

Unleash your potential with the magic of repetition

"Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success."([Swami Vivekananda](#), 19th century Hindu Sage)

The difference that makes a difference!

I always had this inner conviction that math is a life transformative skill and my son needs to be great at it. My dream was to enroll my son in the John Hopkins program for the talented youth that offered high quality courses for high achievers. However, that seemed like a far cry from where my son was, who at that time did not even know how to hold a pen. I soon found a local tutoring class and became wholeheartedly committed to it.

I have a time-tested life hack called the number game. I use it whenever I want to achieve a goal or tackle a seemingly unresolvable issue. That is the more times you try, the closer you get to success, with a caveat that you have to be super focused.

Oddly enough, my number game got activated in regard to my son's math learning journey. I did not have a grand vision. I was set to take him to one-hour tutoring sessions as many days as possible.

To achieve that, I turned a blind eye to almost everything else. I didn't care about the quality of tutorings, I didn't care that his writing and reading were average, I didn't care that he was gaining weight and did not have time to work it out, I didn't care about criticism from others, and I didn't even care about his scores for the sake of not getting disappointed. I focused, he persevered and we repeated.

After four solid years of intense concentration on learning math, my son's school sent me a letter last year congratulating us on his high scores on the MAP (Measure Academic Performance) test and informing me he has been identified as a high achiever and is eligible to participate in John Hopkins' program for talented youth.

That letter to me was the definition of serendipity. Over the years, John Hopkins had always remained in the back of my mind. It was my dream. Now suddenly they started to collaborate with my son's school and accept MAP scores.

The magic power of repetition

My number game really works. It's a golden rule of the universe that we've all heard about, but often overlook or forget: the regular practice of any positive action over the years transcends life and creates opportunities.

You don't need to set ambitious goals or exert tremendous effort in order to achieve tremendous results. You can unleash your potential if you repeat doing whatever warms your heart and gives you a little sense of accomplishment over time. Focus and discipline are the secret ingredients.

When I first came across Kayla Itsines' Instagram page 10 years ago ([Co-founder of SWEAT APP](#)), I was amazed. It was full of before and after pictures of ladies who radically transformed their bodies by only committing to a 28-minute workout every day. Workouts were amazing, but nothing that could not be found elsewhere on the Internet. However, she required her customers to adhere to a routine through subscription to her APP. She created a cult of followers by utilizing the power of repetition to create outstanding results. As a result she could grow and sell her company for a whopping \$400 million in just a couple of years.

[David Perell](#), the writer, podcaster and founder of Write of Passage, says that regularly publishing online becomes a serendipity vehicle that attracts high-level people and opportunities. I say that obsessively committing to any ambition attracts high-level people and opportunities. As cliché and obvious as it may sound, the proper adoption of this principle creates unbeatable compounding effects. Good begets good and regularly committing to any worthy cause, trivial or significant, elevates our vibrations to attract higher level energies that we call possibilities.

Adopt a cause, live by it, be consumed by it, Keep at it, do not overthink, check your expectations, enjoy the journey, ignore your bad mood, ignore the negative self-talk, ignore the naysayers, keep pushing and the rewards will find their way to you.