

# My reflection to “day 1 psychology of success”

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My Reflection to " Day 1 Psychology of Success" The Les Brown video called Day 1 Psychology of Success is a very motivational and inspiring lecture. Everything Les Brown talks about seems to open up your mind and makes wonder about anything and everything. Listening to his lecture has got me thinking about what I really want in life and in my career. Therefore, I will be letting you know about my ideas about the video. In the video, Les Brown tells a story about a challenge that was tested back in April of 1954. This challenge was that nobody could run a mile under four minutes. However, a person named Roger Banister took that challenge and he beat it. When that happened, other people took the challenge for themselves and they too beat it. The meaning of this story is that if someone has accomplished a goal or challenge, so can anyone else. It is possible and that what those people thought. So now, I believe that anything is possible like owning my own business or graduating with a 4.0 GPA like my father. I now have the belief that anything is possible. Les Brown also talks about how we should operate out of our imagination and our memory. What this means to me is that we should not let our memory of what we could not conquer hold us back. That we should imagine ourselves accomplishing whatever goal we have and too not let our memory of not beating it hold you back. Do not let anything hold you back not even your memories. Always see yourself with your imagination accomplishing and achieving your goal or dream. Now, the possibilities that I see for myself since I have started college seem to be good. I know that with a college degree it will open up a lot more doors for me than that of a high school education. I see the possibility of working for an amazing company and just working my way up to the top. On the other hand, there is the

possibility of me interning at a company while in college and possible achieving a job after I graduate. There are so many possibilities out there I just have to work hard, open my eyes, and look around to see those opportunities. In Conclusion, this video was very motivational; I really enjoyed Les Brown's speech about success and how it is possible to attain it. Les Brown is a very inspirational and I like the fact that he always seems to be so positive about everything. He makes you understand that determination and dedication can get you the best results out of life. I believe that is true and I will use what he has taught me to every advantage point I can. I will use my imagination to plan my future and see myself successful in managing my own business, as I have always wanted. Because I know, it is possible.