

**Publisher :** Lakhimpur Girls' College, North Lakhimpur, PO – Khelmati, Dist. – Lakhimpur, Assam.

## Editorial

### Notes for the distressed pupils based on the works of James Clear

*“Far and away the best prize that life has to offer is the chance to work hard at work worth doing.”*

– Theodore Roosevelt

The quote by Theodore Roosevelt emphasizes the value of working hard at meaningful tasks. The famous author James Clear pointed out society's tendency to desire the rewards of labor without embracing the challenges that come with it. Many people show the reluctance to endure the struggles and efforts required for success, whether in work or physical fitness. The analogy of wanting a gold medal without the dedication of an Olympian can be used to illustrate this point. Despite initial resistance, the author James Clear acknowledges that hard work consistently brings a sense of accomplishment and never leaves people feeling worse.

The key is not just doing the work but redoing it. While average students grasp concepts once, the best students revisit them repeatedly. Average employees write emails once, but successful novelists rewrite chapters multiple times. Instead of mindlessly repeating workouts, top athletes critique each repetition, consistently refining their technique. The crucial factor is the process of revision and improvement.

Zanshin, seen in archery through Awa Kenzo's expertise, highlights how every detail in the process matters for the end result. This mindfulness involves paying attention to specifics like foot placement, bow handling, and even breathing during arrow release. Awa Kenzo's skill lies in replicating precise internal movements without looking at the target. In Japanese martial arts, zanshin means being alert and relaxed, with full focus on the current action. It emphasizes complete concentration on the task, promoting awareness of the body and surroundings without unnecessary stress. Beyond physical activities, Zanshin encourages intentional living, purposeful actions, and avoiding mindless responses to life's challenges.

The famous Japanese proverb, "After winning the battle, tighten your helmet," imparts a valuable lesson - victory doesn't signal the end of a challenge. The true conclusion arises when one succumbs to laziness, loses commitment, or ceases to pay attention. This principle aligns with Zanshin, empha-

(contd....)

**Publisher :** Lakhimpur Girls' College, North Lakhimpur, PO – Khelmati, Dist. – Lakhimpur, Assam.

## Editorial

-sizing living with alertness, irrespective of goal attainment. This philosophy extends to various aspects of life, including writing, where the battle persists beyond book publication, ending only when one considers themselves a finished product, neglecting the needed vigilance for improvement. In fitness, hitting a personal record isn't the end; it concludes when concentration falters, leading to skipped workouts or overtraining due to a loss of perspective. Similarly, in entrepreneurship, the battle continues beyond making a significant sale, concluding when arrogance and complacency take hold. The true adversaries of improvement are not failure or success but rather boredom, fatigue, and a lack of concentration, underlining the critical role of commitment to the ongoing process.

The growth mindset, according to Dweck, prioritizes the process over the outcome. While this idea is easy to understand, putting it into practice is challenging. Many people avoid learning new skills because of the potential embarrassment or shame involved. In reality, the list of irreversible mistakes is very short. We often realize that our lives won't be ruined by a book not selling, a date rejection, or forgetting someone's name. The fear isn't about what happens afterward but the prospect of feeling foolish, humiliated, or embarrassed during the process, which often hinders us from starting at all.

Luck plays a more significant role in absolute success, comparing achievements to everyone else. Wild success, like becoming the best in the world, often involves unpredictable factors such as genes, connections, and timing. The more extreme the success, the more unlikely the circumstances that led to it. On the other hand, relative success, comparing oneself to similar individuals in education or background, is influenced more by hard work. The local comparison highlights the impact of habits and choices on success. It's crucial to note that as success becomes more extreme, luck's role becomes more significant, as Nassim Taleb notes in "Fooled by Randomness."

Hemanta Kr. Baruah  
Editor

---

### Source:

*The note is prepared with the help of the works of famous author James Clear, who writes about habits, decision making and continuous improvement.*