

BE THE BEST YOU CAN BE!

"To remain as you are denies who you can be." (Larry Jones)

At this time of the year, people are generally pre-occupied with the events of the festive season. Rightly so, especially if you have worked hard during the year, you do deserve some pampering and time to do a few things differently which will not be the regular work schedule. Get together with family and rediscover love and the invaluable worth of your loved ones.

You may choose to add something extra to this time of relaxation or whatever you may be doing. This is the thought that you can be 'the best of you' in 2008. Affirm that 2008 will be your best year ever. I am convinced that I have my best year coming within the next few days, and I tell myself so and prepare towards it.

What does it mean to be the best you can be? In answering this question, I direct your attention towards drawing a comparison between being **the** best and being **your** best. Jamaican Asafa Powell held the men's 100m world record of 9.77 seconds since 2005, until he broke this by setting a **new world record** of 9.74 seconds in September of this year, 2007. Asafa's focus was not on winning races, but of breaking his own records. He could have won the race by coming in at 10.00 seconds (second place was 10.03 seconds); but the medals no longer satisfied him. Champions compare themselves against their preset goals, whilst amateurs compare themselves with other people. Asafa has been trained to set his sights at being **his** best.

In progressing with the publication of my book, *'Dream and Achieve'*, I set personal targets for reviewing and editing the manuscript and induced other people to conform with my targets. I did not surrender to "what usually happens". As a result, I have been able to set a date in February 2008 for the formal launch of this new book.

One of the ways by which you may begin to set new goals for yourself and actually attain them is by developing and practising the principles of 'visualisation' and 'affirmation' regularly. **Visualisation** is your ability to create an imagination of the intended outcome of your thought processes. **Affirmation**, on the other hand,

refers to the making of verbal statements of your desired outcome of your thought processes. 'Seeing' and 'hearing' your desire, and mixed with emotion, influences your subconscious mind and develops a possibility attitude within your person. Your persistent practice of visualisation and affirmation will provide you with rich rewards that significantly outweigh the 'price' you have to pay for persistence. I encourage and challenge you to be the best that you can be! What will you aim for?

Merry Christmas and Happy **BEST** Year ahead!

Kola Olutimehin BSC FCCA, helps people to induce their dreams and to work towards the achievement of these dreams in their lifetime. He also provides business process re-engineering services to corporations towards the attainment of their corporate goals. A **life and business coach, author, international motivational speaker, and investor**, Kola conducts 'Dream and Achieve' seminars and various conferences in addition to bespoke workshops to organisations and individuals.

For previous issues of Kola's newsletters and more information, visit www.getkola.com or send an email to info@getkola.com.

You may forward these newsletters to family, friends and colleagues, who may also sign up to receive these **free** newsletters directly, by registering their email addresses at www.getkola.com. If you no longer wish to receive these newsletters, please send an email to info@getkola.com, and insert the word "UNSUBSCRIBE" in the subject line.