

Title:

Had A Good I.D.E.A. Lately?

Word Count:

1137

Summary:

The most elusive quality of excellence, of peak performers worldwide and throughout history is

The answer is ^yes,~ but I've got good news, bad news, and more good news. The first good news

Keywords:

writing, self-improvement, advice

Article Body:

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The answer is ^yes,~ but I've got good news, bad news, and more good news. The first good news

And this, as I've said, is very good indeed for those of us who are.

The first thing we must do is devise a useful definition of ^Mastery~ whether we are talking a

Try this description: ^Mastery is the ability to perfectly match energy and attention to the t

Or try this description: ^Mastery is the ability to perform instinctively and instantly in the

In other words, Mastery is the place where intellectual or physical or emotional preparation m

And the achievement of that goal is exactly what I.D.E.A. is about.

Instinctive Designation of Energy and Attention. The deliberate cultivation of instinct, energ

Basically, I.D.E.A. says that you develop your instincts by giving yourself deep feedback abou

Sounds simple? Just wait. Here's the bad news. In order to be certain that you are accurate in

1) Body is fitness and health. Your body should be in alignment with your own values, or you s

2) Mind. Mind manifests most clearly in our education and career. Any worm will move away from

3) Spirit. Just as grass bending can signal the presence of wind, the relationships we have wi

You need not tell another human being what you learn if you look at these three arenas, but YO

And we move on, toward the light. For an artist, and we are all artists, this process opens th

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