for a week?

Get Your Questions Fully Answered

When you take enough of a risk to ask someone a question you wanted to have answered, do you follow it up with any more questions afterwards if you still are uncertain about something? The first answer might not have provided enough information for you to continue smoothly. You either get a concept or don't get it completely,

and when you don't understand a concept completely, the things you don't know about it will always slow you down. You save the time you spend asking a follow-up question a hundred times over in the future.

Push For Information More Than You Currently Do

In a situation where you are asking a question and don't show boldness and persistence, you won't get the concept solidly enough for it to serve as a foundation for future action. If it is often the case that you don't come out with reasonable comprehension, it is highly likely that you don't push others hard enough. This doesn't mean to be rude in any way, but there tends to be a good chance that the person you are asking wants to help you. Until you get some sort of indirect or direct message that you should leave them alone, ask people questions freely.

An indirect message that you are pushing or questioning too hard is that the person is slow to respond, or doesn't respond at all. If this is the case, there might be something inappropriate in your message or something wrong with your questioning tactic. Other than that, you might be providing the informer with a fulfilling feeling or knowledge of their own.

The Healthy Option Is To Lead The Way

Worry comes from uncertainty, but uncertainty is not possible when you are the one leading the course of events. You can filter out unnecessary worry by taking charge in day-to-day scenarios. It might seem like there is not much room available to get into a leadership position, but the percentage of individuals who take that leap is quite low. Here I discuss the benefits of such a decision, as well as the inverted scenario in place.

Advantages Go Straight To The Leader

Once you take the initiative to run the show, it is up to you to assess the direction it heads. Your worry is reduced since the only uncertainty can come from competing thoughts in your own mind. Your blood pressure won't rise when a change comes up, because you would be the one making that change. Your cortisol and norepinephrine levels won't shoot up, because stress and fear don't tend to originate from activities you purposefully choose to do. You will be able to manage your time, or as Celes from The Personal Excellence Blog said one of her podcasts, lead yourself, because time plans will be in your control.

Leading Should Be The Only Option That Makes Sense

That should be enough of a reason to motivate you to take initiative in leading a group/team/pack. As your health is your number one priority, acting pusillanimously when the option to take charge arises may start to seem like it isn't even an option anymore. Many people who you think of as risk-takers or bold leaders are at a point where they don't even make a large decision to run the show, because they see all the negatives that come with the opposite, and make what is in their minds an obvious decision.

You want to get to the point where falling back and letting another person lead will feel as foolish as eating spoiled food or running into a wall. Until then, it will seem like some people are amazing at making the right decisions over and over.

The Inverted Scenario

The item that works counter-intuitively to our thoughts is that the ones who take the leadership risks and put themselves in the spotlight are actually at lower risk of problems, since they have a foundation behind them. We often think they are more likely to get the worst when problems arise, which is true, but they also have the ability to delegate or mitigate such problems up to the point where a manageable equilibrium state is reached.

The real risks are on the other end of the spectrum, where anxiousness about what the leaders will do or not do leads to the health issues discussed above, and the future remains an unknown entity since control has been given away. There is a reason government officials don't give up their position unless they get a better one or have made a severe mistake, because they know that their position in essence provides them with all that they need to maintain longevity and vigor.

Closing Remarks

I must first mention that the creation and release of this book was greatly helped along by Seth Godin's concept of making sure to ship out ideas. Bringing an idea to fruition requires the ship-it thinking of needing to get your production out there for people to see/purchase/experience. Without this concept in place, this compilation book would not have been created yet.

I can't stress how important it is that you get your creations out there, if you have them in mind. Someone out there is likely waiting for you to create something so they can make use of it.

Thanks go to the various supporters and subscribers of Timeless Information. They have given me much feedback along the way, and I have met so many great people through the site who I wouldn't have met otherwise. The cool thing about writing on the site is that I was able to formulate this book, one article at a time, and then hear others comments that filled in any gaps I may have not known about. This is a great feature of putting your thoughts and understandings out there. I recommend it to all.

I appreciate your interest in my content. I am glad to have you on board as a reader.

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