

Living Fast And Loving It!

by TERRY L. BROCK



We can all agree that the pace of life today is faster than ever, due in large part to the rapid change in technology.

We complain about it, but we can overlook the benefits of today's fast-paced world. Would you rather have to wait longer to get vital information you need? Think what it is like at the airport when you're waiting for a delayed flight. Think about delays in traffic due to an outmoded transportation system (our "super" highways). Speed in some places would be better than ever.

There are keys to getting ahead and keeping your business on top of it all. Think about how your business and your personal life can adapt to the new principles of living and succeeding in today's world. Here are a few that can assist:

- **Try and fail quickly.** The best learning comes from trying something, failing and then correcting that failure. In today's Internet-crazed world, we have great opportunities to try something. Yes, you will fail. You will fail a lot and that is just fine. Keep trying. Just remember to get back up when you fall down.

- **Use lots of small tests to see what is going to happen.** If you know you're going to fail a lot, don't put everything in on one big match point. Freeman Dyson, a noted astrophysicist, said that the best way to put a man on Mars would be through a regular series

of Mars missions. Each mission would learn from mistakes of the past and build on top of that. Hollywood would like us to believe that the hero tried that one attempt at the last minute and it miraculously worked. That works fine in the movies — not in the real world. Start small and have lots of repetitions; this is the key to getting ahead.

- **Remember that failure is not failure but only a chance to see how something will not work.** Remember Edison's example of trying 10,000 times to see how to make a light bulb? We've all heard that motivational one many times. But it remains true; you have to be willing to fail. If you view failure as positive information, it can help you change course to the right direction. You'll simply adjust and keep going. Remember the old motivation story about the plane going from New York to Los Angeles that is off course 90 percent of the time? The autopilot keeps adjusting constantly for changes in the wind, storms and other occurrences that move the plane off schedule. Your life is like that. Keep it on track by remembering your goal.

- **Learn fast.** Develop the ability to quickly add new information to your storehouse of knowledge. See speed reading on the web. Check out www.selfgrowth.com/reading.html for more information on increasing your own read-

ing speed. Bonus: **Listen fast.** Get variable speed control on your tape player or MiniDisc and listen to audio recordings while in the car and on the move. I visit sites like www.audiohighway.com and www.audible.com to get sound recordings and download them from the Net. I then record them onto my MiniDisc and listen to them when driving or flying to saturate my mind with a variety of quality audio material. Try these sites and see the abundance of information that is available for you today.

- **Use the best tools.** Handheld devices like the Palm, Visor and others bring the power of computing to you better than ever. If you don't have one by now, make it a point to study that market again. The power of having schedules available when you need them is unbeatable for achieving the goals that you want.

- **Make friends fast.** Get to know more people. Others will enrich your life. Get to know them. Accumulate lots of friends along with way. There will be some that aren't just right for you; have them as casual friends at a minimum. When you find someone with whom you just can't get along, wish him or her well and be on your way. Don't get involved in negatives, as that will only pull you down. Stay positive and make it a regular feature of your life to set forth only positive behaviors that are in line with your life goals. Remember that in today's fast-paced world, you can't keep up on everything, so you have to have a good team. You have to rely on others and their expertise. There are lots of good people out there — you just

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have to find them. That's one of your jobs. Don't neglect this important job requirement.

- **Make it a point to stay up on the Net.** The Internet is the prime source of news for many successful people today. Make it a point to read regularly from various sources. Read from conflicting sources and then use your own judgment. That exercise will expose you to many views, stretch your brain to develop better thinking ability. Don't read from only one source and certainly not from just those that support your opinion. Remember that Gen. George Patton studied Field Marshall Erwin Rommel.

- **Deliberately and emphatically carve out your own slow time.**

Because life is so fast, you have to make the time for downtime. I find that each day a quiet time of meditation and quiet reflecting thought in the morning helps me to get centered and know exactly what to do and when to do it. Find what works for you and then give yourself a treat every day of at least a few moments of quiet, uninterrupted time. This might mean only a few minutes, but you owe it to yourself as much as you have to eat and sleep.

The world is fast; the pace will only quicken as we face challenges. However, with the right tools (technology) and the right attitude we will not only survive, but will thrive in the midst of it. □

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