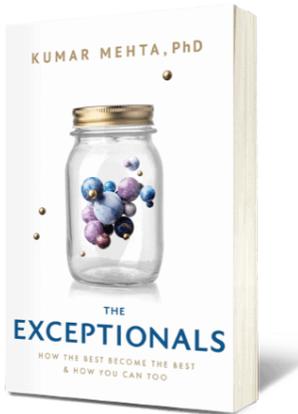


YOUR POSSIBLE BEST

The monthly publication for achieving sustained excellence



Humans are not equal. There are a few individuals who have achieved an unparalleled mastery in their field, and they are **The Exceptionals**. The 1% of the 1%.

Kumar Mehta, PhD

The science of Skill Development says that you should invest more time on strengthening your strengths:

If you want to become exceptional or the best of the best in your field, you need an unmatched skill set. Whether you are aspiring to become an elite athlete, or musician or business professional, becoming the best in the world means having unparalleled abilities. Think about the skill set that the most extraordinary achievers possess, whether it is Serena Williams, or Michael Jordan, or Bill Gates or Ed Sheeran. Each of them has an incredible set of abilities, painstakingly built over decades through skill acquisition, development, practice, and continual improvement.

If you want to reach the very top of your field, you, too, need to build a similar level of expertise. The most effective way to construct best-in-class abilities is by sharpening your existing skills. Strengthening your strengths will have a disproportionately higher impact on you becoming exceptional in your field than working on your weaknesses.

[Read the full article on Forbes](#)



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Strengthening your strengths will have a disproportionately higher impact on you becoming exceptional in your field than working on your weaknesses

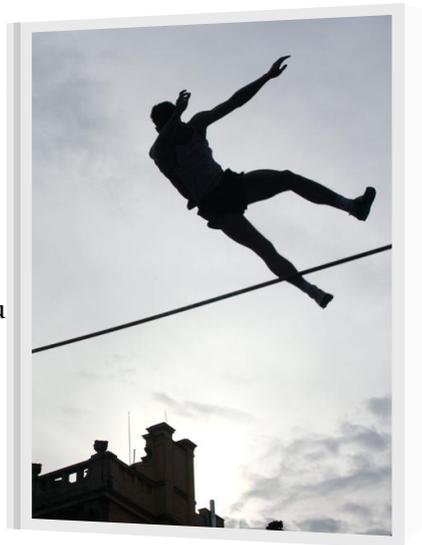
How Olympic Athletes Will Retain Their Skills for Another Year (and how you can too)

This summer, the Tokyo Olympics would have consumed us. We would have seen the world's most exceptional athletes pushing the boundaries of human physical achievement. Unfortunately, the Corona virus changed all that, and the Olympics were pushed out a year. As a result, over 11,000 athletes from around the world had their dreams evaporate.

Olympic athletes aren't alone in having their aspirations suspended. The world of sports has come to a grinding halt. College, high school, and even kids' sports are nonexistent. Even outside of the sporting world, dreams have been put on hold. Millions of musicians, entrepreneurs, students, and people from every walk of life have put their plans on hold for a year or more. In the midst of all this, how can you maintain your peak? How do you emerge exceptional when things return to "normal?"

Athletes who have been preparing for this year's event are struggling emotionally. Primarily because they face a lack of closure. They will never get to test how good they were and how well prepared they were. Would they have medaled is a question that will never get answered? One thing we know for sure is that the postponed Tokyo Olympics will crown a different set of medalists next year.

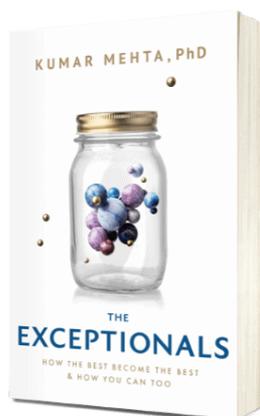
What's a finely tuned athlete supposed to do? Peak again for next year? It's not that easy because every single variable that has gone into excelling for the Olympics has changed. [Read the full article on Forbes](#)



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Humans are not equal. There are a few individuals who have achieved an unparalleled mastery in their field, and they are **The Exceptionals. The 1% of the 1%.**

They have scaled the top of the pyramid and have reached seemingly unreachable heights. They may be athletes or entertainers who are household names, or they may be people who have invented life-saving drugs or won the Nobel Prize by making fundamental advances in knowledge. Or they may have changed the world through science or music or business by influencing millions or perhaps billions of lives.

They are the people who have succeeded in being able to draw out the best talents they have within themselves and have maximized the physical, mental, and social potential available to them.

The Exceptionals is their story, and it provides you with the blueprint to advance from good to great to outstanding to elite.



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