



Nick Bishop Solutions

### What is the true “Stretch” of our efforts?



Very often, we hear about amazing stories of human endeavour...Performances that truly generate the “WOW” factor. They can exhibit themselves in many ways.

- People that have walked for days on end through the desert purely for survival
- Sports teams and individuals that have come back from seemingly impossible situations to win
- A blind person playing one of Handel’s concertos.

It may even be **YOU!** With your back truly up against it, and with a project to finish, burning the midnight oil to finish and using your adrenalin fuelled body to great effect! While this example may not be quite as extreme, it perhaps resonates more...You can relate to it!

There is an often quoted example of the extent to which we use our brains...Let’s look at the possible origins of this “10% brain use” statement and the evidence that we do not use all of our brain. The 10% statement may have been started with a misquote of Albert Einstein or the misinterpretation of the work of Pierre Flourens in the 1800’s...It is still none the less still quoted and therefore does suggest that we are a long way from fulfilling our potential.

What happens when a child is trapped under a car, and the parent exhibits super human powers to lift the car. Ask them to do this without a potential fatal catastrophe, and it would never happen!

One of the most significant triggers to any “Stretch”, is adrenalin. This is a word that I often use when I speak with people. We need adrenalin to perform...Adrenalin is purely the combination of nerves and excitement. A mix that produces the adrenalin needed to perform at the highest level. It’s good to be nervous...It shows that you care! Without nerves you won’t perform to your potential...So how do we channel this adrenalin?

It’s important to have challenges in life...To create GOAL’s that motivate...To have mental images of your future success. What will it be like when you get there!

Reading books or watching programmes about extraordinary achievements that creates the fire in your own body. It’s important then to make sure that the challenges that you take on, do excite you...Without this, you won’t have the true drive to succeed.

What is **YOUR** next major challenge, and how will **YOU** tackle it? We are all capable of more than we believe...Just shift the mind set!

***“A dream becomes a goal when action is taken towards its achievement” BO BENETT***