

Chapter 1 : The Life of the Buddha and His Greatness

"Be not afraid of greatness. Some are born great, some achieve greatness, and others have greatness thrust upon them." © William Shakespeare, Twelfth Night.

Seven days after the birth of the child, the mother died, and Mahaa Pajaapati Gootami, her younger sister, who was also married to King Suddh6dana, became his foster-mother. Great were the rejoicings of the people over the birth of this illustrious prince. A certain ascetic, named Asita, also known as Kaaladeevala, was particularly pleased to hear this happy news and, being a tutor of the King, visited the palace to see the royal baby. The overjoyed King brought the child, to pay him due reverence, but, to the surprise of all, his feet turned and planted them-selves in the matted locks of the ascetic. When he thus honored him, the royal father too saluted him in the same way. The great ascetic at first smiled and then was sad. Questioned as to his mixed feelings, he replied that he smiled because the Prince would, eventually become a Buddha; and that he was sad because he, owing to his prior death and rebirth in a Formless Plane - Aruupalooka,[6] could not benefit by the superior wisdom of the Enlightened One. His family name was Gootama. Amongst them were eight distinguished men. Examining the characteristics of the child, seven of them raised two fingers and gave a double interpretation, saying that he would either become a Universal Monarch or a Buddha. The Ploughing Festival A very remarkable incident took place in his childhood. It was an unprecedented mental experience which, in later life, during his search after Truth, served as a key to his Enlightenment. As an encouragement to agriculture the King arranged for a Ploughing Festival. It was indeed a festive occasion for all, as both nobles and commoners decked in gala dress participated in the ceremony. On the appointed day the King, accompanied by his courtiers, went to the field taking with him, the young Prince together with the nurses. Placing the child on a screened and canopied couch under the cool shade of a rose-apple tree to be watched by the nurses, the King took an active part in the Ploughing Festival. The thoughtful child, mature in intellect though young in age, seeing none by him, sat cross-legged, and intently concentrating on inhalation and exhalation, gained one-pointedness of the mind and developed the First Ecstasy - jhaana. He hastened to the scene and beholding the Prince in meditative posture, saluted him saying: Being a scion of the warrior race, he must have been specially trained in the art of warfare. At the early age of sixteen, he married his beautiful cousin Princess Yasoodharaa,[9] who was of equal years. After his happy marriage, he led a luxurious life, blissfully unaware of the vicissitudes of life, outside the palace gates. Of his luxurious life as a prince he states: I was delicate, excessively delicate. Blue lotuses bloomed in one, red in another, and white in the third. I used no sandalwood that was not of Kaasi. Night and day a white parasol was held over me so that I might not be touched by heat or cold, dust, leaves or dew. During the four rainy months, I lived in the palace for the rainy season, entertained by female musicians, without coming down from the palace. Renunciation With the march of time truth gradually dawned upon him. His contemplative nature and boundless compassion did not permit him to enjoy the fleeting pleasures of a royal household. He knew no woe, but he felt deep pity for sorrowing humanity. Amidst comfort and prosperity, he realized the universality of sorrow. One glorious day, as he went out of the palace to see the world outside, he came into direct contact with the stark realities of life. Within the narrow confines of the palaces, he saw only the rosy side of life; but the dark side, the common lot of mankind was veiled from him. His observant eyes met the strange sight of a decrepit old man, a diseased person, a corpse, and a dignified hermit. The first three sights convinced him of the inexorable nature of life and the universal sickness of humanity. The fourth signified the means to overcome the ills of life and attain calm and peace. Realizing the worthlessness of sensual pleasures highly prized by ordinary men, and the value of renunciation in which the wise seek delight, he decided to leave the world in search of Truth and Peace. When this final decision was made after much deliberation, the seemingly happy news of the birth of a son was conveyed to him. Contrary to expectation he was not overjoyed but regarded the first and only offspring as an impediment. Normally an ordinary father would have welcomed the joyful tidings, but Prince Siddhattha, extra-ordinary father as he was, exclaimed, "An impediment - Raahu, has been born; a fetter has arisen. The palace was no longer a congenial place for the destined Buddha. The time was ripe for him to

depart. He ordered his favourite charioteer Channa to saddle the horse Kanthaka, and went to the suite of apartments occupied by the Princess. Opening the door of the chamber, he stood on the threshold and cast his dispassionate glance on the wife and child who were fast asleep. His compassion for his two dear ones as well as for the whole world dominated him at the moment of parting. He was not worried about the future worldly comforts and happiness of the mother and child as they had everything in abundance and were well protected. Leaving all behind with a light heart, he stole away from the palace at midnight and rode into the dark on his horse, attended only by his loyal charioteer. As a penniless wanderer he went forth in search of Truth and Peace. It was in his twenty-ninth year, the turning point of his career, that Prince Siddhattha made this historic journey. He journeyed far, and crossing the river Anomaa rested on the bank. Here he shaved his hair and beard and, handing over his garments and ornaments to Channa with instructions to return to the palace, adopted the simple yellow garb of an ascetic and led a life of voluntary poverty. The ascetic Siddhattha, who as a Prince had lived in the lap of luxury, became a penniless and homeless wanderer living on what little the charitable gave of their own accord. He had no permanent abode. A shady tree or a lonely cave sheltered him day and night. Barefooted and bareheaded, he walked in the scorching sun and in the piercing cold. His humble dress was made of cast-off, worthless, coarse rags. With no possession to call his own except a bowl to collect his food and robes just sufficient to cover the body, he concentrated all his time and energies upon discovering the Truth. The unenvious teacher, delighted to hear of the success of his distinguished pupil, honoured him by placing him on a level with himself and admiringly said: The doctrine which I know, that also do you know; and the doctrine which you know, that I know also. As I am, so are you; as you are, so am I. Come, friend, let both of us lead the company of ascetics. This is the highest stage in worldly concentration when consciousness becomes so subtle and refined that it cannot be said that a consciousness either exists or not. Ancient sages could not proceed any further in mental development. His teacher then honoured the ascetic Gootama further by inviting him to take full charge of all disciples as their teacher. The doctrine which Raama knew, you know; the doctrine which you know, Raama knew. As was Raama, so are you; as you are, so was Raama. Come, friend, henceforth you shall lead this company of ascetics. He was seeking Nibbaana, the complete cessation of suffering. He found that nobody was competent to teach him what he sought as - all were enmeshed in ignorance. He gave up seeking external help, for Truth and Peace are to be found within. His Struggle for Enlightenment Meeting with disappointment but not discouraged, the ascetic Gootama, seeking for the incomparable state of Peace Supreme, wandered in the district of Magadha and arrived in due course at Uruvela, the market town of Seenaani. There he spied a lovely spot of ground, a charming forest grove, a flowing river with pleasant sandy fords, and near by was a village where he could beg for his food. The place was congenial for his meditation. The atmosphere was peaceful, the surroundings were pleasant, the scenery charming. He resolved to settle down there alone to achieve his desired object. In ancient India great importance was attached to rites, ceremonies, penances, and sacrifices. It was then a popular belief that no salvation could be gained unless one led a life of strict asceticism. Accordingly for six long years he made a superhuman struggle practising all forms of severe austerity, with the result that his delicate body was reduced almost to a skeleton. The more he tormented his body, the farther his goal receded from him. Temptation of Maara the Evil One His prolonged painful austerities proved utterly futile. They only resulted in the exhaustion of his energy. Though physically a superman, on account of his delicate nurture as a prince, he could not possibly stand the great strain. His graceful form faded almost beyond recognition. His golden coloured skin turned pale, blood dried up, sinews and muscles shrivelled, his eyes were sunk and blurred. At this critical stage, Maara [11] approached the ascetic Gootama and said: You are lean and deformed. Near to you is death. A thousand parts of you belong to death; to life there remains but one. Live, O good sir; life is better. Living you could perform merit. By leading a life of celibacy and making fire sacrifices, much merit could be acquired. What will you do with this striving? Hard is the path of striving, difficult and not easily accomplished. He replied, O Evil One, kinsman of the heedless! You have come here for your own sake. Even an iota of merit is of no avail. To them who are in need of merit it behoves you, Maara, to speak thus. Why do you question me, who am thus intent, about life? Even the streams of rivers will this wind dry up.

Chapter 2 : True Greatness - Howard W. Hunter

Find this Pin and more on The Lives of Greatness by LouAnn Ingram. dianaross: Diana on the cover of Jet Magazine, Diana Ross - Always an inspiration since I was a little girl. She IS glamour. Diana Ross is a constant source of inspiration. We take a look back at her iconic looks, and explore how you can incorporate her style on your wedding day.

I have neighbors here in Jerusalem who make me cry. Every time I see them “ in the grocery store, on the bus, or at a wedding “ I am moved to tears by their sheer greatness. They look like the rest of us, but in their presence I feel as star-struck as when, some 30 years ago, I found myself sitting at an airline gate directly across from Jackie Kennedy Onassis. In my estimation, each one of these women dwarfs Jackie O in greatness, yet they move through the streets of Jerusalem incognito, disguised by their humility in lieu of sunglasses. Each of them lunged into greatness at a particular moment, but the years of effort and exertion that followed that moment are perhaps more remarkable than their initial choice. Many of us can be heroes of the moment; few of us can be champions of marathons that last for years. Her deformity was in fact her badge of honor, the perpetual memento of her heroism. I have to admit it: I was on an overcrowded bus that stopped at Mount Zion, and a woman got on and stood in the aisle near me. The skin of her face looked like crepe paper, alternately crinkled and taut. I had no idea that her deformity was in fact her badge of honor, the perpetual memento of her heroism. Her husband Simcha played in the legendary Diaspora Yeshiva Band. On December 2, , Simcha departed with the band for an American tour. She had a reservation to fly home to the United States the following day. Then she raced toward the living room where Nana had been sleeping on the couch. She was stopped dead in her tracks by an invisible wall of gas. Somehow, she broke through it and into the living room. Malka opened the three windows. Then she heard a loud, echoing noise. Suddenly the entire room was on fire. Malka was engulfed in flames. She ran through the conflagration, down the hallway, and into her bedroom. She dove onto her bed and rolled herself back and forth until the flames burning her body were extinguished. She ran back into the inferno to rescue her two other children. Her nightgown was completely burned up. She grabbed her two-year-old son, ran down the hallway, out the door, and out of the building. She thrust her son into the arms of one of the neighbors, who had been awakened by the smoke. Then she ran back into the inferno. She raced with them out of the apartment to safety outside the building. A crowd had begun to gather. She searched their faces for her grandmother, whom she assumed had escaped from the apartment on her own. She could not find her. With horror, Malka realized that her grandmother must still be inside the blazing apartment. A man in an army jacket was standing at the door of the apartment. He looked into the blazing apartment and shook his head. Most mothers would have burst through the flames to save their own children. Malka plunged back into the inferno to save her grandmother. She found Nana and shepherded her outside. They were both taken by ambulance to Hadassah Hospital. Of the two, Malka was by far more seriously injured. As later reported by her attending physician Prof. Serious burn victims usually died of shock within the first few days, or infection in the succeeding weeks. As she later wrote: My relationship with Hashem [God] grew very intense. Although heavy doses of morphine had dulled her pain during the first week, the doctors, fearing addiction, stopped the morphine and replaced it with drugs that did little to ameliorate her excruciating pain. The treatment for burns rivals the tortures of the Inquisition. Her entire body “ every limb, digit, and joint “ was wrapped in sterile bandages like a mummy. With nothing but Valium to sedate her, Malka was rolled into the room with the bath. Her portable bed was lifted up by a crane and suspended over the bath, which was the size of a small swimming pool. Then she was lowered, stretcher and all, into the water. The nurses would lean over me in the water and slowly begin to unravel my white gauze bandages, limb by limb, joint by joint. The feeling of having these bandages removed was like having my skin ripped off. Sometimes after the bandages had been taken off, the nurses would scrub my raw flesh. Little wonder that, as Chaya Malka recently told me, many burn victims die not from their burns, but from giving up. Chaya Malka did not give up. When after four months she was released from the hospital, she was outfitted in a Jobst pressure suit. This elastic pressure suit prevented burn scars from becoming elevated and disfiguring. It encased her entire body, from head to toe, with openings for the eyes, mouth, etc. Her healing

skin itched torturously, and the Jobst suit prevented her scratching to relieve the itching. Despite this, she valiantly wore the suit for two years. The year after the fire, Israel became embroiled in the Lebanese War. Chaya Malka decided to take on a mission: Returning to the scene of her own trauma was one more act of courage in a woman who had by then survived by her faith and courage alone. Chaya Malka and her husband Simcha became depressed and felt emotionally detached from God. But after three months, they woke up and reconnected. From when Chasya was two years old, her mother would watch her doing kindness to other members of the family. When another child would cry, Chasya would go over to her, sit next to her, and be with her. He saw my potential and gave me this gift in order to help me learn so many precious lessons. She speaks about the fire, about appreciating life, trusting God, and doing acts of kindness. But her favorite subject is her daughter Chasya.

Chapter 3 : Start Here - Lewis Howes

Hi there and welcome to Inspiring Lives of Greatness! We're so happy you're here. This page is all about uplifting a community of people to live happier lives.

Getty Images In the words of John Quincy Adams, "If your actions inspire others to dream more, learn more, do more and become more, you are a leader. Measure yourself against these 26 attributes and ask yourself how you can lead from your very best qualities: Authentic Be genuine and reliable, trustworthy, and always the same person. Brave Develop courage in the face of risks--and bad outcomes. Character-driven Character resonates with people and impels them to follow and trust. Decisive Determination and daring make great leaders unshakeable. Engaging Connect with enthusiasm, empowerment and encouragement; remember that everyone can make a positive contribution. Fearless If you are brave in your thinking and daring in your actions, you can accomplish anything. Goal-oriented Goals provide governance to vision and mission, guiding people and organizations to a meaningful purpose. Humble Leadership with humility means service to others, ownership of your own mistakes and failures, and openness to learning. Inspiring Leading with intuition and intelligence gives everyone around you room to grow. Just Always seek to be guided by truth and reason; be a champion of equality and fairness. Knowledgeable Be so well informed, learned, and cultivated that people are drawn to you for their own enlightenment. Listener Good leaders speak; great leaders listen. Motivating Mentor and encourage those around you. Inspire them to take chances. Noble To be a great leader, live in a way that draws others to emulate you. Optimistic To lead with optimism is to be confident, cheerful and positive, leading to openness and opportunity for all. Progressive Keep moving, increasing and growing, and pioneering new frontiers. Those around you will gain energy from being part of a dynamic enterprise. Qualitative Always choose quality over quantity; hold yourself and those around you to the highest standard. Reliable Show people they can count on you in good times and bad by living up to your word. Be dependable and consistent. Trustworthy People are reassured by dependability, reliability, credibility and competence. Unbiased Be impartial and open-minded; hold to the value of listening, learning, giving chances and being open to opinions. Visionary Be innovative, imaginative, and perceptive. What differentiates great leaders from the rest is they not only have plenty of ideas but also commit to carrying them out. Xcellent with apologies for the liberty in spelling Aim for distinction and virtuosity, motivate yourself to always give your highest quality effort. Yearning One test of a true leader is a constant longing and hunger. Always be looking to be more, do more and make a difference in a big way. Zealous A devout drive to be dedicated to something bigger than yourself fuels a fierce passion to be help others be successful. Embrace that intensity and put it to work to better the world. When you embrace these attributes from A to Z, you walk the path of great leadership. Begin now and see where you end up. Dec 29, Like this column?

Chapter 4 : Greatness Quotes - Inspirational Words of Wisdom

We are all born with the potential for greatness. There are no exceptions. You and I can build lives of greatness. These principles and characteristics are for anyone who wants to strive for.

Many Latter-day Saints are happy and enjoying the opportunities life offers. Yet I am concerned that some among us are unhappy. Some of us feel that we are falling short of our expected ideals. Each of us desires to achieve a measure of greatness in this life. As someone once noted, there is within each of us a giant struggling with celestial homesickness. Realizing who we are and what we may become assures us that with God nothing is really impossible. From the time we learn that Jesus wants us for a Sunbeam through the time we learn more fully the basic principles of the gospel, we are taught to strive for perfection. It is not new to us, then, to talk of the importance of achievement. The difficulty arises when inflated expectations of the world alter the definition of greatness. What is true greatness? What is it that makes a person great? We live in a world that seems to worship its own kind of greatness and to produce its own kind of heroes. These were figures who either helped shape history or were noted for their inspiring lives. Today, many of the top ten heroes are movie stars and other entertainers, which suggests something of a shift in our attitudes. We hear almost daily of athletes breaking records; scientists inventing marvelous new devices, machines, and processes; and doctors saving lives in new ways. We are constantly being exposed to exceptionally gifted musicians and entertainers and to unusually talented artists, architects, and builders. Although it is true that making comparisons can be beneficial and may motivate us to accomplish much good and to improve our lives, we often allow unfair and improper comparisons to destroy our happiness when they cause us to feel unfulfilled or inadequate or unsuccessful. Sometimes, because of these feelings, we are led into error and dwell on our failures while ignoring aspects of our lives that may contain elements of true greatness. In , President Joseph F. Smith made this most profound statement about true greatness: To be a successful father or a successful mother is greater than to be a successful general or a successful statesman. This statement raises a query: Surely they include the things that must be done in order to be a good father or a good mother, a good son or a good daughter, a good student or a good roommate or a good neighbor. Pablo Casals, the great cellist, spent the morning on the day he died—“at the age of ninety-five”—practicing scales on his cello. Giving consistent effort in the little things in day-to-day life leads to true greatness. They include gaining a knowledge of our Father in Heaven and the gospel. They also include bringing others into the faith and fellowship of his kingdom. These things do not usually receive the attention or the adulation of the world. Joseph Smith is not generally remembered as a general, mayor, architect, editor, or presidential candidate. We remember him as the prophet of the Restoration, a man committed to the love of God and the furthering of His work. The Prophet Joseph was an everyday Christian. He was concerned about the small things, the daily tasks of service and caring for others. As a thirteen-year-old boy, Lyman O. Littlefield accompanied the camp of Zion, which went up to Missouri. He later narrated this incident of a small yet personally significant act of service in the life of the Prophet: As the camp was making ready to depart I sat tired and brooding by the roadside. The Prophet was the busiest man of the camp; and yet when he saw me, he turned from the great press of other duties to say a word of comfort to a child. If not, we must make one. At Nauvoo the Prophet took the sheriff to his home and nursed him like a brother for four days. Small, kind, and yet significant acts of service were not occasional for the Prophet. Writing about the opening of the store in Nauvoo, Elder George Q. This he did with no thought of personal gain. And in a letter, the Prophet wrote: About this scene, George Q. A man chosen by the Lord to lay the foundation of His Church and to be its Prophet and President, takes joy and pride in waiting upon his brethren and sisters like a servant. To be a successful elders quorum secretary or Relief Society teacher or loving neighbor or listening friend is much of what true greatness is all about. We all want to achieve a measure of greatness in this life. Many have already achieved great things; others are striving to achieve greatness. Let me encourage you to achieve and, at the same time, to remember who you are. Many people are losing their souls to such temptations. Your good name is not worth selling—“for any price. I am confident that there are many great, unnoticed, and forgotten heroes among us. I

am speaking of those of you who quietly and consistently do the things you ought to do. I am talking about those who are always there and always willing. I am referring to the uncommon valor of the mother who, hour after hour, day and night, stays with and cares for a sick child while her husband is at work or in school. I am including those who volunteer to give blood or to work with the elderly. I am thinking about those of you who faithfully fulfill your priesthood and church responsibilities and of the students who write home regularly to thank their parents for their love and support. I am also talking about those who instill in others faith and a desire to live the gospel—those who actively work to build and mold the lives of others physically, socially, and spiritually. I am referring to those who are honest and kind and hardworking in their daily tasks, but who are also servants of the Master and shepherds of his sheep. Now, I do not mean to discount the great accomplishments of the world that have given us so many opportunities and that provide culture and order and excitement in our lives. I am merely suggesting that we try to focus more clearly on the things in life that will be of greatest worth. Each of us has seen individuals become wealthy or successful almost instantaneously—almost overnight. But I believe that even though this kind of success may come to some without prolonged struggle, there is no such thing as instant greatness. The achievement of true greatness is a long-term process. It may involve occasional setbacks. The end result may not always be clearly visible, but it seems that it always requires regular, consistent, small, and sometimes ordinary and mundane steps over a long period of time. True greatness is never a result of a chance occurrence or a onetime effort or achievement. Greatness requires the development of character. It requires a multitude of correct decisions in the everyday choices between good and evil that Elder Boyd K. Those choices will also show clearly what we are. As we evaluate our lives, it is important that we look not only at our accomplishments but also at the conditions under which we have labored. We are each different and unique; we have each had different starting points in the race of life; we each have a unique mixture of talents and skills; we each have our own set of challenges and constraints with which to contend. Therefore, our judgment of ourselves and our achievements should not merely include the size or magnitude and number of our accomplishments; it should also include the conditions that have existed and the effect that our efforts have had on others. It is this last aspect of our self-evaluation—the effect of our lives on the lives of others—that will help us to understand why some of the common, ordinary work of life should be valued so highly. Frequently it is the commonplace tasks we perform that have the greatest positive effect on the lives of others, as compared with the things that the world so often relates to greatness. It appears to me that the kind of greatness our Father in Heaven would have us pursue is within the grasp of all who are within the gospel net. We have an unlimited number of opportunities to do the many simple and minor things that will ultimately make us great. To those who have devoted their lives to service and sacrifice for their families, for others, and for the Lord, the best counsel I can give is simply to do more of the same. To those who are furthering the work of the Lord in so many quiet but significant ways, to those who are the salt of the earth and the strength of the world and the backbone of each nation—to you we would simply express our admiration. If you endure to the end, and if you are valiant in the testimony of Jesus, you will achieve true greatness and will one day live in the presence of our Father in Heaven. As President Joseph F. Let us remember that doing the things that have been ordained by God to be important and needful and necessary, even though the world may view them as unimportant and insignificant, will eventually lead to true greatness. We should strive to remember the words of the Apostle Paul, especially if we are unhappy with our lives and feeling that we have not achieved some form of greatness. The small things are significant.

Chapter 5 : 7 Traits of Greatness

We all have the potential for greatness. To develop and express our greatness, we must possess the passion and drive to live our lives with calculated risks and an attitude of faith. When we.

Build a Winning Team 8. Live a life of service My favorite chapters were Develop Hustle as it made me think that a positive attitude and extra focus can really make all the difference and Practice Positive Habits. As an example, Lewis talks about how making your bed can set you up for a successful day and I agree so would a most mothers out there too. I also found Turn Adversity into Advantage to be very inspiring. In each chapter Lewis introduces us to some really standout people and also shares some insight on how he has overcome difficulty in this area. His podcast is one of the best on the internet, and he is a supremely talented interviewer. Many of his other how-to books are fantastic. But knowing Lewis Howes can bring it is what makes this book somewhat of a letdown. He works hard to create actionable steps, but many are a little too big with grandiose expectations from the reader. The stories about people who overcame huge obstacles are fantastic I hate to give this book anything but a five-star review, because of my respect for Lewis Howes. The stories about people who overcame huge obstacles are fantastic, and will motivate many. I just wanted as a reader to find more concrete steps to reproduce their success. It must be said that this book will help a ton of people. Lewis Howes deserves a ton of credit too for how honest he is. His admissions at the end of the book were startling and heartbreaking. During a typical program he will interview an expert on personal development or some related topic. His skill as a podcaster, the quality of the guests, and the value to listeners continue to go through a positive feedback loop. Many of his guests are authors, trainers and educators--what else would you expect at a school? His goal us to help his listeners develop a lifestyle of their win choosing. Now he has released a book with the same goal. Instead, change your lifestyle to match your goals. In the "School of Greatness", he outlines his philosophy on how to achieve greatness and find success and happiness in your life. Sounds great, but to be honest, the first half of the book was akin to watching that video of Shia Labeouf walk back and forth, flexing his muscles and shouting "Do It! To be fair, Lewis Howes does proffer some decent life-lessons and advice. The reference to his all-american beginnings quickly became tiresome and felt a bit narcissistic after awhile.

Chapter 6 : Greatness - Wikiquote

*Live A Life Of Greatness [Asad Meah] on www.nxgvision.com *FREE* shipping on qualifying offers. Do you want to Live A Life of Greatness? Yes! Of course, you do! In this book, you will learn about the differences that separate the successful individuals from the unsuccessful individuals.*

Play video Buffett, for instance, is famed for his discipline and the hours he spends studying financial statements of potential investment targets. The good news is that your lack of a natural gift is irrelevant - talent has little or nothing to do with greatness. You can make yourself into any number of things, and you can even make yourself great. Scientific experts are producing remarkably consistent findings across a wide array of fields. British-based researchers Michael J. Davidson and John A. Sluboda conclude in an extensive study, "The evidence we have surveyed In virtually every field of endeavor, most people learn quickly at first, then more slowly and then stop developing completely. Yet a few do improve for years and even decades, and go on to greatness. The irresistible question - the "fundamental challenge" for researchers in this field, says the most prominent of them, professor K. How are certain people able to go on improving? The answers begin with consistent observations about great performers in many fields. Scientists worldwide have conducted scores of studies since the publication of a landmark paper by Ericsson and two colleagues, many focusing on sports, music and chess, in which performance is relatively easy to measure and plot over time. But plenty of additional studies have also examined other fields, including business. No substitute for hard work The first major conclusion is that nobody is great without work. Reinforcing that no-free-lunch finding is vast evidence that even the most accomplished people need around ten years of hard work before becoming world-class, a pattern so well established researchers call it the ten-year rule. What about Bobby Fischer, who became a chess grandmaster at 16? Turns out the rule holds: And as John Horn of the University of Southern California and Hiromi Masunaga of California State University observe, "The ten-year rule represents a very rough estimate, and most researchers regard it as a minimum, not an average. Practice makes perfect The best people in any field are those who devote the most hours to what the researchers call "deliberate practice. As Ericsson notes, "Elite performers in many diverse domains have been found to practice, on the average, roughly the same amount every day, including weekends. In a study of year-old violinists by Ericsson and colleagues, the best group judged by conservatory teachers averaged 10, hours of deliberate practice over their lives; the next-best averaged 7, hours; and the next, 5, More deliberate practice equals better performance. Tons of it equals great performance. The skeptics Not all researchers are totally onboard with the myth-of-talent hypothesis, though their objections go to its edges rather than its center. For one thing, there are the intangibles. Two athletes might work equally hard, but what explains the ability of New England Patriots quarterback Tom Brady to perform at a higher level in the last two minutes of a game? Researchers also note, for example, child prodigies who could speak, read or play music at an unusually early age. But on investigation those cases generally include highly involved parents. And many prodigies do not go on to greatness in their early field, while great performers include many who showed no special early aptitude. Ericsson notes, "Some international chess masters have IQs in the 90s. Real-world examples All this scholarly research is simply evidence for what great performers have been showing us for years. To take a handful of examples: Many great athletes are legendary for the brutal discipline of their practice routines. In basketball, Michael Jordan practiced intensely beyond the already punishing team practices. In football, all-time-great receiver Jerry Rice - passed up by 15 teams because they considered him too slow - practiced so hard that other players would get sick trying to keep up. Tiger Woods is a textbook example of what the research shows. Because his father introduced him to golf at an extremely early age - 18 months - and encouraged him to practice intensively, Woods had racked up at least 15 years of practice by the time he became the youngest-ever winner of the U. Amateur Championship, at age The business side The evidence, scientific as well as anecdotal, seems overwhelmingly in favor of deliberate practice as the source of great performance. How do you practice business? Many elements of business, in fact, are directly practicable. Presenting, negotiating, delivering evaluations, deciphering financial statements - you can practice them all. That requires

making judgments and decisions with imperfect information in an uncertain environment, interacting with people, seeking information - can you practice those things too? You can, though not in the way you would practice a Chopin etude. The first is going at any task with a new goal: Instead of merely trying to get it done, you aim to get better at it. Report writing involves finding information, analyzing it and presenting it - each an improvable skill. Anything that anyone does at work, from the most basic task to the most exalted, is an improvable skill. Adopting a new mindset Armed with that mindset, people go at a job in a new way. Research shows they process information more deeply and retain it longer. They adopt a longer-term point of view. In the activity itself, the mindset persists. Again, research shows that this difference in mental approach is vital. For example, when amateur singers take a singing lesson, they experience it as fun, a release of tension. They increase their concentration and focus on improving their performance during the lesson. Same activity, different mindset. Feedback is crucial, and getting it should be no problem in business. Be the ball Through the whole process, one of your goals is to build what the researchers call "mental models of your business" - pictures of how the elements fit together and influence one another. The more you work on it, the larger your mental models will become and the better your performance will grow. Andy Grove could keep a model of a whole world-changing technology industry in his head and adapt Intel Charts as needed. He could see at the dawn of the PC that his goal of a computer on every desk was realistic and would create an unimaginably large market. Rockefeller, too, saw ahead when the world-changing new industry was oil. Napoleon was perhaps the greatest ever. He could not only hold all the elements of a vast battle in his mind but, more important, could also respond quickly when they shifted in unexpected ways. Do it regularly, not sporadically. For most people, work is hard enough without pushing even harder. Those extra steps are so difficult and painful they almost never get done. Which leads to possibly the deepest question about greatness. While experts understand an enormous amount about the behavior that produces great performance, they understand very little about where that behavior comes from. The authors of one study conclude, "We still do not know which factors encourage individuals to engage in deliberate practice. We can make ourselves what we will. Strangely, that idea is not popular. People hate abandoning the notion that they would coast to fame and riches if they found their talent. It is available to you and to everyone. Boeing chief James McNerney has now made his mark at three major companies.

Chapter 7 : Moments of Choice, Lives of Greatness Part I

He ennobled the lives of sinners and purified the corrupted lives of criminals. He encouraged the feeble, united the divided, enlightened the ignorant, clarified the mystic, guided the deluded, elevated the base, and dignified the noble.

Email There are some among us who are unhappy with their lives because they have wanted to achieve a measure of greatness in this life but now feel they have failed in some fundamental way. Perhaps we should consider the things that make a person great. We live in a world that seems to worship its own kind of greatness. We hear almost daily of athletes breaking records; scientists inventing marvelous new devices, machines, and processes; and doctors saving lives in new ways. We are constantly being exposed to exceptionally gifted musicians and entertainers, also to the work of unusually talented artists, architects, and builders. Magazines, billboards, and television commercials bombard us with pictures of individuals with perfect teeth and flawless features, wearing stylish clothes and doing whatever it is that successful people do. Although it is true that making comparisons can be beneficial and may motivate us to accomplish much good and improve our lives, yet we often allow unfair and improper comparisons to destroy our happiness when they cause us to feel unfulfilled or inadequate or unsuccessful. Sometimes, because of these feelings, we are led into error, and we dwell on our failures while ignoring aspects of our lives that may contain elements of true greatness. In a short editorial written by President Joseph F. Smith in , he made this most profound statement about what true greatness really is: To be a successful father or a successful mother is greater than to be a successful general or a successful statesman. This statement raises a query as to what are the things God has ordained to be the common lot of all mankind. They include gaining a knowledge of our Father in Heaven and his gospel. They include bringing others into the faith and fellowship of his kingdom. These things do not usually receive the attention or the adulation of the world. To extend the statement of President Smith and to be more specific, we could say: To be a successful Primary president or den mother or Spiritual Living teacher or loving neighbor or listening friend is much of what true greatness is all about. Surely we need not look far to see the unnoticed and forgotten heroes of daily life. I am speaking of those you know and those I know who quietly and consistently do the things they ought to do. I am talking about those who are always there and always willing. I am referring to the uncommon valor of the mother whoâ€™hour after hour, day and nightâ€™will stay with and care for a sick child, or the invalid who struggles and suffers without complaint. I am speaking of those who are always there to love and nurture. I am also talking about teachers and nurses and farmers and others who do the good work of the world, who teach and feed and clothe, but who also, in addition, do the work of the Lordâ€™those who lift and love. I am referring to those who are honest and kind and hardworking in their daily work, but who are also servants of the Master and shepherds of his sheep. Now, I do not mean to discount too much the great accomplishments of the world that have given us so many opportunities and which provide culture and order and excitement to our lives. I am merely suggesting that we try to focus more clearly on the things in life that will be of greatest worth. Listen to the words of President Joseph F. Smith as he goes on in his remarks to help us place in proper perspective the achievements and accomplishments that lead to worldly success and recognition. With this definition of true greatness, how do we proceed to achieve it? Each of us has seen individuals become wealthy or successful almost instantaneously, almost overnight. But I believe that even though this kind of success may come to some without a prolonged struggle, there is no such thing as instant greatness. This is because the achievement of true greatness is a long-term process; it may involve occasional setbacks. The end result may not always be clearly visible, but it seems that it always requires regular, consistent, small, and sometimes ordinary and mundane steps over a long period of time. True greatness is never a result of a chance occurrence or a one-time effort or achievement. It requires the development of character. It requires a multitude of correct decisions for the everyday choices between good and evil that Elder Boyd K. Those choices will also show clearly what we are. As we evaluate our lives, it is important that we look, not only at our accomplishments, but also at the conditions under which we have labored. We are all different and unique individuals; we have each had different starting points in the race of life; we each have a unique mixture of talents and skills; we

each have our own set of challenges and constraints to contend with. Therefore, our judgment of ourselves and our achievements should not merely include the size or magnitude and number of our accomplishments; it should also include the conditions that have existed and the effect that our efforts have had on others. It is this last aspect of our self-evaluation—the effect of our lives on the lives of others—that will help us understand why some of the common, ordinary work of life should be valued so highly. Frequently it is the commonplace tasks that have the greatest positive effect on the lives of others, as compared with the things that the world so often relates to greatness. It appears to me that the kind of greatness that our Father in Heaven would have us pursue is within the grasp of all who are within the gospel net. We have an unlimited number of opportunities to do the many simple and minor things that will ultimately make us great. To those who have devoted their lives to service and sacrifice for others and for the Lord, the best counsel is simply to do more of the same. To those who are doing the commonplace work of the world but are wondering about the value of their accomplishments; to those who are the workhorses of this Church, who are furthering the work of the Lord in so many quiet but significant ways; to those who are the salt of the earth and the strength of the world and the backbone of each nation—to you we would simply express our admiration. If you endure to the end, and if you are valiant in the testimony of Jesus, you will achieve true greatness and will live in the presence of our Father in Heaven. As President Joseph F. Let us remember that doing the things that have been ordained by God to be important and needful and necessary, even though the world may view them as unimportant and insignificant, will eventually lead us to true greatness. That we may never be discouraged in doing those daily tasks which God has ordained to the common lot of man is my prayer, in the name of Jesus Christ, amen.

Chapter 8 : Secrets of greatness: Practice and hard work bring success - October 30,

Greatness is a concept of a state of superiority affecting a person or object in a particular place or area. Greatness can also be attributed to individuals who possess a natural ability to be better than all others.

That is the quantity of your life, assuming a typical life span of 76 years. What is the quality of your life? He was previously the CEO of Summit Capital, a firm specializing in small to midsize company development. In addition, he is the father of 7 children and 16 grandchildren who choose to live in close proximity to him, and has been married to the same woman for almost 50 years. Clearly, Rustand has discovered the secrets to living a life of greatness. How do we make the conscious choice to live a life of greatness? Are some of us pre-destined for greatness, while others are pre-destined for a life of struggle? According to Rustand, the potential for a life of greatness lies within each of us, but we must be committed to five specific principles. It is not a function of circumstance. It is a matter of conscious choice and discipline. To perform at a level of greatness, we need to commit to a higher level of energy, time, and effort than most. To accomplish this, we have to plan. If you dream, you have to plan. If you believe, you have to act. Think about all of the great people that have crossed your path, either personally or indirectly. Think of those that inspire you on a personal level, as well as those that have changed the world. These are the people that are always trying to improve. These are the people committed to greatness. In my last blog, I discussed how to tap into your power of possibility. The same premise applies to the possibility of greatness. Embrace the possibility of your personal greatness—never underestimate your power to change your life. Are you sold on the concept of personal greatness? Following are the five principles of personal greatness. Commit to Personal Discipline. We must put our mind in the position to compete with everyone else. When you correct your mind, everything else falls into place. All that we are is the totality of what we have thought. We are what we think. Rustand shared with us his personal regimen for putting his mind in a position to compete with everyone else. He starts his day with these three tasks: My mornings start in a very similar manner. My day begins with minutes of exercise, followed by guided meditation. If this seems a bit ambitious, remember that we are the sum of our thoughts. It takes 21 days to form a new habit. What seems daunting now ultimately becomes our norm. This is how we grow in business and in life. If you are a business owner, have you create a vision statement for your business? Most of the same principles we apply to our business leadership are applicable to our family leadership. Consider the possibility of formulating a personal vision statement that identifies where you are going, and a family vision statement. Strategy in everything — personal and professional — is everything. What are your strategies for your life? Stephen Covey talks about three great moments of discovery — the points in time when a person discovers who they are at the core of their being: Once we have defined them, all of our decisions flow from them. I strongly believe in values-based leadership. Our core values at Information Experts drive just about every decision we make — from hiring and terminating employees to selecting our customers. While listening to Rustand and pondering how I could apply his principles to my personal life, I thought about how important it is for me to instill a strong sense of right and wrong in our year old son. As he is an avid basketball player and honors student, it occurred to me that helping him to identify his personal core value system will enable him to base future difficult decisions on a belief system, rather than just relating to a right-versus-wrong mentality. I ran the idea by him, and he liked it. It is our values that keep us grounded during our most challenging times. They are our moral compass when moments of clarity are sparse. Our values are an essential component in our commitment to greatness. Answering the Call to Serve. The final principle is our obligation to be a part of something bigger than ourselves. Just today, someone asked me why I loved entrepreneurship. I immediately talked about filling the need to be part of something bigger than myself, the need to build, to provide, to lead, to create. Entrepreneurs are committed to building a lasting legacy that is a bridge for others. We enable others to reach their potential. Greatness is an equal-opportunity quest. Greatness means we are committed to a stronger community, a stronger country a stronger world. Does greatness reside within you? Today can be the day you choose to commit. Do you have other strategies to motivate you to the next level? Please share with us.

Chapter 9 : Live In Greatness - core protocols for shared vision

Living Greatness is a social organization dedicated to implementing strategies for creating an extraordinary quality of life for individuals and organizations throughout the world. Through our books and events, we bring you the most cutting-edge ideas, tools and practical strategies for authentic success and happiness.

The great appear great because we are on our knees: In Europe the most lauded rulers were given the attribute the Great e. Arranged alphabetically by author or source: A[edit] There are some men who lift the age they inhabit, till all men walk on higher ground in that lifetime. A Dictionary of Quotations Burn to be great, Pay not thy praise to lofty things alone. The plains are everlasting as the hills, The bard cannot have two pursuits; aught else Comes on the mind with the like shock as though Two worlds had gone to war, and met in air. Philip James Bailey , Festus , scene "Home" For four thousand years the strong had been rushing on in the road of privilege and power, seeking greatness. Christ stood in the path, and said, " Ye seek greatness. Ye are not even in the way to it. Ye are going up, but the way to greatness is down. Let him who would be great be the love-servant of all. Henry Ward Beecher , Life Thoughts , p. It may be present in lives whose range is very small. Phillips Brooks , Sermons , p. Great is Truth and it will prevail. Truth is mighty and shall prevail. Truth is mighty and will prevail. Truth is mighty and it will prevail Greatness by nature includes a power , but not a will to power. What he is avid for is the realization of what he has in mind , the incarnation of the spirit. Cited in Churchill by Himself, ed. Langworth, PublicAffairs , p. He that can give to his city any blessing, he who can be a good citizen while he lives here, he that can make better homes, he that can be a blessing whether he works in the shop or sits behind the counter or keeps house, whatever be his life, he who would be great anywhere must first be great in his own Philadelphia. Conwell , Acres of Diamonds , p. Conwell gave this public address more than 6, times from until his death in He tailored his speech to individual cities by changing Philadelphia, his home town, to the name of the city where he was speaking. Few men, I imagine, who become great started on their career with the intention of becoming so. The intention generally accompanies the unsuccessful. The secret of real greatness seems to be a happy knack of doing things as they come in your way; and they rarely present themselves in the form which careful preparation would enable you to deal with. Although Larkin used it in a famous speech, the slogan is usually attributed to the French revolutionary Camille Desmoulins , as reported in Antoine Eugene de Genoude abbe. The mediocre mind is incapable of understanding the man who refuses to bow blindly to conventional prejudices and chooses instead to express his opinions courageously and honestly. Albert Einstein , in Essential Einstein No great deed is done By falterers who ask for certainty. To accomplish great things we must not only act, but also dream ; not only plan, but also believe. To accomplish great things, we must dream as well as act. Guelzo [E]ven a great man cannot be wise in everything. There are just great challenges that ordinary men like you and me are forced by circumstances to meet. Attributed to Admiral William F. Halsey ; reported as unverified in Respectfully Quoted: He was a foe without hate; a friend without treachery; a soldier without cruelty; a victor without oppression, and a victim without murmuring. He was a public officer without vices; a private citizen without wrong; a neighbor without reproach; a Christian without hypocrisy, and a man without guile. He was a Caesar, without his ambition; Frederick, without his tyranny; Napoleon, without his selfishness, and Washington, without his reward. Benjamin Harvey Hill , about Robert E. Baynes , vol. The bigger the unit you deal with, the hollower, the more brutal, the more mendacious is the life displayed. So I am against all big organizations as such, national ones first and foremost; against all big successes and big results; and in favor of the eternal forces of truth which always work in the individual and immediately unsuccessful way, under-dogs always, till history comes, after they are long dead, and puts them on top. William James , letter to Mrs. Henry Whitman June 7, , in Henry James, , ed. Departmental Ditties and Barrack-Room Ballads , reprinted , vol. They have known for thousands of years that to lock a sick person into solitary confinement makes him worse. They have known for thousands of years that a poor man who is frightened of his landlord and of the police is a slave. They have known it. But do the great enlightened mass of the British people know it? It is our task, Ella, yours and mine, to tell them. Because the great men are too great to be bothered. They

are already discovering how to colonise Venus and to irrigate the moon. That is what is important for our time. You and I are the boulder-pushers. The boulder is the truth that the great men know by instinct, and the mountain is the stupidity of mankind. Because, since men almost always walk in the paths beaten by others and carry on their affairs by imitatingâ€”even though it is not possible to keep wholly in the paths of others or to attain the ability of those you imitateâ€”a prudent man will always choose to take paths beaten by great men and to imitate those who have been especially admirable, in order that if his ability does not reach theirs, at least it may offer some suggestion of it; and he will act like prudent archers, who, seeing that the mark they plan to hit is too far away and knowing what space can be covered by the power of their bows, take an aim much higher than their mark, not in order to reach with their arrows so great a height, but to be able, with the aid of so high an aim, to attain their purpose. Allan Gilbert , vol. It will not be so among you; but whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be your slave; just as the Son of Man came not to be served but to serve.