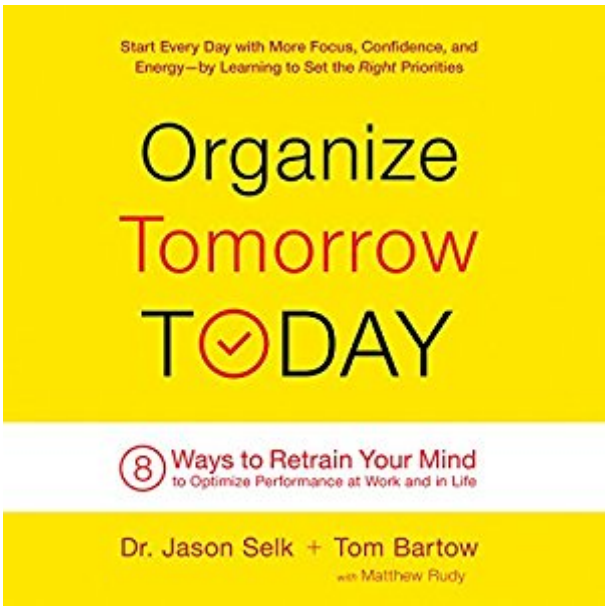
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Organize Tomorrow Today: 8 Ways To Retrain Your Mind To Optimize Performance At Work And In Life



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Synopsis

How do elite athletes and star business leaders alike achieve their peak performance? Effective habits, rather than innate talent, are the keys to success in work and life. Dr. Jason Selk and star business coach Tom Bartow combine the most effective elements of both their disciplines to offer an organizational improvement plan that anyone can learn and apply right away. Organize Tomorrow Today is composed of eight simple, concrete, easy-to-understand guidelines - the multitasking myth, building and breaking habits, the two-minute mental toughness drill, and more. The key to high-level success is to pick one thing to change and master it. Then, over time, you can build on it one step at a time. Organize Tomorrow Today is a blueprint for success.

Book Information

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Best Sellers Rank: #29 inÃ Â Books > Self-Help > Time Management #32 inÃ Â Books > Business & Money > Skills > Time Management #295 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

The title is a bit misleading. It isn't just about organizing tomorrow, but how to revolutionize your life!I am already benefitting from the strategies that have been suggested. One thing I like is that most of them require a matter of mere MINUTES each day to implement.The strategies provoke very high leverage changes that will alter the results you get...BUT, strangely enough, without focusing on results per se, or in the problems you're trying to solve.I read this book twice and now, these changes are really making a difference in all aspects of my life.Do yourself the greatest of favors and read...AND IMPLEMENT what appears in this book.

Have you ever taken a class or even garnered best practices for productivity from articles and books, but they didnÃƒÂ¢Ã â ¬Ã â„¢t seem to help? The authors of this book tackle productivity

issues in a much more logical way. Skill mastery is achieved through repetitions, one step at a time. That might not be new, but how we get to mastery level could be. We learn that lining up a set of skills we want to improve and bombarding ourselves with compulsions to master all of them, is a recipe for failure. This program works on the premise of choosing one thing at a time and being accountable for that one thing until conquered. The authors explain the concept of channel capacity and how so many professionals try to change too many things too quickly. They over-stuff their channel capacity.This book discusses eight simple, concrete concepts:ÃƒÂ¢Ã â ¬Ã Â¢ Organize Tomorrow TodayÃƒÂ¢Ã â ¬Ã Â¢ Choose WiselyÃƒÂ¢Ã â ¬Ã Â¢ Maximize your Time endorsedÃƒÂ¢Ã â ¬Ã Â¢ Build and Break Your HabitsÃƒÂ¢Ã â ¬Ã Â¢ Evaluate CorrectlyÃƒÂ¢Ã â ¬Ã Â¢ Learn How to Talk to YourselfÃƒÂ¢Ã â ¬Ã Â¢ Learn How to Talk With OthersÃƒÂ¢Ã â ¬Ã Â¢ Become AbnormalBut of those eight, ÃƒÂ¢Ã â ¬Ã Å“The ÃƒÂ¢Ã â ¬Ã ËœlawÃƒÂ¢Ã â ¬Ã â„¢ of human channel capacity pretty much dictates that three of these ideas will successfully be incorporated into [your] improvement strategy.ÃƒÂ¢Ã â ¬Ã Â•In a summary at the end of each chapter, the authors invite readers to reflect on what theyÃƒÂ¢Ã â ¬Ã â„¢ve just read. ItÃƒÂ¢Ã â ¬Ã â„¢s an interesting way to advocate working on this particular concept.If you can only work on one to three things at a time, which concepts are likely to provide desired professional advancement?ÃƒÂ¢Ã â ¬Ã Â¢ The Big Why seeks to provide the impetus for taking on this challenge. What will you gain if you master this concept?ÃƒÂ¢Ã â ¬Ã Â¢ The Inversion Test is an effort to get readers to see the other side this concept. What will you lose out on if you donÃƒÂ¢Ã â ¬Ã â„¢t master this concept?ÃƒÂ¢Ã â ¬Ã Â¢ Act Now is like having run out of excuses, then hearing the coach say, ÃƒÂ¢Ã â ¬Ã Å“This is where you start.ÃƒÂ¢Ã â ¬Ã Â• If you choose to work on mastery of this concept, these are first steps.Thoughts wonÃƒÂ¢Ã â ¬Ã â„¢t change anything but acting on them will. This book maps out the program for you.

Loved this book, all 8 topics are very usable. Most of the ideas I've read elsewhere, but the author's did a great job using different analogies and examples that seemed to make each idea really stick. Lots of great psychology usable in all facets of life.

Every once in a while you come across a book that provided you take action on the concepts will transform you and your life . Whatever you do or want to do , Organize tomorrow today will give you a better chance to accomplish your mission exceptionally well .

The most effective changes one can make to improve performance tend to be simple to understand and implement. The tough part is finding discipline to do it and measure progress and success. The strategies in this book will work if one follows them and sees the incremental change over short periods of time which leads to big change over longer periods of time. Thank you Tom and Jason.

This book breaks down your "to-do" list into a process that is straight forward, effective, and honest. How effective you become is up to you. Give this a read.

Great book. First checked it out from the library and read it. Then decided I had to have my own copy.

Dr. Selk and Mr. Bartow teach us how to improve in business and in life! I've applied many of the principles that they offer and have seen great results. More importantly, now more than ever, I now understand that most of us have no idea how good we can be! I am grateful that these men have shared their wisdom.

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