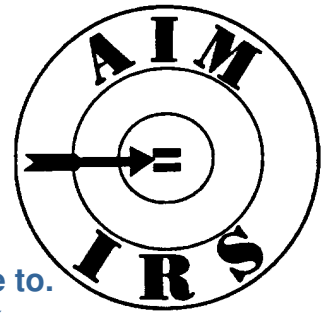


Mental Bench Press

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*A Little More*



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**"Do a little more than you're paid to. Give a little more than you have to. Try a little harder than you want to. Aim a little higher than you think possible, and give a lot of thanks to God for health, family, and friends."**

-- Art Linkletter

Why do most people do just enough to get by? And what is "just getting by" anyway? People that I know who are "just getting by" are constantly complaining. Complaining that they don't have enough money or possessions. Complaining that they don't have the right job or career (which goes back to the money thing). Complaining about friends, family and other associations. They rarely present anything that is good about "just getting by". Then when they see someone more successful, they believe that its because of luck or something else. As a result there is no motivation of doing something great.

I remember reading a book, "Addicted to Mediocrity". The title alone describes the sentiment that I see in a lot of people. This addiction creates a fallacy that life is comfortable when you aren't "just getting by". Not doing too much and cruising through. But the sad thing is that this mindset actually creates a pessimism to life.

How does one move from mediocrity to extraordinary? Do you believe that you were created to just be ordinary? I doubt it. Everyone has, at one time or another, had thoughts of being different. Doing something impactful. Making a difference in some way. Doing something great. Being someone that others recognize through some huge accomplishment or the like. So what does it take to be noticed among the masses?

Do the little extra that others aren't willing to do. I remember a saying, " Do the things that others won't so you can have what others don't". When we do more, we get paid more. When we give more, we receive more. When you push your limits, you increase your boundaries. When you go the extra mile, opportunities appear. I remember another saying, "Luck is when hard work meets opportunity". My encouragement to you is do the extra and create what others call luck.

*Strengthen your mind and you'll have a powerfully fulfilling life.*

*J. E. Kent II*