

ACTION PLAN

by Jeff Davidson,
Author of *The Creative
Path to Success in Managing Stress*

Chicken Soup for Success

Mark Victor Hanson had written several books since the mid 1980s, none best sellers. When he and his pal, Jack Canfield, thought about the idea for what eventually would become *Chicken Soup for the Soul*, before they ever came up with the title, they envisioned coming up with a "million-dollar title." *Chicken Soup for the Soul* emerged.

When the book was first published, however, there was little fanfare. So Mark took a copy of the *New York Times* bestseller list and, using the same font and point size, he pasted over *Chicken Soup for the Soul* by Mark Victor Hanson and Jack Canfield, in the #1 position for nonfiction books. He put the altered bestseller list on his wall, where he could see it every day—where it reminded him to get out there and make it happen.

Visualize the Future

Visualization can help you sail more easily through things that have not yet happened. Basketball players attempting to get better at foul shooting found that by visualizing themselves stepping up to the line and having the shot go in, over and over, the actual foul percentage rose in game situations.

You can do the same. Suppose you fear making presentations or confronting your boss about an issue. If you will first visualize yourself handling the situation, you will increase the probability of success. You can even write a short statement about your visualization or a whole article about what you did and how it worked. In this respect, you "live into your visualization," much the way Hanson did.

Working
At Your
BEST

STAFF: Chris Hill, Executive Editor; Marian Wolbers, Senior Editor; Jeanne Stock, Art Director; Elaine Kreller, Readers' Service; Tina Pongracz, Marketing Manager; Cindy Dries, Fulfillment Manager; Sandy Beldon, Publisher; Robert Teutel, President; Ardath Rodale, Chairman
CONTRIBUTING ADVISORS: Space and time management—Jeff Davidson, MBA, CMC, professional speaker and executive director of The Breathing Space Institute of Chapel Hill. *Self-esteem*—Adrian Rham, business consultant on positive living and co-owner of Lighthouse Sound. *Work & Personal Life*—Marjorie Hansen Shaveritz, M.A., M.F.C.C., director of the Institute for Family and Work Relationships. *Interpersonal relationships*—Dr. Paul

Coleman, Ph.D., psychologist and marriage therapist. *Success*—Helen Elgin, Ph.D., founder of the Ozark Center for Language Studies.
PURPOSE: To provide authoritative, useful, easy-to-understand information that will help our readers reduce stress, be more energetic and balance the demands of home and work. *Working At Your Best* (ISSN 1065-5190) is published monthly by Rodale Press, Inc.
Copyright 1997 by Rodale Press, Inc. All rights reserved. GST #R12298661.

For information on bulk rate discounts, contact Cindy Dries, Rodale Press, 33 East Main St., Emmaus, PA 18998 (1-610-967-8440).

Working At Your Best may not be reproduced in any form without written permission.

Thoughts FOR LIVING

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."

—HENRY DAVID THOREAU

"To accomplish great things, we must dream as well as act."

—ANATOLE FRANCE



A RODALE PRESS PUBLICATION
Printed on 100% Recycled Paper
95% Post-Consumer Waste