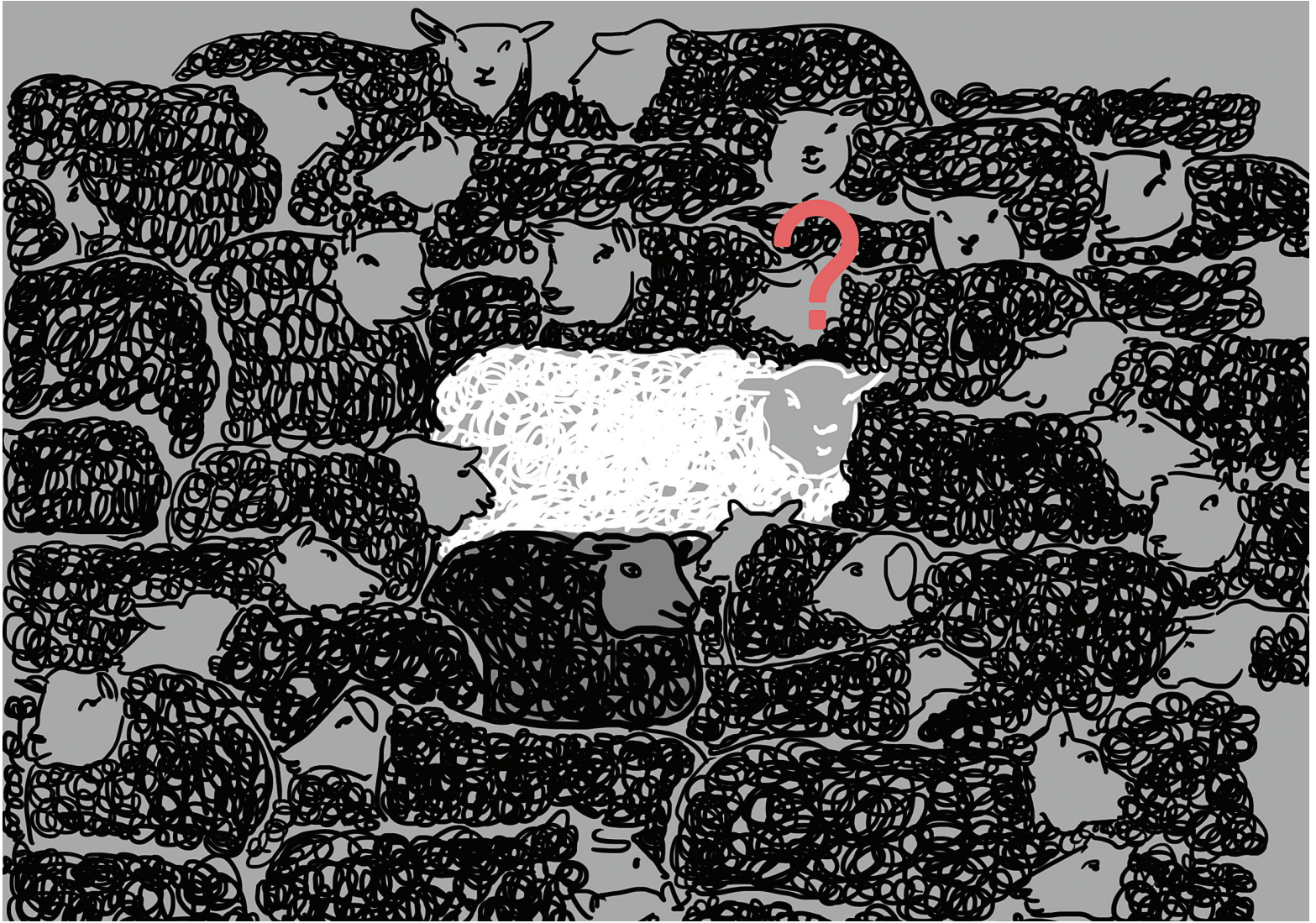


**SPEED
LEARNING
CAPSULE**

Take peers along in your journey towards success.

◆ LEO BOTTARY, AUTHOR, *WHAT ANYONE CAN DO*



Prepare, plan,
and play!

In 1994, Oprah Winfrey showed the world that if you surround yourself with the right people and follow a training programme, you too, could run a marathon. (She also lost seventy-two pounds). The real challenge, of course, is sticking to the strict regimen required to get you ready for race day. Those of you who have done it know that the race is the easy part, relative to what it takes to prepare for it.

In his 1976 book *The Long Run Solution*, author Joe Henderson suggested that becoming truly accomplished at running (or at anything) does not typically require us to perform superhuman feats. All too often, success and happiness find those who have the discipline to do the everyday things, the things anyone can do that most of us never will.

Of course, wanting something is one thing. Being committed to doing what it takes to make it happen is quite another. Left to our own devices, we all too often do not do the work. We might get off to a good start, but we eventually succumb to whatever rationale we can conjure to explain why we stopped.

One thing we can do is seek out people who can be a positive influence and enlist their support. When we invite others to be our partners in success, they tend to help us do the things anyone can do far more often. This is true whether you want to run a marathon or become an accomplished artist, scholar or business leader.

Now what? Have a 'people plan'!

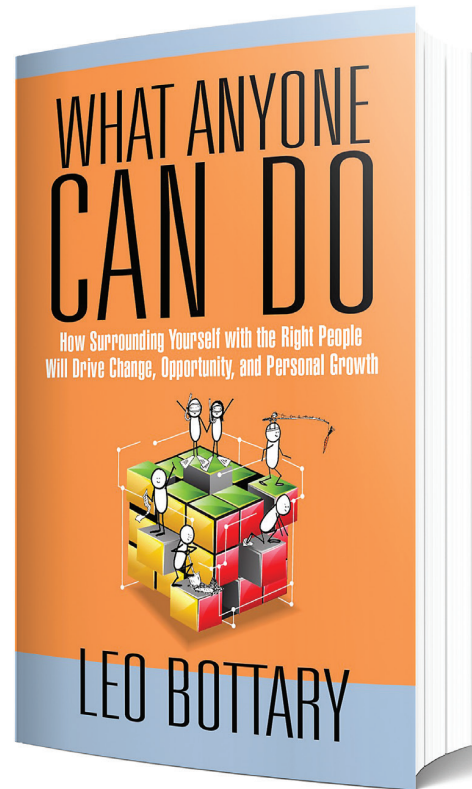
A people plan serves as your personal framework for surrounding yourself with the kind of people who will help you be your best self and realize your dreams. The people plan has three simple components: prepare, plan, play!

Prepare: find someone you trust to help you articulate what you want out of life, identify specific goals, and find people who can help you achieve those goals. We will call them your dream team!



ABOUT THE AUTHOR

Leo Bottary is a thought leader on peer advantage, an emerging discipline dedicated to strategically engaging peers to realise your business and life goals. He is the author of *What Anyone Can Do* and co-author of *The Power of Peers*.



Plan: utilise your dream team members to help you develop an action plan, be willing to adjust the plan to meet your needs, and identify (and celebrate) small wins to keep you motivated.

Play: I call it play not just for the sake of the alliteration, but to keep it fun. Achieving your goals does not have to be drudgery. Keep your dream team involved, pay it forward by being part of someone else's dream team, and be committed to continuous improvement. Success is a journey, not a destination.

Creating a culture of success in today's fast-changing environment, starts with each of us. It's just like the airline safety instruction that pertains to putting the oxygen mask on yourself first before attempting to assist others. If you are ever going to be of real value to others, you need to be at your best first. It starts with having the right people around you. Prepare, plan, and play. Most of all, enjoy! 