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In the old days, a broken record meant either you had accomplished something beyond what others had previously accomplished (think, four minute mile) or your vinyl record album was mishandled by a careless friend and now has a scratch which causes the same few lines of a song to be repeated endlessly.

Fast forward to this century. These days, if you want to break any personal or world-renowned success records, If you want to get ahead in your career and your life, you are going to have to train. You will have to repeat a few activities over and over again, like a broken record, until practice makes perfect. This is not my training regimen. It is not your boss' training program, either. This is a program you adopt as your own because it is easy to follow and it works. If you are someone who wants to stay where you are, and never advance or grow in your career or in your life, you can pass on reading this. But for the rest of you... if you want to break records, start working out now.
Train your brain. Keep learning new skills and entertain new ideas. Read everything. Listen. Gather information. We all know the Vikings have lost a few games lately. If that interests you, go deeper. Review some plays and think about what you would do if you were a player or a coach or an owner. You might never go anywhere near a football field in your life, but you might have similar circumstances and can benefit by thinking through parallel problems.

Train your body. We can't all be runway models. But we can all do a little something every day. A walk? Chair yoga at your desk? A few lunges while lumbering from couch to fridge? Exercise and meditation clear your mind and leave you better able to perform at your job and in your relationships. Can't hurt. Much. And the payoff is immediate.

Train yourself. Some people go in for affirmations (tell yourself you can and you will) or coaching (if I tell you you can, you will) or something else. Ultimately, the self-discipline that keeps you on task when things get tough has to come from inside of you. When your success is squarely in your own hands, you can't blame anyone for holding you back, but you can't be held back, either.

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