

NFL Star A.J. Brown Starts a National Conversation on Inner Peace and the Pursuit of Excellence

Highlighted Virtues

Discipline: training expected to produce a specific benefit, moral, mental and / or physical improvement.

Inner Peace: a state of mental and emotional calmness that remains despite life's challenges; being accepting of yourself and the world and people around you; often associated with contentment and happiness.

Authenticity: being comfortable with being one's true self and not feeling the need to hide who one is, even when faced with pressure to act differently. Being true to one's feelings, personality, values, and goals.

Humility: modest opinion of one's own position; an honest self-appraisal of one's strengths and weaknesses; a lack of false pride; realizing that we don't have all of the answers and being open to learning from others

Wisdom: ability to apply knowledge, experience, and understanding in ways that are effective and good. The ability to discern or judge what is true, right, or lasting.

The book *Inner Excellence* offers strategies to help develop a clear and focused mind, leading to improved performance and a greater sense of inner peace. Some of these strategies are:

1. **Purpose and Goals:** Establish clear and specific goals. This provides direction and purpose, allowing you to focus your mental energy on what's important.
2. **Visualization:** Practice imagining yourself working towards and achieving future success and positive outcomes.
3. **Positive Mindset:** Adopt a positive attitude and focus on the good in your life can help you feel more at ease. Replace negative thoughts with positive ones.
4. **Mindfulness:** Being present in the moment by engaging all of your energy and focus on your current activity will help you to appreciate the goodness in each experience and can promote a sense of peace.
5. **Emotional Regulation:** Learning to manage and control your emotions, rather than being controlled by them will help to achieve and maintain inner peace. If for example you're tempted to easily get angry, then practice recognizing when you're beginning to feel anger and come up with a consistent approach to better deal with the situation such as taking some time before saying anything and committing to speaking calmly.
6. **Physical and Mental Health:** Taking care of your body and mind through a balance of regular exercise, healthy eating, and relaxing activities.
7. **Rest:** Ensure you get adequate rest and recovery. Proper sleep and relaxation are crucial for mental clarity and overall well-being.