

BETTER THAN GOOD

MOHD RAFIZAL RAHIM



2 reasons

The Author

- **Hilary Hinton Ziglar (Zig Ziglar) - born in 1926**
- **motivational/inspirational author, speaker**
- **philosophy on life and business – integrity, loyalty, faith, honesty and character – changed lives of thousands of people for the better**
- **Famous quote : *'You can have everything in life you want if you'll just help enough other people get what they want'***
- **79 years of living, twenty-plus books, countless speeches and seminars - Just getting started! - concept of *'Better than Good'***

Content

- **Better than Good (passion, peak performance, purpose)**
- **Long lasting motivation in life**
- **Motivate to live in 'better than good' life**

Part 1 : The 'Passion' of the 'Better than Good' Life

- Significant part in all great accomplishments
- Can be derived through motivation and motives
- 'Inspiration' is the fuel of passion
- 4 ways to keep the flow of inspiration strong in your life:
 - Invest in inspiration (time, talent & treasure)
commitment through investments in those 3 aspects e.g efficient working schedule, bookshelves full of books/articles on subject matter, certificates and applications for seminars and courses.

Part 1 : The 'Passion' of the 'Better than Good' Life

- Inquire for Inspiration

- mentor
- don't see any problem for you to find a good mentor

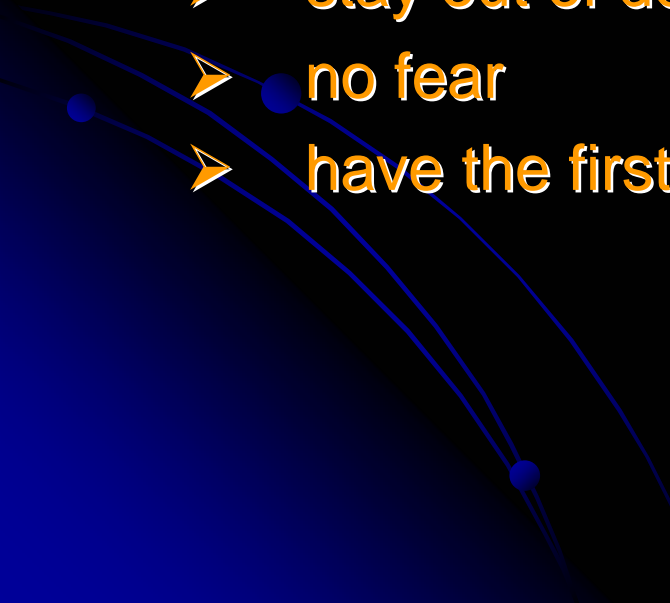
- Get involved to find inspiration

- get involve in areas/activities that are bigger than you are
- e.g. golfer? won't be materialized by just attending golf classes

- Imagine for inspiration

- using an imagination is also important to sustain your inspiration
- e.g. the writer - imagine speaking in front of the audiences

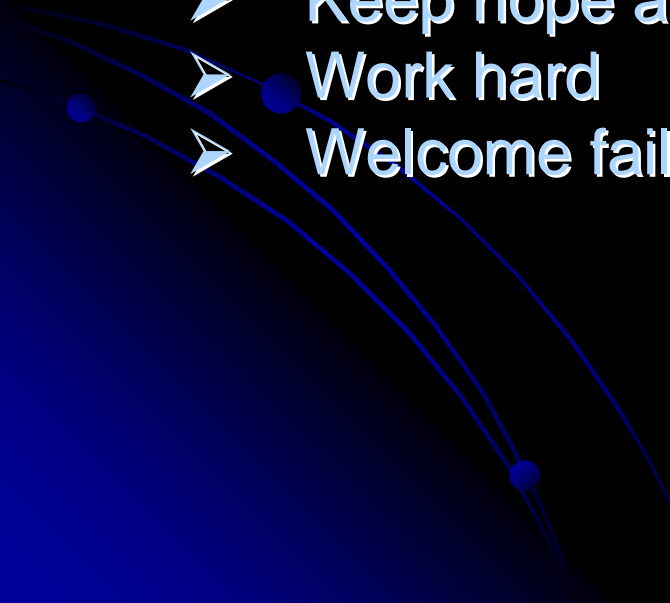
Part 1 : The 'Passion' of the 'Better than Good' Life

- Stress as the enemy of passion
 - Few ways to defend yourself against the attacks of stress:
 - insist of integrity
 - stay out of debt
 - no fear
 - have the first laugh
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Part II : The 'Peak Performance' of the 'Better than Good' Life

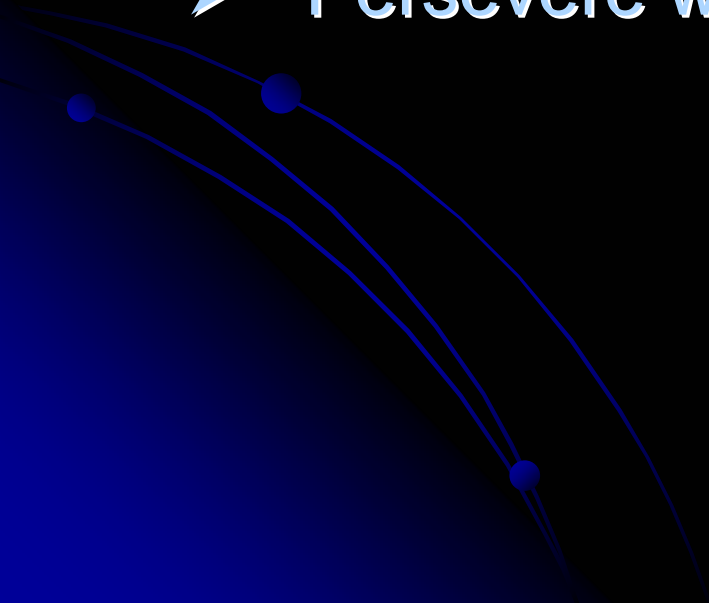
- Success is a process and a way of living and not necessary determined by material wealth
- No sense of having passion in live if you don't apply it
- Passion must come together with proper plans – peak performance
- Don't postpone the plans - laziness, fear of failure and not thorough planning.

Part II : The 'Peak Performance' of the 'Better than Good' Life

- **Benefits of combining passion with planning:**
 - Stay focused
 - Live without fear
 - Be inspired
 - Keep hope alive
 - Work hard
 - Welcome failure
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Part II : The 'Peak Performance' of the 'Better than Good' Life

- **Dynamic strategic planning**
 - Have faith
 - Take action
 - Learn as you go
 - Persevere with hope



Part II : The 'Peak Performance' of the 'Better than Good' Life

- **'Better than Good' Habits**

- To have a better than good life, we must build the 'positive' habits
- e.g. staying motivated, listening, learning, reading, doing your best, healthy life

- **Redefining 'Success'**

- Believe that there are some level of personal success that he is not interested in – surely for those caused to the failure in relationship with god, family and friendship

Part II : The 'Peak Performance' of the 'Better than Good' Life

- *'Power of Painting'*
 - reduce weight using a picture of a model
 - looked at this picture in every morning
 - sub-goal e.g. eating sensibly and exercising regularly.
- **Failure : Life's Refining Process**
 - New definition of 'Failure' – a slow starter that refuses to give up, keep on doing what he is good
 - Values of Failing
 - ➔ If learners do something that is not right/wise and failure is the result, they take it positively and presume it as a lesson
 - ➔ When they do something that works, they take note and try to repeat it

Part II : The 'Peak Performance' of the 'Better than Good' Life

- *'Live is a journey, not destination'*
 - You will never know how many hours/days/years/knowledge/strength required in order to reach the destination. But if you know to get through only for 6 hours on the journey, then you know enough to begin
 - Lot of things you can learn for the 6 hours journey that might be useful for the remaining period of the journey.
- *'If you haven't gone as far as the light you have will take you, then you don't need to complain about not having enough light to finish'*

Part III : The 'Purpose' of the 'Better than Good' Life

- Key to the whole dynamic motivation and the 'better than good' life
- Hard for lot of people to be passionate about what they're doing
- Doing something different from what you love
- Difficult to change course and start doing what you would rather do
- *If you truly have a passion for something – and believe it's a God-given purpose in life – can make it!*
- Passion supplies energy & drive
- Peak performance (result of application of passion)
- Without 'purpose' – 'peak performance' becomes hit-or-miss affair

Part III : The 'Purpose' of the 'Better than Good' Life

- How to determine/define 'purpose'?
e.g. young basketball player – practice – do well in game – scholarship – good education, training – good job, play basketball professionally
- How important it is between elements of 'passion' - 'peak performance' - 'purpose'
 - Peak performance will only come when we exercising the passion towards the purpose of life.
 - If doing things without good reasons (purpose), won't have the emotional and spiritual energy (passion) to deliver
- Strong connection with the 'calling' (heart's desire)
 - The 'calling' – motivating factor for any disappointment, frustration, discouragement

Part III : The 'Purpose' of the 'Better than Good' Life

● Marriage Factor

- e.g. Jason Kidd (former NBA superstar)

● Work culture

- surround with the wisest people with ability to persuade, motivate, positive criticism, mentor
- Survey in US:
 - Individuals who receive regular recognition increase productivity and stimulate increased engagement among colleagues
 - 9 out of 10 people – more productive when they're around positive people

CONCLUSION

- Practical – ideas along the way
- Discover the true ‘purpose’ – ignites ‘passion’ and ‘peak performance’
- Discover that purpose for the first time, or have that sense of purpose renewed – this book will help to create a life you can’t wait to live