

# Breakthrough Moments Are From Previous Actions

*They are usually not just strokes of luck.*



Breakthrough moments are the critical occasions in our lives when we experience significant leaps forward, achieve extraordinary accomplishments, or gain profound insights. These moments may seem like sudden revelations or strokes of luck, but in reality, they are often the result of countless small actions, efforts, and

experiences that precede them. In this podcast, we will explore the reasons why breakthrough moments are usually built on the foundation of many earlier actions.

Breakthrough flashes are rarely isolated events but rather the culmination of continuous learning and growth. Every experience we have, every challenge we overcome, and every mistake we make contributes to our personal and professional development. I can personally attest to the fact that classes and seminars that I attended (sometimes years ago) will manifest that info in a brand-new light that I didn't get at the time! It is through these accumulations of knowledge and experiences that we gain the insights and skills necessary for a breakthrough.

Imagine a person learning to play a musical instrument; they start with simple exercises and gradually progress to more complex pieces. The breakthrough moment when they can finally play a challenging composition is the outcome of countless hours of practice and learning and studying.

Also, the concept of the "tipping point" comes into play. Malcolm Gladwell, in his book "The Tipping Point," describes this phenomenon as the moment when an idea, trend, or social behavior crosses a threshold and spreads like wildfire. Similarly, breakthrough moments can be seen as tipping points in our individual journeys. When we reach a critical mass of experiences, skills, and insights, a small added action or idea can trigger a massive breakthrough. This turning point is only possible because of the groundwork laid by previous actions.

In addition, breakthrough moments often involve pushing past barriers and limitations, and stepping out of our comfort zone. Success and progress are rarely linear; they need persistence and resilience in the face of setbacks. Each failure or obstacle we

encounter forces us to reevaluate our approach and adjust, leading us closer to that breakthrough. Thomas Edison's famous quote, "I have not failed. I've just found 10,000 ways that won't work," exemplifies this spirit of persistence. The breakthrough for Edison came after numerous attempts and learning from each one.

Additionally, the process of achieving a breakthrough can be likened to building a puzzle. Each action we take is like a puzzle piece. It might seem insignificant on its own, but when combined with other pieces, it starts forming a clearer picture.



Discovery moments occur when the final pieces come together, revealing the full picture of success. This analogy highlights the importance of every action and how they all contribute to the bigger picture of our achievements.

Besides, breakthrough moments are often unexpected, but they are also more likely to occur when we actively seek new opportunities and experiences. As we explore different paths and engage in diverse activities, we increase the chances of stumbling upon that pivotal moment of breakthrough. It is through exploration and testing that we uncover hidden connections and possibilities that may not have been clear before.

Finally, breakthrough moments are just not the result of mere chance or luck; they are the outcome of many previous actions, efforts, and experiences. Every step we take, every lesson we learn, and every challenge we overcome builds the foundation for those breakthroughs. The accumulation of knowledge, the persistence through setbacks, the tipping point of critical mass, and the serendipity of exploration all play vital roles in paving the way for these pivotal moments.

Understanding this concept can inspire us to embrace every opportunity, learn from our encounters, and persist in the pursuit of our goals, as we know that each action brings us closer to that great breakthrough. So, let's acknowledge the power of incremental progress and appreciate that every small action can lead to astonishing achievements in the future.



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