

NOTES:

MINDSET

Fixed or Growth?

ATTITUDE

The battle is always, only, with yourself.

GOALS

You cannot make it as a wandering generality. You must become a meaningful specific.

The evidence is overwhelming. You must have those goals.

Zig Ziglar system -or- Compound Effect system

BE PRESENT

Waiting is not waiting, it is life. (186-187)

All moments become each moment... Presence taught me how to live. (197)

From "Peaceful Warrior":

- There are no ordinary moments.
- This moment is the only thing that matters.
- Wake up! If you knew for certain you had a terminal illness...if you had little time left to live...you would waste precious little of it. Well, I'm telling you...you do have a terminal illness: It's called birth. You don't have more than a few years left. No one does! So be happy now, without reason...or you will never be at all.
- You haven't yet opened your heart fully, to life, to each moment.
- When you are fully in the moment, you will be amazed at what you can accomplish.
- Find the love in what you do.
- Everything has a purpose. It's up to you to find it.
- Throw out everything that is keeping you from this moment.
- There is never nothing going on.

REPETITION

"Repetition is the mother of learning, the father of action, which makes it the architect of accomplishment." - Zig Ziglar, late 1900s

MAKE A TEACHER

"When the student is ready, the teacher will appear." - Buddha, 500BC

"Three people approach. My master is among them." - Confucius, 500BC

"Choose a friend and make a teacher." - The Torah, 400BC

CHOOSE A FRIEND

"Who you hang out with is who you become." - anon

"You are the average of the five people you spend the most time with." - Jim Rohn, late 1900s

PICK A DISCIPLINE

TURN PRO

"What we get when we turn pro is we find our power. We find our will and our voice and we find our self-respect. We become who we always were but had, until then, been afraid to embrace and live out."
- Steven Pressfield

"The most important thing about art is to work. Nothing else matters except sitting down every day and trying." - Steven Pressfield

"The difference between an amateur and a professional is in their habits. An amateur has amateur habits. A professional has professional habits. We can never free ourselves from habit. But we can

replace bad habits with good ones. We can trade in the habits of the amateur and the addict for the practice of the professional and the committed artist or entrepreneur.” - Steven Pressfield

SMALLER CIRCLES

"One has to investigate the principle in one thing or one event exhaustively... Things and the self are governed by the same principle. If you understand one, you understand the other, for the truth within and truth without are identical." - Er Cheng Yishu, 11th Century

To see a world in a grain of sand
And a heaven in a wild flower,
Hold infinity in the palm of your hand,
And eternity in an hour.
- William Blake, early 1800s

“For myself, I always write about Dublin, because if I can get to the heart of Dublin I can get to the heart of all the cities of the world. In the particular is contained the universal.” - James Joyce, early 1900s

KNOW & STAY TRUE TO SELF

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away. - Henry David Thoreau

To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting. - e. e. cummings

My goal is not to become good at school. And it is certainly not to become passive, dependent learners. The goal is for you to become successful... in this class, but more importantly in **your** life. And the best definition of success is by John Wooden (of course): Success is peace of mind, knowing you did your best to become the best you can be. Don't try to become better than anyone else, but never cease trying to become the best you can be.

BREAK DOWN ARTIFICIAL BARRIERS

BALANCE STRESS & RECOVERY(185-)

USE EMOTION & DIFFICULTY AS FUEL (199-)

Frank Robinson
Reggie Miller
Michael Jordan

CONTROL OPPONENT'S INTENTION (149-163,)

Sources:

Seth Godin's blog
The Art of Learning
The War of Art
Mindset
Discipline With Out Stress, Punishment, or Reward
Goals...
Success...

Mediocre Me
Think & Grow Rich
The Greatest Salesman in the World
The Compound Effect
Brain Rules