

## Mission of the Journal of Excellence

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My mission in initiating the birth of The Journal of Excellence was to fill some important gaps in our knowledge and in our lives that are essential to the successful pursuit of excellence. The Journal of Excellence is devoted to nurturing excellence in all human endeavors and all worthy pursuits. It is centered on the pursuit of excellence in the working or performing parts of our lives, as well as the non-working parts of our lives. Our aim is to inspire excellence, to present a forum to discuss the positive pursuit of excellence and to provide practical strategies and perspectives for pursuing high-level goals.

The Journal of Excellence is the communication vehicle for the International Society for Mental Training and Excellence (ISMTE), a not for profit organization with the vision of education and training for better people, better performers and a better world.

There is much discussion about the quest for, and value of excellence, for example in education, sport, health, the performing arts, parenting, teaching, coaching, leadership, health care, business and the workplace. There is also much talk about the importance of quality living, quality relationships and the development of a higher level of humanity. This is the first journal, which has **EXCELLENCE** as its sole focus. Providing people with insights and strategies to be successful in their pursuit of performance excellence and excellence in living is the ultimate mission of the Journal of Excellence.

My vision is a journal that is applied in orientation, relevant in content and wide ranging in application. We are committed to:

- 1) Learning from and sharing the experiences of great performers and great people.
- 2) Developing a more thorough understanding of the mental links to excellence.
- 3) Promoting excellence in performance and excellence in living.
- 4) Initiating positive real world change.

**If you have applied research or meaningful insights that are relevant to the pursuit of excellence in any worthy human endeavor, for any age group, we encourage you to submit your material to the Journal of Excellence to be considered for publication.**