Inspiring Individuals: Nelson Mandela
The Importance of Values

Personal Accountability
The ONE THING you need to develop

FACES OF ART
The Essence of Creativity

How to Find Power when OVERWHELMED
How to handle a mountain of tasks
A couple of years ago, a fearless Austrian named Christian Waldner gave Vienna something to talk about on a windy day.

Undaunted by the height of St Stephen’s Cathedral, he walked a tightrope stretched between the cathedral’s two tall towers, 60 metres up.

From the ground, he would have seemed less than a centimetre in height.

Waldner was the first acrobat to do this stunt at the cathedral. He had had this goal in his mind for over four years.

Those who claim a task cannot be done will always have to make way for those who believe it can be. Throughout history, people who have had belief have done the seemingly impossible.
Take a Journey into Self Mastery
A message from the Publisher

Welcome to excellence, a magazine focused on achievement and the unlimited potential in all of us.

We hope to bring you a wealth of positive influence, interesting stories and products which, we believe will help you in a world where, sadly, far too much emphasis is focused on the negative side of life.

Our newspapers, television and radio ‘news’ are full of bad news, disasters and war. In November 2015, headlines and images of the heinous terrorist attacks in Paris were everywhere.

And what supposedly passes for ‘entertainment’ these days is often little more than silly people behaving poorly, while displaying boorish manners.

Among it all, not nearly enough focus is given to the positive things that happen every day.

Yes, we must acknowledge the negative in order to enjoy those positive events.

However, it’s difficult to ‘tune-out’ the bad things and tragic events that happen in the world every day if we’re constantly exposed to them. This ‘news’ only reduces our feeling of zest and well-being.

We aim to rectify all that by giving you exposure to ‘good news’, from achievers who have ‘done it’ in many fields.

The achievers whose stories we will publish, are worth getting to know, and emulating.

So, come with us on a journey of self-mastery, positive input and hope for the future.

Let us into ‘your’ world and we will be the catalyst for a journey full of amazing possibilities.

With each edition we will offer you the opportunity to live your life on your terms and evolve into the very best person you have always aspired to be.

Our primary goal with this magazine: to make the world a better, more positive place, one person at a time. Join us. Together, we will do it.

The business behind excellence is Zenith Self Mastery, a publisher of training materials and books on many aspects of self improvement and personal development.

You can read more about ZSM and the people behind it, on its website here.
The Labyrinth: An Enduring Puzzle

by Anthony Smits

Labyrinths are perhaps nearly as old as organised settlement. Today, they are everywhere!

The origin of the first labyrinth is unknown. All have a pattern in them; some are rigidly geometric, others designed in a rhythmic flow.

In Hindu myth, our universe is a playground where gods play; walking a labyrinth duplicates the path of Shiva Nataraja.

The seven-circuit pattern is found on Cretan coins minted around 2000 years ago, believed to be a reference to the mythical labyrinth at Knossos, where the Minotaur was imprisoned.

By the Middle Ages, the act of walking through a labyrinth was considered transformative; a spiritual experience.

Labyrinths and mazes can be fun and are often built seasonally in cornfields. These mazes last until the crop is harvested. Cont’d over . . .

European Labyrinths

Remnants of labyrinths several thousand years old still exist in Southern Europe.

A ‘classical’ labyrinth design developed there over several centuries. It is a continuous circuit of seven concentric pathways, which meandered towards a central point. Many labyrinths use this pattern.

Labyrinths have been constructed in many ways through the centuries.

Some have been outlined with stones placed in a pattern on rock terraces; others have been built with mosaic tile into the floors of important buildings. Many have been built in churches.

Patterns found in labyrinths are also found in other human creations; the patterns seem to be universal.

Labyrinths are also made by growing herbs or hedging in the labyrinth form in a field.
But labyrinths are not just wandered through frivolously; they are also used for walking meditation. Labyrinths are often specifically built for use in healing.

Wandering a labyrinth is peaceful and rhythmical, representing and suggesting life's many flowing cycles.

There are two principal labyrinth patterns; the maze and the meander.

A Maze has paths that divide, requiring a decision at each intersection. Some are designed with every corner a right-angle; others make curved patterns like the one shown on the right.

Some maze paths go nowhere: they are dead-ends; others loop in a circle. It is possible to wander a long while and get nowhere in a maze. Frustrating!

And some mazes have high walls between the paths, so it is easy to lose your direction.

A Meander has only one path; there are no choices to make except whether to continue.

The path leads inwards, then curves out again; it might seem never-ending if there were walls hiding the form.

But most meanders are just marked on the ground. There is no chance of getting discouraged. Inevitably, every walker reaches the centre.

Cont'd over . . .
Well-Known Labyrinths

The seven-circuit Cretan pattern (mimicked in many parts of the world) is perhaps the most-often copied, as it is easy to make on the ground with stones.

No detailed geometry is required to construct a Cretan-style labyrinth.

Try building one at the beach.

However, the most famous labyrinth (and probably the one most-often visited) is the eleven-circuit rose labyrinth on the floor of Chartres Cathedral. This labyrinth was built in the 13th century, and has a circumference of 40 feet, the entire width of the nave.

A thousand years ago, one could walk through a cathedral labyrinth instead of making a pilgrimage to Jerusalem. That act of penitence was an acceptable substitute for the alternative: an arduous, expensive and dangerous trip.

The labyrinth’s circuituous route symbolises many things: our rhythm of breathing; the winding, repetitive nature of life; the journey we all take on the way to fully knowing ourselves, and the inevitability end of life itself.

The 11 circuit labyrinth in Chartres Cathedral.

The Labyrinth: Zenith Self Mastery’s Logo

Zenith Self Mastery chose the Cretan labyrinth for its logo. You’ll also see it on the front cover of excellence, in the top left hand corner.

The 7 circuit Cretan Labyrinth in stones.
I wish there was a signpost.
I've got more info than I could ever read. But most of it is contradictory!
I just want to earn more.

Which way is best?
What's my passion?
I DON'T KNOW.
I love lots of stuff, it's hard to decide.

Will You Succeed Before You Run Out Of Time?
In common with the rest of us, you don't know when your time on earth will end.
But one thing is for sure. If you have ambition, you'll never have enough time to do everything you dream, unless you are fortunate enough to find - and can implement - a robust 'tested by time' system.
For years I was confused, due to conflict between what seemed right, and what others said I should do, so I was stuck. Maybe you are too. Sometimes we have several options and it's hard to choose. Or we simply can't get motivated to begin.

The WEALTH Manifesto is a workable system. And it's simple to implement.

Click the Book to Download
You don't have any excuses any more. Just follow the suggested path laid out. And if it's wealth you want, this book will show you how to get it.

Confused? HERE is a simple way to earn more. Go HERE to ask questions.
What is the ‘ONE’ thing anyone who wants to develop excellence will need? There are plenty of ‘experts’ who will be happy to share or sell their ideas about this. But what do you think? After all, do any of the ‘experts’ ever agree on anything? At ZSM, we think this ‘one thing’ could be your willingness to be personally accountable for all your actions. Are you willing to take responsibility for everything you do? Sadly, most people decline; they are unwilling to be held accountable.

They make excuses, blame others, find fault and generally do or say whatever they can to focus attention onto the failings of others. Most often, we see lack of personal accountability in our very young. As a child grows into a teenager, then into a young adult and finally into a mature adult, personal accountability naturally increases.

This is simply a consequence of having to do more things for ourselves as we get older.

As we grow, we all want independence, and inevitably we get it. However... do we always act responsibly with our new-found adulthood? How often do we hear this: “It wasn’t my fault!” This cry is all too common, often after a rebuke for lack of care or foresight which has resulted in an undesirable outcome. Do you look for better outcomes in everything you do? Do you have a standard you simply will not fall below? Are there lines you simply will not cross for anyone? Do you even care or think about such things?

Do you wonder what might be possible if you REALLY apply yourself to any given task? NEVER accept your second best effort in anything. Remember the old adage: “If something is worth doing then it’s worth doing well.”
Developing Excellence cont’d . . .

What is the point in giving half or three-quarters of your best effort?

When you give your best effort to a task EVERY time, you’ll begin to form a habit.

When a positive habit becomes your natural and automatic way of doing things, you’ll improve not only your life but the lives of others.

By the way, don’t worry about making mistakes.

Many people want to cover up their mistakes or, even worse, blame others for failure.

But it takes more time and effort to invent excuses and keep the ‘story’ going than it takes to work at becoming successful.

Whatever happened to taking personal responsibility for our outcomes?

These days, when do you hear: “I take responsibility!”

Almost never.

This is sad. Making mistakes, and taking ownership of and responsibility for those mistakes, helps us to GROW!

Many of the famous people in history also failed dozens, even hundreds of times.

Perhaps the most well-known of these is Thomas Edison.

If you believe the legend, he failed almost 10,000 times to create a viable filament for the incandescent light globe.

In the end, Edison succeeded.

Today, we take the availability of light for granted, every time we find ourselves in the dark, with a switch close by. We rarely give it any thought.

It is more than 100 years since Edison made lighting possible, and his incandescent technology is now being superseded. But can you imagine what life would be like if Edison hadn’t got that filament to work?

He didn’t accept, either, the notion of 10,000 failures.

Those who keep trying know that NOTHING worthwhile is ever easy.

Contrary to popular belief, most successful people have failed far more than they have succeeded.

But we very rarely hear about their missteps, do we?

Failing makes us stronger; it focuses us.

It makes us more determined.

It makes us better people for the experience, and makes eventual success sweeter.

He viewed his 10,000 ‘failures’ as simply ways he’d found which wouldn’t work. And he used his experiences as feedback.

It’s a valuable lesson. Getting up, dusting yourself off and starting again is all character building.

To advance your life you simply must determine to become personally accountable for all your actions.

Decide TODAY! Elect to be personally accountable for EVERYTHING you do. It’s a great way of living!
Change Can’t Happen Unless You Get Real

by Michal Stawicki

It’s OK to be a loser.

I would even say it’s great to be a loser. It’s a perfect starting situation. It’s your chance.

It’s not an overstatement, not at all. Just look at all the advantages:

1. It’s so easy to realize your situation.

Are you morbidly obese? Just look in the mirror and you’ll see it. Are you broke? It’s a no-brainer to recognize it. You have no savings and you can’t pay off your debts. If you’re a failure, then decide! It’s time to turn things around.

2. You can’t avoid the responsibility.

It’s almost impossible to lie to yourself when reality screams truth at your every step:

“You are a loser!”

And if you are a real loser, you know it is very, very hard to find excuses like these:

“I didn’t have this or that, the circumstances were against me,” and so on, and so on.

The self-talk of a real loser is different. He/she knows very well who is responsible for the situation:

“I’m a failure. How could I let this go so far?! What’s wrong with me?”

3. It’s easy to improve.

If you have lost something, you must have done something massively wrong.

If your errors in judgment are so huge, they are easy to spot.

Again, are you obese?

Obesity will result if you don’t get enough exercise, or sufficient sleep, eat way too much pizza, or other fast foods, or chips, or sweets and you don’t eat enough vegetables and fruits. Cont’d over…
Are you broke? It comes about if you don’t earn or you earn too little, you spend too much, or you borrow carelessly.

Your errors are obvious and your solutions are obvious, too. Eat less, move more. Earn more, spend less, pay your debts on time.

4. It’s easy to keep the momentum going.

You’ll see improvement almost immediately when you start correcting these errors in judgment.

Let’s say you were obese and you gave up the fast food and started to work out on a daily basis. How long will it take before you notice the results?

It doesn’t take long. A couple of weeks, max.

And put yourself in the skin of the short and skinny guy who is only a few pounds overweight. He works out; he doesn’t eat the wrong foods.

First of all, he doesn’t know where to start to lose some weight, because it seems like he is doing all right.

OK, after some consideration he decides to cut out 1/3 of his daily portion of bread and to do 40 more push ups a day.

Guess when will he see the scale moving significantly?

It will take some time and the longer this period is, the more likely he will give up his efforts.

All in all, if you are a loser, your mindset is open to change.

Well, in a lost situation every change seems to be a change for the better, doesn’t it?

As 80% of success is psychology, we can assume you are prepared for success. On reflection, being a loser is not too bad; it’s not the worst curse that could happen to you.

For more Stawicki-style success, just Click the Cover Image below:

“Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities - always see them, for they’re always there.”

Norman Vincent Peale
Church Minister, Author

Readers are LEADERS

You’ve probably heard that saying ‘far too many times’.

However, have you considered applying it to your own life?

Becoming the leader in your own life means walking the path you envision, instead of the one ‘everyone’ takes. And you’ll find inspiration in books.

Books contain the essence of mankind’s wisdom and culture.

The more books you read, the more wisdom you’ll find.

Why not read one today?
People Whose Lives Inspire Us: Nelson Mandela

by Anthony Smits

When Nelson Mandela died, he left a huge legacy. Not only had his life of public service been decades longer than most, it had stretched across racial and cultural boundaries.

His message of reconciliation, and forgiveness is unforgettable, coming from a man imprisoned for over 25 years for acting in support of his beliefs.

Through his actions, he taught us all how to leave the world a better place.

Promote non-violence: Violent acts won’t bring a peaceful future

Mandela went to prison because he and the ANC wouldn’t stop their overt sabotage against the South African authorities. However, on his release he actively promoted negotiation and reconciliation as the way forward. He had learned that non-violent processes could achieve more.

Stay strong: Never give up hope for a cause you believe in

Mandela was committed to ending apartheid. For much of his time in prison, a solution didn’t seem possible. But he didn’t give up.

“The struggle is my life. I will continue fighting for freedom until the end of my days.” – Nelson Mandela

On release from jail, Mandela was 71, but a large slice of his work had not yet been started. He couldn’t slow down, as many do in their seventies.

“I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret: that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can rest only for a moment, for with freedom comes responsibilities, and I dare not linger, for my long walk is not yet ended.” – Nelson Mandela

Although free, Mandela had to continue the process of negotiation he had begun, while in jail, to end apartheid.

And he was well aware how much work was still ahead.

Your life deserves and requires that level of commitment. There is an excuse for every season, but only focus and commitment will get you the fulfilment you deserve.

Empathise: Shared experiences build a bond

Mandela wore a South African rugby jersey at the final of the 1995 World Rugby Cup.

He was President; he supported the national team.

But South African rugby had been a pillar of white supremacy for a decade. Mandela was ‘reaching across the aisle’.
Inspiring Lives:  
**Nelson Mandela continued:**

**Stand with minorities:**  
Opposing discrimination reduces its effect

Mandela fought racism. That is still a significant issue, yet the discrimination happening in your work might be due to one of many other injustices, including ageism, homophobia, or sexism.

What issues do your values demand you oppose?

**Forgive:**  
Violent acts won’t bring a peaceful future

A natural response to injustice and suffering is anger or outrage, but without forgiveness there is no settlement, regardless of who instigated the injustice.

Mandela was an optimist.

He imagined a reintegrated South Africa long before others even thought it was possible.

“I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being an optimist is keeping one’s head pointed toward the sun, one’s feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself up to despair. That way lays defeat and death.”  
– Nelson Mandela

**Persevere:**  
There are obstacles on every worthwhile path

“It always seems impossible until it is done.”

– Nelson Mandela

Losses will inevitably happen.

Mandela used his time in jail to learn Africaans, the language of the ruling whites; he learned negotiation and compromise.

He never lost any time he could usefully put to his overarching purpose.

What about you?

Time waits for no one, as many have reminded us down through history.

Mandela must have been acutely aware of his own mortality while standing at the barred window of his cell on Robben Island, looking across at a country he was powerless to help.

We all get the same number of hours. How have you used your time usefully today?

It’s never ‘the right time’.

But you won’t achieve whatever you want in life if you don’t use your most precious resource - time - in the most effective way possible.

There are a lot of resources available to help you. But you have to decide to use them!

What difference could you make today if you decided to ‘be the change’ you want to see?
Inspiring Lives: Nelson Mandela continued:

Compromise:
Maintain your values, but learn to reach out

Compromise leads to mutually rewarding partnerships. Both sides must gain something from any decisions, if the intention is to pave an effective way forward.

“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”
- Nelson Mandela

Show caring:
Kindness breaks more barriers than violence

Mandela said he thought kindness and accommodation were catalysts that could - and would - lead to real change. His record suggests his view is well worth reflecting upon.

Look forward:
Your future is determined by your actions now

Nelson Mandela could have allowed bitterness to add to his 27 year sentence.

But he grew to understand that looking forward, not back, was the only sensible path.

Are you still telling your tales of ill-treatment? Maybe it’s time to build new memories.

Celebrate life!
Your future is determined by your actions now

It’s clear that South Africa’s first post-apartheid president will be long missed.

He wasn’t just a fighter against discrimination. He inspired all who struggle against odds, as few others have done.

“Quitting is leading too.”
- Nelson Mandela

Press on:
Decide to live the rest of your life on purpose

How much ‘stuff’ do you have in your life?

How much more do you want?

Many people spend a lot of life accumulating things.

Others eschew that ‘material’ life, but still spend a lot of hours focused on themselves, using their time and resources to go on safari or dive coral reefs.

Neither possessions accrued nor experiences enjoyed are indicators of a life spent without a greater purpose, but reflect on the drive Mandela showed.

He wanted to see significant change in the lives of ordinary people, and knew he had a vision that few shared.

What could you achieve in your life with steadfast dedication to your cause, and a watchful eye always on your goal?

And what wind of injustice will you stand against? That will be the legacy you leave behind.

“Tread softly, breathe peacefully, laugh hysterically.”
- Nelson Mandela

Remember Nelson Mandela.
He lived his life fully.
I read a lot of books – a LOT of books; both non-fiction and fiction. I also write both. Thus, I think I know a thing or two about story, characterisation, pace, plotting and so on. Well, I like to think I do. That being established…

The novel I have just finished reading is David Lagercrantz’s *The Girl in the Spider’s Web*. I’ve read all three of the late Stieg Larsson’s *Millennium Trilogy*, and I enjoyed each one (bar the first fifty or so pages of the first novel which described the various characters of the loathsome Vanger family).

And so, the term ‘rip-off’ was at the forefront of my mind when I bought this ‘fourth’ in the series. Oh well. I thought I’d give it a go anyway. Never judge a book by its cover and all that!

To say I was disappointed with this effort would be an understatement. I found the book dull and dreary. The characters didn’t ‘click’ with me; both Lisbeth Salander (the girl with the dragon tattoo) and Mikael Blomkvist seemed hollow compared with the way Larsson portrayed them.

By that, I mean my emotions weren’t aroused; I didn’t care about them in the way I did when Larsson wrote their lines. Plus, their interaction was minimal. In fact, it was almost deliberate avoidance at all cost.

And, the endless references to unpronounceable Swedish locations was very difficult to process. Of course authenticity matters, but… Liljeholmstorget and Hornsgatspuckeln?

Please…

Another thing I found very odd was the way Lagercrantz varied Lisbeth’s speech patterns.

Larsson’s Lisbeth Salander always spoke in a consistently brusque manner.

In contrast, Lagercrantz has her communicating first in a tightly controlled, clipped fashion, but then he’ll change to a verbose, eloquent style.

Which was the real Salander? I found this jarring; I didn’t believe the two personalities were one character. And why change the girl readers loved?

Now, you may think it strange of me to give such a negative review in our inaugural edition.

But the truth is this – I don’t sugar-coat anything. If I don’t like something, I say so.

I tell it like I see it.

Just ask Anthony, our editor!

Out of interest, I checked the Amazon reviews to see how others had rated this book. I was astonished. There were already 3,917 reviews posted. 42% gave it a 5 star review. I wonder what they read that I did not. Hmm. Then again, 31% of people gave it either a 3, 2 or 1 star review. One lady titled her review “Missing the Electricity.” I whole-heartedly agree. There simply wasn’t any.

I cannot say that I detested this book. But I will say I confirmed my suspicion that it was the rip-off I’d hoped it wouldn’t be. Very disappointed. I found it tedious, boring and difficult to follow. It was a brother from another mother.

My scores are always out of 10 and I give this book a mere 2/10. My recommendation, if you hadn’t detected it already is as follows: Give it a miss. There are much better novels out there, which are far more entertaining and worthy of your time and money.

Next, I’ll review *The Crossing*, Michael Connelly’s new novel. It’ll be great; I can’t wait!
Always Strive To Achieve Excellence

by Joe Rossini

Let’s have a talk about a subject I consider extremely important: the principle of EXCELLENCE.

One’s true success in life begins only when they make a COMMITMENT to be excellent at what they do.

Sounds fair, doesn’t it?

Because the marketplace is becoming global in scope, your commitment to become excellent is no longer a choice, but a MUST.

And that is so even for mere survival in the ‘new world’ business environment we’re experiencing today.

Let’s say that an individual runs a family-owned stationery store on a street corner in a small town. The store has been there for 60 years and has had very little competition.

Till now, the townspeople have always tried to buy their office supplies from this store, because a trip to more populated areas was not worth the trouble.

The stationery store owner was comfortable; he’d been doing the same thing that his previous family members had been doing for 60 years.

But times have changed

Now, with the awesome power of the Internet, the people in the town can go to Staples.com or OfficeMax.com or Costco.com to order their supplies.

They can even go a step further and go to Froogle.com and type in copy paper for price comparisons from hundreds of distributors.

Their choice of stationery suppliers has now gone from corner store to the entire globe.

Our fictional store owner starts to see his sales begin to drop. But he doesn’t worry. After all, his family has run the business for 60 years.

Why worry? Business will surely ‘pick up’.

Instead of becoming more valuable and EXCELLENT in his field, he instead chooses to remain static.

Without this commitment, you’ll always perform at mediocre or average levels and it will be difficult to reach your full potential.

Excellence will have positive results in any - and all - endeavours that we encounter.

But you must ensure that ‘balance’ is part of your formula as you strive for excellence.

For this discussion, let’s focus on excellence in the marketplace

Excellent rewards are the by-product for excellent performance; average rewards for average performance; and below average rewards for below average performance.
Striving for Excellence cont’d . . .

The small town business owner decides to ‘wait it out’.
Instead of keeping up with the technological changes that his customers are demanding, he’ll wait for the new ‘computer fad’ to fade away.

Then Wal-Mart moves into a neighbouring town, and it’s all over for our store owner.

The fact that the business had been ‘long established’ - around for 60 years - didn't help at all.
Consumers need to be satisfied on a daily basis. If they have a new need, you must fill it.

If our store owner had kept up with technology, and offered services that Wal-Mart, Staples or on-line distributors didn't, perhaps he would have made it.

But he had no commitment to EXCELLENCE.

In the end, consumers received better care and service from others. And our store owner's assets were sold off to a more efficient enterprise.

Every study of high achieving individuals shows the same pattern of effort and results.

Greatness in life only becomes possible when you achieve EXCELLENCE in your field.
If you are a plumber or an electrician, study your competition and discover the BEST in your market.
Use the best you can find to measure and benchmark the quality of your services.
Strive to be better than the BEST out there!

As a small business owner, I never compared our company to our local competitors. The local competition wasn't where I wanted to be.

I set the standards of our products and services to THE best-run public company in the United States.

Their statistics were available, and we aimed to be better than they were.
I believed that if we could surpass the matrices of the best run, most profitable company in the country, we should be able to satisfy our customers and compete successfully in the marketplace.

When you focus on providing excellent service, customers and profits will follow you like a shadow.

There’s nothing like going to a store, or shopping online, and finding exactly what you need without any hassle.

When that happens, it’s almost as if your supplier knew you were coming. How did they know?

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When that happens, it’s almost as if your supplier knew you were coming. How did they know?

They had got ready for you by listening to their other customers; by getting rid of stuff people no longer wanted, and by stocking their shelves with things in high demand.

They prepared by committing to being EXCELLENT.
Take some quiet time TODAY. List what you must focus on to be EXCELLENT at what you do. This doesn't just apply to your business. It applies to all meaningful parts of your life.

If you set out on any mission, plan well; focus on what you’ll need to perform to the best of your ability.

Keep score and benchmark your progress. And ENJOY the process and the journey.

Life’s best rewards result from performing in an EXCELLENT fashion. Don’t ever short change yourself by accepting mediocrity!

“The world’s Wisdom

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

Aristotle
Philosopher

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It was difficult for me to label this thing I do - art - and it took me a long time to say 'I'm an artist' even to myself.

What does that mean, after all, in the context of my own life? It's only in relationship to others that we need labels to define ourselves.

I. Am. This. And you are not, in the sense that you are not me. I've been asked to explain what it's like for me. I think it's like anything anyone enjoys doing. Maybe.

But it's less a conscious effort to "enjoy" and more akin to a bodily function.
It's like my blood or my breath. It's been part of me for as long as I can remember. I do it and I am connected to it and to the universe.

And all seems right, correct, in order. The stars align, and I am in a state of joy.
I won't say it's easy; it's not. It's definitely a struggle, and I work hard at it.
FACES OF ART

I fret, worry, get exasperated, tear it up, wipe it out, stalk away in disgust, feel depressed. I might abandon it.

I often do - for a time - but I always go back.

How long can I hold my breath? I must breathe to live.

So it is with creativity. When it's going right, time stops, my heart sings and I am in love with what I am creating.

Yes, I have to love it, or I can't make it. If I'm making something for someone else, I have to find that love in the making of it, or it's a dead thing I create.

I cannot look at those things, those dead ones. There is no joy in them for me.

If I can look at something I painted 20, 30 years ago and still love it, I have succeeded.

Morning is my time, if I can be alone and undisturbed. This is the best time for me to do what I do, which is create things.

These days, my art is mostly made online; it is 'virtual' art.

I am driven to do it. I love it. I am not a success at it - in terms of earning a fortune - but I do so enjoy creating it!

Creating digitally does take creative energy from my painting, so some may think, as I often do myself, that it's a waste of that energy.

But it satisfies that part of me that makes me create.

Long ago, I studied computer programming. I loved it too. Creating something from nothing. Different tools, but still creating.

Most importantly, to me, with everything I do, is knowing I made something. If others like it or can get use from it, great! But it’s my breathing.

Yes, I do it just to breathe.

This doesn’t mean I don’t care whether others like it. I like admiration and positive reinforcement like anyone else. But whether they do or don’t, I still need to create; my need for an audience is secondary.

My work incorporates some or all of what I've learned about making art.

I use traditional materials, and new ones too; there are always new ways to do what I do.

I'm in a slump right now, but I know I'll start up again, because I need to.

It’s what I do that makes me who I am.
Your **FIRST** step in making a million is making a hundred!

Has making money online eluded **YOU** in the past?
You aren’t alone. And you’ve probably heard a lot of lies.
But the truth is, you **don’t need to spend thousands;** you **don’t need anyone’s ‘secret system’**.

Gary Simpson’s three-book HUNDREDAIRE series will give you everything you need to start right now!

Yes, you can **breathe a sigh of relief**.
HUNDREDAIRE is a ‘newbies’ delight!
This is an easy-to-understand, ‘join-the-dots,’ step-by-step guide to making money online.

*Despite* what they may try to make you believe, every successful online marketer uses these techniques to get started.

Do **YOU** want more? Click here:  

This is a meaty manual, with 103 pages that takes you through the core process from start to finish.

**HUNDREDAIRE** is a step by step, Fully Detailed Procedures Manual. Start earning money online!

Imagine finally succeeding. How does it feel?

I hope to hear about your SUCCESS! And I recommend you start TODAY!

Already convinced? Just click the **I WANT MORE** button to see all your options.

Go for it!
To whomever finds this message:

**Marooned.**

Here I sit. Upon this beach. Yesterday I was too weak to do anything but today I had enough strength to do a little exploring.

I’m on an island, somewhere in the Indian Ocean. I really have no idea where I am. But I am thankful to be alive.

Attacked by pirates, I believe I am the only survivor of six. I dived overboard after I watched all of my friends murdered by merciless individuals. Thankfully I managed to find a life buoy after they ransacked then blew up our vessel.

I drifted for what seemed like days. Finally arriving on this deserted island. Well, it appears deserted. I walked around it as far as I could. But I found something...

This morning I discovered an old chest. I used a rock to smash the corroded hasps open. But I was so disappointed. In it were dozens of empty plastic bottles with screw lids, a box of old spectacles and heaps of books which are all ruined and useless.

The bottles gave me an idea - I could send a message! Well, you never know unless you try. If you’re reading this; it worked!

There is one larger book with a leather cover. It was sealed in plastic. Even so, it hasn’t survived very well. The pages are water damaged and faded. Some have a ‘ZSM’ logo and name on them. I’ve torn one out for this message, though I was reluctant as the book appears to be valuable. Why else would it have been sealed in plastic? But right now I don’t seem to have much of a choice in the matter.

I need to record what happens to me. Maybe that will keep me sane. Here is what I crave: Water, food, shelter and company. In that order. I regret how ungrateful I have been in the past for what I had and simply took for granted - fresh water, food, somewhere safe to sleep, and friends.

I should have told them how much they meant to me. And maybe it’s too late now.

But tomorrow is another day.

Myles.

Editor’s note:
We were recently given this unusual message from a bottle. Someone who likes beach walking had found several of them. Look for more of the tale in the next issue!
Have you ever been totally overwhelmed by a massive task confronting you?

Ever felt daunted by the thought of even making a start on such a massive quest?

I thought so.

Read on...

Some time ago I suffered a serious injury. I won’t bore you with the details other than to say that I underwent major surgery that required many weeks of recovery and painful rehabilitation.

While all that was happening, do you think people stopped demanding things of me?

Did companies and utilities stop sending me accounts with strict payment deadlines?

Do you think that any of the banks that I deal with stopped expecting me to make the regular repayments on my investments?

Did I still have mountains of correspondence flooding into my office and through my Post Office address?

All these things continued to happen. My temporary incapacity was of ZERO interest to those pestering me.

My desk looked like a bomb had exploded on it.

The in-tray was overflowing. There were notes and reminders taped, pinned and pegged everywhere.

My cell phone had dozens of messages saying, “Call back urgently.”

One person even used the term “Super Urgent!” I rolled my eyes north on that one.

My emails were almost bursting my computer apart.

Every day the normal humdrum of life kept banking up on me. I think you get the picture.

What could I do?

I could hardly move.

All I could do was try to be patient. And yet things continued to pile up. Let me say this: patience has never been one of my greatest virtues.

It was a very depressing time. The mind was willing, the body was not.
Every day, the biggest thing on my agenda was rehabilitation: half an hour every three hours.

I also was ‘lucky’ to have several good-natured friends, who would ‘kindly’ drop in unannounced and soak up several hours of my time, cutting right across my strict rehabilitation schedule.

My recovery was slow but steady. But the correspondence and other demands just kept piling up.

I knew I had to do something, or I’d sink.

But what?

What was I going to do? Just looking at the massive amount of work confronting me made me want to do anything except sort it.

I felt like packing up for a vacation to get away from it all. However, if I had done that, I knew the task ahead would grow even more daunting.

I needed a plan of attack.

And so, I devised a system to save myself. I named my new concept: The Power Hour.

Here is how it works:

First, I got rid of ALL my time-thieving distractions. I took all the land-line telephones off their hooks and I turned off my cell phone.

Telephones are the greatest distraction I know.

Next, I stopped answering the door. I didn’t care who it was. I didn’t even look.

I closed the door to my office and set a clock with a timer on my desk. I invoked Power Hour.

I even announced it to myself: “Power Hour has begun!”

In Power Hour’s 60 minutes, I did as much as I possibly could.

No distractions, no cups of tea, no snacks, no bathroom breaks, no goofing off.

My total focus, concentration and effort went into clearing my backlog.

You’ll amaze yourself with the amount you can plough through in a Power Hour. You can do more than one a day too. One Power Hour on, several normal hours off.

Give it everything you’ve got. Do the same the next day. Stay focused! Your backlog will shrink, and then disappear.

I even asked: “Power Hour has begun!”

So, next time you are faced with a huge task, try using the Power Hour technique. Use a concentrated half hour, if that’s all you have. Just do it.

You’ll make huge progress.
A business executive was deep in debt. He could see no way out.

Creditors were closing in on him. Suppliers were demanding payment. He sat in the park, head in hands, wondering if anything could save him from bankruptcy.

Suddenly an old man stopped where he was sitting. “I can see that something is troubling you,” the man said.

After listening to the executive’s woes, the old man said, “I believe I can help you.”

He asked the man his name, wrote out a check, and pushed it into his hand saying, “Take this money. Meet me here exactly one year from today, and you can pay me back at that time.”

Then he turned and disappeared as quickly as he had come.

The business executive saw in his hand a check for $500,000, signed by John D. Rockefeller, then one of the richest men in the world!

“I can erase my money worries in an instant!” he realized. Nevertheless, the executive decided to put the uncashed check in his safe. Just knowing it was there might give him the strength to work out a way to save his business, he thought.

With renewed optimism, he negotiated better deals and extended terms of payment. He closed several big sales.

Within a few months, he was out of debt and making a good income.

Exactly one year later, he returned to the park with the uncashed check. At the agreed-upon time, the old man appeared.

However, just as the executive was about to hand back the check and share his success story, a nurse ran up and grabbed the old man’s hand.

“I’m so glad I caught him!” she cried. “I hope he hasn’t been bothering you. He’s always wandering from the rest home and telling people he’s John D. Rockefeller.”

She led the old man away, as the executive stood there, stunned. All year long he’d been wheeling and dealing, buying and selling, convinced he had half a million dollars behind him.

He realized it wasn’t the money, real or imagined, that had helped. The difference had been his refreshed self-confidence.

The executive realized that he had the power to decide to achieve anything he wanted.

What could you decide you could do? Why don’t you?