

MINDSET MASTERY CLUB

QUANTUM LEAP YOUR SUCCESS

You2 - Quit Trying Harder

Quantum leaps cannot be achieved through incremental steps or through "more of the same."

You've got to shift gears. You have to follow new patterns of thought and action. The rules of what works and what doesn't always change when you are trying to make a move from normal performance to *you2*.

Stop and think about it. Here's the way it goes "more of the same" usually just gives you more of the same.

Of course, if that's mainly what you're after, fine. Try a little harder and get a little bigger payoff. Try a lot harder and you can expect a lot better results.

Right?

Well, possibly. But it's definitely not a sure thing.

Sooner or later you're going to reach the point where you can't try any harder. It may be that your spirit flags, or that your physical and mental resources are stretched to the limit. And often, well before you come to that set of circumstances, you reach the point of diminishing return—trying harder and harder starts producing less and less. Sometimes, in fact, intensifying your efforts produces nothing except bigger problems.

As a case in point, go back to the story of the fly. That little insect could have turned away from the window 180 degrees and followed the path of least resistance as it flew to the open door. A quantum leap to freedom. Ten seconds of effortless flight would have produced total success, while hours of frustration and panic spent beating its wings against the glass were destined to end fruitlessly in death on the dusty windowsill.

Now this is not an argument against self-discipline or persistence. Those are true virtues. Over a lifetime they can make a powerful contribution to success and achievement.

They are fundamental to the development of your talents. It's extremely important to apply yourself diligently, and sometimes "staying power" is what delivers a big win.

But ordinarily you will find that trying harder produces only incremental gains, not quantum leaps. Also keep in mind that trying harder (even a lot harder) sometimes offers little more than a straight path to burnout. Attempting to succeed through "more of the same," being resolute, and relying on committed effort, can blind you to better pathways.

If you want to make a quantum leap, quit thinking about trying harder. More effort isn't the answer.

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You2 - Ignore Conventional Approaches

Get ruthless about trying something different.

Ordinarily we achieve conventional growth because we think along conventional lines. We experience reasonable performance gains because we rely on reasonable approaches. We find ways to make modest improvements in our level of success because we go looking for nothing more.

Quantum leaps require you to abandon the status quo. Instead of once again trying what you have always done, maybe with even more intensity and determination, ignore the usual.

you2 requires an abrupt change in behavior.

Look for a paradoxical move. For example, consider reversing your field. Try being illogical. Ricochet. If you're trying to climb over the wall, open a door and walk through. If you're pushing against the river, try going with the flow. Use finesse instead of effort.

You must do something new!

The tendency, when you stall out or begin to level off in your performance, is to go back to the basics and "do what you do best." But doing what you do best can be the worst thing you could do. It really doesn't matter how well you can do something if it's the wrong thing to do.

"Faith in the familiar" sets the trap. And you spring it when you reinvest yourself in what logically seems like it should work because it usually worked in the past.

To make a quantum leap, you've got to break out of the rut where you've been running. Second-guess your routines. Overcome the addiction to your old methodologies. Set a new pattern.

If the things you're doing have quit working, stop doing them. Focus on what works. If you'll just quit what you've been doing, instead of doggedly doing it harder, you at least create an opportunity—some "white space"—to do something else.

Quantum leaps come when you seek the elegant solution. So look for an approach characterized by simplicity, precision, efficiency, neatness. It won't be as complex or time-consuming as your present struggle. Overall, it will be less demanding of your energies and emotions. And it probably will not be familiar to you.

you2 calls for a fresh perspective, a deft move, a path of less resistance. There is a way you can do more with less.

