

June 29, 2013

Think - Be Ready

- Choose your goals.
- Identify indicators.
- Memorize.

Choose your goals.

- Reactions are everything.
 - Neurons link senses with action. Everything you do is a response. You get information through the senses, filter the information through memories and take action (or keep doing what you're doing).
 - Your senses are always on. Identifying concrete goals (something that can be pictured) allows you to evaluate new information against the goals, recognize opportunity and prioritize effort.
 - Emotions impact awareness. A little stress will heighten awareness, uncontrolled stress creates tunnel vision and eliminates thought.

Identify indicators.

- The more you know, the more you see.
 - Study. Study. Study. The deeper you understand the goal, the more awareness you have of driving factors - the things that influence accomplishment.
 - Driving factors influence goal accomplishment. Indicators show how the driving factors are changing.
 - Identifying indicators allows you to focus attention and recognize opportunity.

Memorize.

- Neurons that fire together, wire together.
 - Memorizing is forming and strengthening associations.
 - Memorizing driving factors and their indicators allows you to recognize impact faster and react faster than anyone else.

Book Recommendations

[How Will You Measure Your Life](#) by Clayton M. Christensen. Provides outstanding insight into determining what is important in choosing your goals.

[The Art of the Long View](#) by Peter Schwartz. Hands down the best resource for strategic planning.

[Moonwalking With Einstein](#) by Joshua Foer. Joshua Foer went from a journalist covering the US National Memory Championships to a finalist with one year of hard work. Proven methods for memorization.

[Getting Things Done](#) by David Allen. Because you don't want to have to memorize everything. David Allen provides time-tested methods for being more efficient at work and at home.