

The Five Olympic Rings of Success

by Ruth King

Last Thursday I sat mesmerized for an hour and a half watching and listening to Denis Waitley. He held the audience spellbound without power points, without much movement. . .just with his words, emotion, and delivery.

It is rare for me to say that a speaker was phenomenal. However, Denis really was. I've listened to his tapes for years but this was the first time I've had the opportunity and privilege to see him on stage. I'll be interviewing him on ProfitabilityChannel.com later this year when his new book comes out. I'll let you know when that happens so you can watch and ask questions.

Denis' message, The Five Olympic Rings of Success, was thoughtful, inspiring, and my thought was "I want a copy so that my 18-year old daughter can listen to him."

I am paraphrasing it here so that you can get his wisdom, as translated by me.

Ring #1: Self Awareness

Who are you right now? What are you doing? Do you enjoy it? What are your God-given talents that you were born with? What skills and behaviors have you learned? Find something that you love to do. If it's not heating and air conditioning, then do something else. Life is too short to go through it miserable. You don't want to say "I wish I would have". . .when you're on your death bed.

Ring #2: Self Confidence

You must have self esteem and self worth. You need to feel good about you. If you don't what will it take to feel good? Start doing it? The fact is that you can't please anyone else for long unless you please yourself first.

Ring #3: Self Determination

You have a personal responsibility for accomplishing your goals and objectives. No one sets them for you. You do. Don't make excuses.

Ring #4: Focus on the desired result

Focus is essential for success. If you are scattered, try to do too many things at once, or don't do anything, you'll rarely be successful; whatever your definition of success is.

Ring #5 Discipline

It takes one year to make a habit. Some motivators say that it takes 21 days. Yes, you can start in 21 days. However, lasting habit changes take a year. You are replacing habits with other habits. You are "doing within when you are doing without." Denis has proven that the human mind cannot distinguish between simulation and reality. Memory is recall. Simulation is precall. Visualize the results; simulate the results before it happens.

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