

“THE JOB IS DONE”

So, let's just get on with the work

It is Saturday morning on Grand Final day in Melbourne, 2010. This may or may not mean anything to you, but it will be a beautiful lead into this week's article. Irrespective of the fact that my former team St Kilda is playing to win only it's second premiership in the history of the AFL/VFL... only one team will win today. If you are reading this you are either ecstatic, devastated or really don't give a rip about the outcome! The reality is that the team who is now 2010 AFL premiers is the team that decided that “the job is done” before they even ran out onto the ground.



The difference between success and failure in most cases is just a tiny adjustment in attitude. Particularly in a grand final, where the ability and experience of the two sides is pretty much even par. The team who runs out onto the ground with a calmness and a certainty because they have decided and totally believe that “the job is done” will win the game. Once this decision is made all that is left to do is get on with it and enjoy the work of winning the game.

The calmness of a certain outcome

Let me use an example to explain what I mean. Let's say your team was playing in the grand final but because of other commitments you weren't able to watch the game live. Your plan was to record the game and, not knowing who won, watch it that night as if it were happening live. As you were heading home excited to watch the game, you accidentally heard the final result. You found out that your team won by one point! You were a bit disappointed that you now know the result, but on the other hand you were excited because your team won the premiership!



You sit on the couch, put your feet up, crack a beer and grab the remote to watch the game. How are you feeling? Calm right? Because you know the outcome. The game starts and your team is terrible in the first half. They can't do anything right and at half time they are down by 6 goals. How are you feeling? Calm right? Because you know the outcome. In the third quarter they are not much better and at three quarter time they are now down by 8 goals and not looking like premiers at all! How are you feeling now? Still calm right? Because you know the outcome! You watch the last quarter in serenity and joy as you know the outcome and you watch your team come home and win by one point on the last kick of the day!

Simply decide that 'The Job is Done'

This is an important lesson for us all. When we think about what really holds us back from achieving success with our health, our relationships, our career or whatever it may be ... it is us at the end of the day. We worry about all sorts of stuff that we believe will impact the final outcome. But the reality is that if we decide deep in our hearts 'the job is done' then we can simply get on with the enjoyable process to make it happen. We will be calm and certain ... Why? Because we know the outcome!

In April 2009 Susan Boyle walked out onto the stage of Britains Got Talent, and looked as unlikely a star as you could have ever seen. Everyone laughed at her before she started, but in her heart and her mind 'the job was done'. If you watch the YouTube accessed on the home page of my website you will see the certainty in her walk and talk as she knew what the outcome would be, before she even began ... The rest is history!!



Relax and enjoy the process

Ultimate success in life comes, not to those with the most ability, the best looking or from the best background - it comes to those who have decided that 'the job is done'. It is not about having all the answers and it is certainly has nothing to do with our past. It happens simply when we decide we will no longer put up with living a life less than we choose. Now is the time to work out exactly what you want, decide without any shadow of doubt that 'the job is done' and then simply enjoy the process as you transform your desire to realisation.