

GET OUT OF YOUR OWN WAY

The Five Keys to Surpassing Everyone's Expectations

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MAIN IDEA

The biggest barrier to accomplishing your dreams is never external. Instead the biggest barrier is always internal – how your mind works and operates. To accomplish more, you’ve got to train your brain to think differently. If you can do that, you in effect get out of your own way so you can move forward to greater personal success.

Your brain doesn’t even realize it stands in the way of achieving more. It has evolved through different eras when survival was the greatest challenge facing the human race. For that reason, the brain defends established habits, encourages you to stick to a routine, keeps you from taking risks and prefers the known to trying new things. All of these patterns are helpful when playing it safe was an imperative but they are far less productive in the modern era.

To get your brain working for you instead of against you, you have to make five somewhat counterintuitive choices:

The five keys to getting out of your own way so you can surpass everyone’s expectations

- ▶ 1 DIRECTION – not Motion
- ▶ 2 FOCUS – not Time
- ▶ 3 CAPACITY – not Conformity
- ▶ 4 ENERGY – not Effort
- ▶ 5 IMPACT – not Intentions

Instead of endlessly trying harder to do the same things over and over, it’s time to try doing something different. Once you do that, you may even find what everyone else thinks is impossible really is not. It just requires your combination of skills and talents.

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