

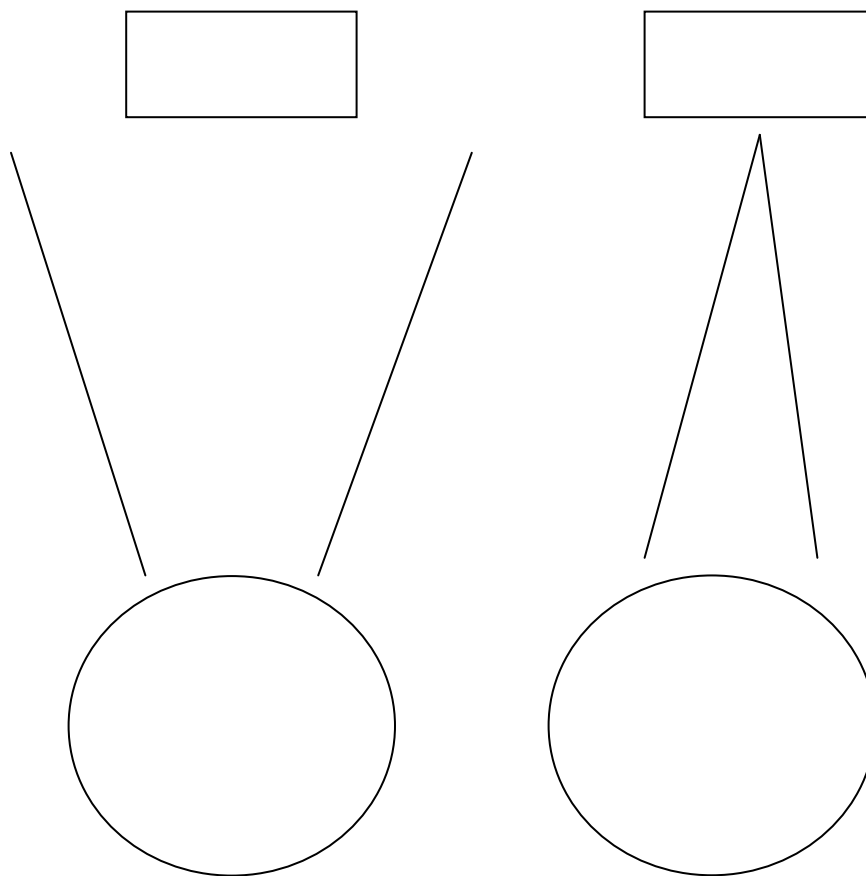
## Beyond Better, Call #5

**Creative Tension Line** – the straight line between your present condition and your dream. The journey will not move along the line, but rather cross over it as the result of the opposing forces of Memory and Inspiration.

The journey stays closer to the creative tension line if you maintain a narrow RAS Focus.

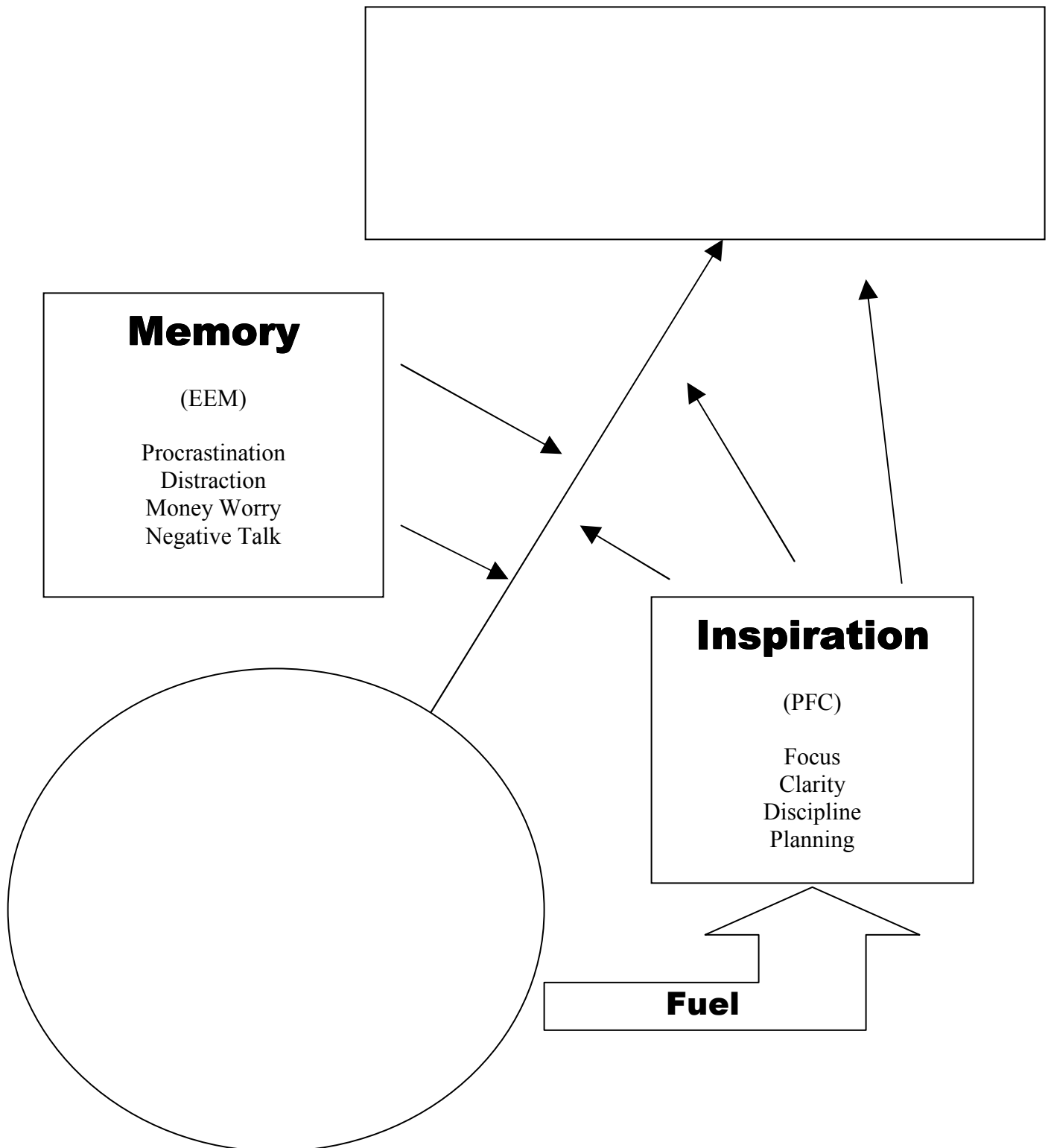
The RAS will broaden if allowed to. Experiences that arise between the present condition and the dream can serve as lessons to help you keep the RAS narrowly focused.

Without lessons and energy directed toward focus, the nature of the RAS is to allow in distraction and new stimuli. The diagram to the right is the preferred illustration of RAS focus (the circle is “now,” the rectangle is “the dream”)



Everything you do or fail to do  
is the result of the forces of memory or inspiration.

## Creative Tension



## **The Re-Focus Questions:**

For each action or lack of action there should be a lesson, a new awareness, new footing, and a follow up action. Here are the refocus questions that can help you move forward with little interruption:

- What's the lesson or new awareness?
- Has it given you new footing closer to the vision or the dream?
- Where does it lie on the creative tension line (which way is it pushing)?
- How do you refocus your RAS to get a narrow focus on the vision or the dream?
- What is the follow up action?
- What anger or inspiration can you rely upon?

Some quotes from my lessons book:

*“Champions aren’t made in the gyms. Champions are made from something they have deep inside of them - a desire, a dream, a vision. They have last-minute stamina, they have to be a little faster, they have to have the skill, and the will. But the will must be stronger than the skill.”*

— Muhammad Ali

*“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream.”*

— Mark Twain.

*“Excellence can be obtained if you care more than others think wise; risk more than others think safe; dream more than others think practical; and expect more than others thinks is possible.”*

- Vince Lombardi

### **For the next call:**

- Document an action or lack of action and the answers to the refocus questions specific to the experience.
- Be prepared to articulate three (3) specific “next steps,” one related to each of the three pieces of personal happiness, Prosperity, Passion, and Synergy.
- Be prepared to discuss something you did that fell under one of the following categories:

**An Uncharacteristic Absurdity  
An Act of Selflessness  
Hours of Tranquility / Recharge  
I’ve Always Wanted To . . .**