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about it. It takes so much
to be excellent at anything
that if you don't enjoy the
experience, the hard work,
the dedication it will take
to get there, there's very
little chance you'll ever
get there. 2) Experience is

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physical, emotional, mental,
and spiritual. Physical:
nutrition, fitness, sleep,
and rest. renewal that is
active or passive. In order
to think more creatively,
strategically, and
imaginatively, we should

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cultivate attention to the
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