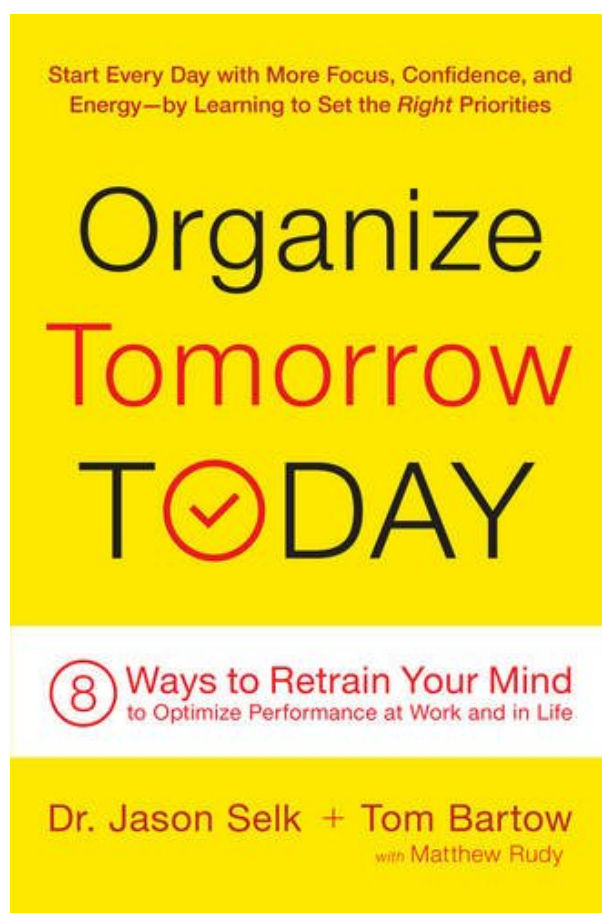


**ORGANIZE TOMORROW TODAY: 8 WAYS  
TO RETRAIN YOUR MIND TO OPTIMIZE  
PERFORMANCE AT WORK AND IN LIFE BY  
JASON SELK, TOM BARTOW, MATTHEW  
RUDY**



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⑧ Ways to Retrain Your Mind  
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### Review

Praise for Organize Tomorrow Today

San Francisco Book Review, 6/24/16

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### About the Author

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## **PDF**

Sports Psychology Meets Wall Street

Dr. Jason Selk helps well-known professional and Olympic athletes as well as Fortune 500 executives and organizations develop the mental toughness necessary to thrive in the face of adversity and achieve elite-level results. Tom Bartow, following a career as a winning college basketball coach, became one of the country's top financial advisors and is now one of the premier business coaches nation-wide. Together, Selk and Bartow reveal the secrets of how both elite athletes and business leaders climb to the top.

In *Organize Tomorrow Today*, two of the top minds in human performance come together to deliver the pathway to extreme success. Doing more is not the answer, and Selk and Bartow walk you through how to achieve more by doing less. There is a huge difference between knowing something and understanding. There is an even wider gap between understanding and doing. Highly successful people never get it all finished in any given day; however, they always get the most important things completed. Selk and Bartow offer the 8 fundamentals of doing what it is most important. OTT will show you the performance gains that athletes, executives, and salespeople spend tens of thousands of dollars to achieve.

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Most helpful customer reviews

42 of 45 people found the following review helpful.

Thoughts won't change anything but acting on them will. This book maps out the program for you.

By JaneAnderson

Have you ever taken a class or even garnered best practices for productivity from articles and books, but they didn't seem to help? The authors of this book tackle productivity issues in a much more logical way. Skill mastery is achieved through repetitions, one step at a time. That might not be new, but how we get to mastery level could be. We learn that lining up a set of skills we want to improve and bombarding ourselves with compulsions to master all of them, is a recipe for failure. This program works on the premise of choosing one thing at a time and being accountable for that one thing until conquered. The authors explain the concept of channel capacity and how so many professionals try to change too many things too quickly. They over-stuff their channel capacity.

This book discusses eight simple, concrete concepts:

- Organize Tomorrow Today
- Choose Wisely
- Maximize your Time endorsed
- Build and Break Your Habits
- Evaluate Correctly
- Learn How to Talk to Yourself
- Learn How to Talk With Others
- Become Abnormal

But of those eight, "The 'law' of human channel capacity pretty much dictates that three of these ideas will successfully be incorporated into [your] improvement strategy."

In a summary at the end of each chapter, the authors invite readers to reflect on what they've just read. It's an interesting way to advocate working on this particular concept.

If you can only work on one to three things at a time, which concepts are likely to provide desired professional advancement?

- The Big Why seeks to provide the impetus for taking on this challenge. What will you gain if you master this concept?
- The Inversion Test is an effort to get readers to see the other side this concept. What will you lose out on if you don't master this concept?
- Act Now is like having run out of excuses, then hearing the coach say, "This is where you start." If you choose to work on mastery of this concept, these are first steps.

Thoughts won't change anything but acting on them will. This book maps out the program for you.

29 of 34 people found the following review helpful.

If you are serious about what you want, follow their recipe!

By Lonsanrio

I have known and been advised by Tom Bartow all 12 years of my career as a Financial Advisor (CFP) with Edward Jones. Tom's earlier work helped me become extremely successful at the start of the career through how to help clients become extremely successful investors. When he teamed up with Jason Selk, I took them both on as my behavioral and practice coaches and in less than one year (11 months to be precise), through commitment to my most important objectives via all techniques described in the book, my business grew 29%. We were already successful and this just blew the lid off (and continues to). Organizing tomorrow today (together with daily mental workouts, tracking my daily activities, and tracking my daily three 'done wells' and one 'improvement for tomorrow') helped change my life and hundreds of my clients lives as a consequence. I pay it forward by coaching these concepts to my clients and referral partners so they may grow in their success and development too. As Tom shared with me long ago, "You have no idea what success you are capable of". He was right! Thank you, Tom and Jason, this book would be fairly priced at a couple thousand dollars. If ever a negative review pops up here, rest assured, they might have read the book, but they never applied the advice to their lives.

13 of 15 people found the following review helpful.

The Title Sounds Boring, But Don't Judge a Book By Its Cover

By Kindle Customer

This is an excellent book. I might have chosen a different title, because "Organize Tomorrow Today" makes it sound like a boring "time management" book. It is so much more. I have just started implementing one of the strategies and I am already seeing an increase in my productivity and decrease in my stress level.

There are 8 strategies presented for improving your results, to be worked on one at a time (the authors caution over and over not to try to work on more than one at a time, no matter how smart you are). If there is something to complain about, it is that the book is aimed primarily at salespeople, and also uses a lot of sports examples. I know the reason is that those areas are where the authors have the most experience and expertise. Still, it would be nice to see examples of how non-sales executives have implemented the strategies. So I am taking one star off for that.

Still, overall a great book that will have a positive impact on your life, and I highly recommend it.

See all 90 customer reviews...



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