

Sunil Bali

It's been a hard days write...



The bestselling author Terry Pratchett (who sadly died last month) said, "The trouble with having an open mind, is that people will insist on coming along and trying to put things in it."

Research by psychologist Dr. Travis Bradberry, shows that the greatest entrepreneurs, artists and leaders have a closed mind when it comes to their work. No matter what people say about them or their work, they are like a postage stamp and stick to it until they get there.

They don't let criticism and rejection devalue what they do. They realize that their value doesn't decrease simply because of someone's inability to see what they're worth.



In his book *Daily Rituals*, author Mason Currey says that great minds do their work every day, even when the desire for doing so has left them. The people who change the world often regard themselves as being unimportant, but regard their work as being all-important.

They commit to their one thing, their purpose, and despite an infinite

number of variations in their daily schedule, great minds structure their lives to ensure that they create:

- Marcel Proust wrote each morning in bed surrounded by food and alcohol.
- Before settling down for work in the evening, Einstein would prime his creativity muscles by going out for a walk.
- Beethoven would start composing in the bath and would only leave the bath once he was in full creative flow.

The conclusion is simple: do whatever works for you, but do it every day.

As one of my favourite teachers used to say, "Don't be disappointed by the results you didn't get, with the work you didn't do."

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About the Author

Sunil is a Performance Coach, Speaker and Author.

Ex Head of Talent for Vodafone Group and Santander, and having run a £50m business, Sunil has been responsible for hiring over 50000 people and has had the pleasure of working with some great entrepreneurs, professionals and leaders.

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