

Video 45 - You're Closer to Success Than You Think

Discussion Questions

1 - What's the best way to improve ourselves so we can realize our dreams?

2 - What happened a few weeks after Roger Bannister broke the four minute mile?

How could that happen?

3 - What are three things we can do to raise our belief level?

Note: "The Perfect Mile" by Neal Bascomb is a great book about the three runners who were trying to become the first person to break the four minute mile.



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