

# FOCUS ON YOURSELF NOT OTHERS

*We  
develop a passion  
for Teaching!*



**ENGLISH PODCASTS 1000**

Today i need you to embrace what  
comes hard today i need you to  
accept the challenge today i need  
you to fall in love with the process  
there will be plenty of  
opportunities to get discouraged to  
lose your passion and think that it's  
not meant to be but if you're going  
to reach your destiny you have to  
have a made-up mind if you give  
up after the first time or the fifth  
time or the 30th time what that  
really means is you didn't want it  
bad enough there should be  
something you're believing for that  
you are relentless you are not  
moved by how impossible it looks  
you're not discouraged by how  
long it's taking you don't give up  
because people told you no your  
attitude is if i have to believe my  
whole life i'm not going to stop

believing i am not going to take no  
for an answer i'm not going to  
settle for mediocrity i'm going to  
keep pursuing what put in my heart  
and ask yourself what do i really  
want what do i really want and  
write it down writing causes  
thinking thinking creates an image  
and you get these images going  
you're building a vision in your  
mind it's the visionaries that  
change the world think of that but  
what keeps that competitive edge  
what keeps you on top is the ability  
to think and prepare mentally over  
and over and over again the body  
has limitations the mind does not  
we focus so much on what goes on  
from the neck down that we forget  
it all starts from here everything  
starts from it if you're not mentally  
ready you're never really

physically prepared and that's where the preparation starts what would your life be like as you look toward the future if you decided i'm not going to allow my peers to stop me and i'm saying to you whatever you got to do do it because if you don't life is gonna whoop you until you surrender so when you're young and you make mistakes don't let them eat you up cause everybody that that made it that made you got to fail in order to win hey look man to understand how to hit the game when they shot you got to miss the game when it shot you know you've got to be tough because the road to success is always under construction it's never a clear path to success the people who become successful are the people who have a relentless

attitude and you just got to hang in there through the bad breaks because the bad breaks is coming but they usually come right before the big break is about to happen you get a series of bad breaks and it stumbles up a lot of people my life and my success is to say to anyone you can stumble you can fall you can get back up again no matter what you face [Music] no matter how bad it is going to be when there is a challenge [Music] and by a challenge i mean anything in life any any challenge anything that you're facing the only way to overcome the challenges that you face [Music] is to start walking [Music] take that step every day no matter what you are facing get up and start walking i have the ability to see the end before the beginning

even begins and what that means is  
i know that to get to the very end i  
can see it right now so before i  
went to butts and i was losing  
weight i saw myself walking across  
the stage at 191 pounds that's what  
i had to get to to get into the door i  
saw myself six months a year later  
whatever's gonna take me to do i  
saw myself walking across that  
stage getting that certificate of  
graduation from buds and i was  
able to be there at 300 pounds and  
that feeling that i was nowhere  
near that feeling i was able to put  
myself there a million times every  
day and that feeling of like my god  
that is going to feel amazing that's  
what made me suffer that's what  
allowed the pain to be real and say  
this is worth it i want to feel for  
this next 18 months it took me 18



months to finally become a navy to finally you know just get through butts 18 months six months took me 18. That's what woke me up every morning was i'm gonna put myself through this much pain and suffering for a few seconds that's all it is a few seconds of joy it's so worth it man i said people don't get so i'm able to put myself at the finish line even though i have no finish line but at the finish line of an event before i even start them and say how are you going to fill it into this visualizing this is my biggest tool of life that's why i i've been able to put myself in cold water put myself in a 100 mile race millions of times before i've done it and i'm able to go through the race and see i'm going to feel it my 50. Almost to the almost to the exact

exact feeling right so when it  
comes up it's no surprise no  
surprise i've already done this a  
million times i recommended the  
last time i was here the little book  
richest man in babylon and i said  
i've lectured now to over three  
million people guess how many  
have actually gone and got this  
little book answer very few my  
best guess is ten percent such an  
easy thing to do this little book  
number one is easy to find number  
two it's easy to buy the most you  
can pay for it six seven eight  
dollars you can borrow that from  
your kids but if it's easy to find and  
easy to buy and if it's easy to read  
why wouldn't everybody go get it  
we don't know i don't know  
nobody knows here's how  
profound it is some do and some



don't now here's the numbers about  
10 do we don't know the mystery  
of that and i'm telling you 10 years  
from now those numbers will still  
be the same the numbers don't  
change only the faces change i  
used to belong to the 90 who  
couldn't be bothered even if it was  
easy how many people have a  
library card answer three percent  
97 couldn't be bothered guy  
specializes in happy hour but he  
doesn't have a card and now  
readily and quickly blames the  
government and blames his  
company and blames the pay scale  
here's my advice to you today walk  
away from the 97 percent don't talk  
like they talk don't go where they  
go don't act like they act don't  
specialize in what they specialize  
in throw away the blameless they

cling to you got to be consciously  
conscious today because your  
environment can hypnotize  
mesmerize and paralyze you  
[Music] the other thing is take full  
responsibility for your life [Music]

oscar wilde once said  
responsibility is what we expect  
from somebody else this is very  
true most people dread accepting  
responsibility that's just a fact of  
life and we can see it in operation  
every day we can see ourselves  
getting hot under the collar when  
the dentist keeps us waiting and  
we're sitting there reading old  
magazines when our appointment  
was 30 minutes ago and we don't  
stop to think that we forgot to mail  
in this month's mortgage payment  
we can see ourselves growing  
angrier and angrier because of

business contact is supposed to call at noon and here it is almost two o'clock and the phone still refuses to ring but we don't stop to think about the calls we ourselves have forgotten to return while we've been so busy fuming we can see ourselves writing an angry letter to the airline because a flight was delayed but we don't write an angry letter to ourselves when we're late for something even though that might not be a bad idea at all yes we can see avoidance of responsibility all the time in both our personal and professional lives and here's something else we can see just as often we can see that most people aren't as successful as they wish they were [Music] do you see there's a connection between these two very common

phenomena i certainly do and by the end of this session i hope you'll agree with me i hope you'll understand that it's in your best interest to take responsibility for everything you do but that's only the beginning i'm also going to suggest that many times it's even best to accept responsibility for the mistakes of others especially when you're in a managerial or leadership role i can hear you saying what accept responsibility for someone else's mess-ups why would i want to do something like that well that's a fair enough question and over the next few minutes i'll try to answer it one of my weak points in my personal life is i don't like technical stuff so even though i have to be on twitter and instagram and facebook i don't

care for that so guess what i find  
somebody who loves to do that you  
know i find somebody who has a  
strength where i will have a  
weakness and i partner with them  
all you're trying to do is get to the  
goal no one gets there by  
themselves everybody needs help  
now when you know what you got  
going for you be confident not  
cocky managing your strength  
knowing what they are and don't  
let nobody talk you out of it and  
that gets you fight ready you get  
fight ready like that you got to  
know you helps you develop your  
skills all the while you're  
developing your strength it's it's  
not you just got to keep developing  
the strength don't let anybody talk  
you at the same time you must  
work on improving your

weaknesses so i've had to in spite of myself get on instagram get on twitter get on facebook i gotta do the videos whether i want to or not because the world is moving to social media if i had as many followers as kim kardashian i probably wouldn't even have to do this tv show [Music] during the years when professional basketball was just beginning to become really popular bill russell who played center for the boston celtics was one of the greatest players in the pro league he was especially known for his rebounding and his defensive skills but like a lot of very tall centers russell was never much of a free-throw shooter his free-throw percentage was quite a bit below average in fact but this low percentage didn't really give a



clear picture of russell's ability as an athlete and in one game he gave a very convincing demonstration of this it was the final game of a championship series between boston and the los angeles lakers with about 12 seconds left to play the lakers were behind by one point and boston had the ball it was obvious that the lakers would have to foul one of boston's players in order to get the ball back and they chose to foul bill russell this was a perfectly logical choice since statistically russell was the worst free-throw shooter on the court at that moment if he missed the shot the lakers would probably get the ball back and they'd still have enough time to try to win the game but if russell made his first free throw the lakers chances would be

seriously diminished and if he made both shots the game would essentially be over [Music] bill russell had a very peculiar style of shooting free throws today no self-respecting basketball player anywhere in america would attempt it aside from the question of whether it's an effective way to shoot a basket it just looked too ridiculous whenever he had to shoot a free throw the six foot eleven russell would start off holding the ball in both hands about waist high then he'd squat down and as he straightened up he'd let go of the ball it looked like he was trying to throw a bucket of dirt over a wall but regardless of how he looked as soon as bill russell was fouled he knew the celtics were going to win the game

he was absolutely certain of it because in a situation like this statistics and percentages mean nothing there was a much more important factor at work something that no one has found a way to express in numbers and decimal points simply put bill russell was a player who wanted to take responsibility for the success or failure of his team he wanted the weight on his shoulders in a situation like this no possibility for excuses no possibility of blaming anyone else if the game was lost no second guessing bill russell wanted the ball in his own hands and nobody else's and like magic even if he'd missed every free throw he'd ever shot in his life before this he knew he was going to make this one and that is exactly what

happened that is what virtually  
always happens when a man or  
woman accepts responsibility  
eagerly and with confidence  
[Music] you.