

When you are working on a task, imagine that someone is watching you and commenting on how brilliantly you're working. Or that you are trying to set a world record, or break your own. You can have a conversation with yourself as you work ... you get the picture.

Your results depend on where you choose to put your focus and energy. So do what gives you the most effective results in the most enjoyable manner. Once you get going and you keep going, there is no turning back—things get easier and you start harnessing more of your mental power.

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