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Think of the smartest person you know or know of. Or, think of a person you know of that is the most skilled/successful in some area of life. Any area of life where they are just incredible.

Sports, career, health, hobby, relationships, music, arts, any area.

Keep in mind that they weren't always as skilled as they are now. It took time. Lots of it.

And even now, keep in mind also that they don't always do everything right. They make mistakes. Wrong decisions.

But since they're very skilled now, they must have taken the hundreds and thousands of mistakes and decisions that didn't go their way and learned from them in order to get as good as they are now.

Right?

That doesn't mean that they are now perfect; it just means that they've learned more than just about anyone else in the thing they are good at.

If they didn't, they wouldn't be as good as they are now.

Right?

This reminds me... what do they call the businesses that doctors and lawyers run?

They are called medical practices and law practices.

EVERY business or profession is really a practice, frankly.

Because as the sun sets each day, we all make mistakes and enjoy successes. And in both there are lessons to be learned. When you learn them, you grow and become more valuable... more valuable to yourself and to everyone you come in contact with.

Hmmmm.

That's a pretty good thing to remember when you've made a bunch of mistakes and said or did some things that got you in trouble, even if you've made a habit out of screwing up.

As long as you recognize your mistakes, take ownership of them quickly, look for the lessons in each and every one of them and remember the lessons.

When you are constantly looking to learn valuable skills every single day of your life, you will make your mark in this world.

The Importance of Practice

It is only when you are learning something new from every failure and every success that you will get smarter, more skilled and more successful at doing everything you do.

Right again?

Sounds pretty simple, huh?

It's not. It takes attention and discipline.

Look, I've been studying this stuff for decades now, and just like anything else, when you make a study of something, you get good at it.

And it is precisely BECAUSE I and my entire research team have been studying human behavior in depth for so long that we've developed a high level of skill at understanding what it is that make people act the way they do and how to help them alter their thoughts, emotions and behaviors in ways they desire.

As we learn through our PRACTICE, we pass what we learn onto you and the many milledions of people who are exposed to our work through our behavior modification programs.

Why not give some of them a try?

Why not fervently commit to using them in order to change how you think, feel and act?

If you do, you could have a success story like this one that came in recently. Note that, in the letter below, there are no mentions of lightning bolts and ah-ha moments, just progressive growth and new hope.

And that is something, considering that 95% of the world's people stop growing and expanding once they reach the age of 25.