



Executive Book Summaries[®]

Reclaim the Moment

Seven Strategies to Build a Better Now

by **Greg Bennick**



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Guide to Life

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THE SUMMARY IN BRIEF

This book is about amplifying your life, regaining your focus, and transforming your world. You versus the entire world, doesn't offer the best odds. This doesn't mean giving up trying to make improvements to where you work or how you live. But it does mean thinking in terms of better rather than perfect, and working in stages toward making the improvements you want to manifest. This mindset is the "think global," "act local" of personal and organizational development. To reclaim the moment is to regain your focus from a place of feeling stuck, overwhelmed, or underdeveloped, all of which are too common today. These ideas are about getting back on track. The ideas and perspective shifts in these pages are a push in the right direction to regain a sense of clarity amidst a world filled with distractions. That clarity puts us in position to advance with a clear and powerful voice.

In *Reclaim the Moment: Seven Strategies to Build a Better Now*, Greg Bennick helps people understand what is needed to become a better version of themselves in order to help others on a bigger scale. Through personal stories and proven evidence, Bennick is able to give readers the tools needed to not only understand why changes need to be made, but how to successfully achieve this as well.

IN THIS EXECUTIVE BOOK SUMMARY:

- Discover new approaches to leadership and how to step into a listening role.
- Strengthen communication and how to reach one another more effectively.
- Juggle priorities and balance these with work demands.
- Manage conflicts and develop better interactions with one another.

There's a Method to the Madness

This book is about amplifying your life, regaining your focus, and transforming your world. It all starts with being grounded. From there, you can refine what you want, how you want to communicate it, and move forward feeling like that new kind of human. Then you can build a team who will reverberate and transform.

A World Changer's Guide to Life

You're a creature. Deal with It. This news is good because it's a launching pad, and one people have in common. The bad news gets much worse from there if people let themselves slip in terms of what humans, as insecure and frightened creatures, have the potential to do.

You've got a vast mind, and a powerful voice. Use them to create some good in the world. You, your team, your business, your life, your relationships, depend on you building a better now for yourself and approaching the world with new perspectives.

People need to be telling themselves, rather than listening to themselves, about the changes they want to create. You can learn to disregard the small stuff and focus on the main tasks at hand. You can strengthen your perspectives on relationships, creativity, what it means to be a leader, and how to best listen to and amplify others' ideas.

Imagine the words you tell yourself as an ignition point, sparking potential again and again. People are individual pieces of consciousness, each with a face and a name, all wondering what purpose that face and name is supposed to have. This, while feeling and knowing that you can do better, create more effectively, and expand powerfully.

Power resides in everybody. Authority exists above everybody. Use your voice for empowerment. Power is the sense of strength that emanates from within, and also the ability to inspire that in others. Authority is often different from power. Authority is centered on control.

What you want, you must create. What you risk will be regained. It is deeply troubling to be a creature who can imagine the infinite but be bound by physical imitations from within our outside of ourselves. But being a creature gives us a level playing field from which we can all develop and grow.

We are caught between want or want not, with no easy way out. If you can imagine the infinite, what do you do with

your limitations? The answers are found in the act of constant creation and in sharing that with other people.

Not when. Not then. But now. You can use strategies to give yourself the best fighting chance for the future that you want.

Mickey Mouse, a Thunderstorm, and Anarchy

There is always a way through. What matters most is if you are willing to see it, recognize it, and pursue it. No one is going to give you your voice. You have to find it yourself.

Why not your vision for the world, and why not now? What if you had to speak out to change something for the better and instead chose to be silent?

Silence inhibits progress. When it matters most, it might be up to you to break it. If people want something more, they have to take action. They need to be willing to use their voice when it is needed, and not after the fact. They need to give form to their ideas and motivations and make their words matter.

You can't let life unlived simply pass you by.

- Believe in the possibility of kindness.
- Keep your eyes on the knife.
- Cultivate a revolutionary mindset.
- Leap into the dark.
- Engage with laughter.
- Build relationships that matter.
- Start a reverberation effect.

Don't be the leader who wants to drive but forgot the keys to the car. Be the person and make the choices you will be excited to remember years from now.

When you strive to fill the gap between what you hope for and what you have, or what you aspire to and what you achieve, you can do that work without throwing someone else into the gap along the way.

Believe in the Possibility of Kindness to Escape the Trap of Pessimism

Hope yields possibility. If you choose to believe in the possibility of kindness, you can start to see others, their

Pessimism destroys everything in its path. Believing in the possibility of kindness opens up possibilities for connection, teamwork, and growth.

actions, and their potential to do better in newly positive and proactive ways.

Pessimism destroys everything in its path and things that aren't even yet in its path. Believing in the possibility of kindness opens up possibilities for connection, teamwork, and growth.

As is true when you build a better now, a reverberation effect starts with you that impacts and inspires others and leads to additional good things happening.

Be driven by kindness and consider people to be action partners and allies instead of adversaries. When you believe in the possibility of kindness, it gives you hope. It lets you reclaim the moment in a way that embraces and reflects how you want to be treated yourselves.

It bears repeating: Believe in the possibility of kindness to escape the trap of pessimism.

When you believe in the possibility of kindness, you:

- Discover that people around you are also inspired, empowered, and essential.
- Remember that without domination, collaboration becomes possible.
- Expand your ability to serve customers, collaborators, and community members effectively.

What can you do to believe in others more than you suspect or deny them? If human potential is about manifesting and maximizing change, development, and expansion, you have to lead first with that which creates the potential for you to experience growth.

Keep Your Eyes on the Knife to Resist the Allure of Distraction

Roadblocks can yield possibilities. Be open to them. And ask yourself, "On what do you need to be focused most?" Increasing focus helps you reclaim the moment by being directed, intentional, and grounded.

If you want to build a better now, keep your eyes on the knife. Keeping your eyes on the knife is about keeping your highest priorities clear. When you focus specifically and completely on the task, idea, and the intention of what you have to offer, you can keep the offering directed.

Juggling isn't a distraction from the goal. Juggling is a powerful lesson on the way to the goal. Juggling lets you discover little victories in the midst of a challenge. You will learn how you react to making mistakes and you'll also find a new relationship with control.

Are you even willing to throw a first ball aloft? Mistakes, if we approach them with the right frame of mind, are a roadmap to success.

What is your single juggling ball – the one thing that would impact you most if it dropped to the ground? A drop is a learning point on your way to achieving success. A drop is also an opportunity to increase your focus the next time you try. Do not consider any drop a failure.

Don't be afraid to drop the ball! Get comfortable with making mistakes. Try something beyond the limits of what you think you can do. Don't listen to an internal voice that says you can't do this. Tell yourself that you can.

Would you rather try and fail or never try at all? Keeping your eyes on the knife means that you're paying attention to what matters most even in the midst of chaos. Keep your eyes on the knife to resist the allure of distraction.

When you could use this strategy:

- When you're distracted
- When too much is coming at you too quickly
- When navigating a decision that involves risk and reward
- When you or your team must get back on track together
- When decision-making is a challenge due to having too many choices

We are living in a time where allure is everywhere. It's no

wonder that we are confused and distracted. The life we are living is often a life in response to the spectacle, not a life in pursuit of our own desires and ambitions.

We are overwhelmed by truth, opinions, ideas, and images, and all of them seem to matter. We are creating distractions faster than we can adapt to them. People want there to be an overabundance of truth that they cannot consume. They want to be consumed and they want to try to consume all of this material so that they don't have to challenge themselves to push further.

Liking can make you miserable. If you want to reclaim the moment and build a better now, then you have to rein yourself in from the Allure of Distraction.

What's your excuse for being immersed in distractions? What is your most important task? What's your one blue juggling ball? What are you most focused on? If everything feels like a priority, we still have to make a choice, and to do this requires accepting some degree of sacrifice.

Cultivate a Revolutionary Mindset to Break Free from the Deception of Defeat

“If they give you ruled paper, write the other way.”

During times when you have felt bound by the deception that things were over, constantly be reminded to believe in yourself first and foremost. Believing in yourself is a revolutionary act.

Defeat is a deceptive and challenging adversary because people quickly convince themselves that no forward movement is possible and that they've done everything they can do. When we build a better now, we set ourselves up to be able to do that for others as well.

If you take a step back and do some intellectual work, you might literally change how you see an experience.

You must cultivate a revolutionary mindset to counteract the deception of defeat. You can think beyond the scope of what's in front of you, beyond the scope of your reality.

We need to rethink defeat so that it doesn't immobilize us. People walk a fine line between being afraid to succeed and at the same time afraid to fail.

The perception of defeat is often nothing more than a de-

ception. Beyond the parameters that you've created in your daily work and life so that you feel safe, there is another world waiting. It is a world in which you make different choices when presented with the deception that defeat is absolute.

Leap into the Dark to Embrace the Possibility of Success

In terms of creative development, moving in any direction is far better than having no movement at all. Direction matters less than action. Sometimes it takes just getting started, failing a little, then setting back on course to show you that you will eventually get to where you need to be.

When we step into the unknown, it can have powerful and even positive consequences. Our brains can be minefields of worry, impacting our ability to get anything accomplished. We can change that reality.

When we leap, we don't know where it could lead, but we definitely know where it will lead if we don't. While defeat or fear of failure is a barrier to creative development, it's essential for people also to not be intimidated by the possibility of success.

Leap into the dark to embrace the possibility of success. People see others having success and they want that, but sometimes they don't believe that it's possible, or if they do, they can think of half a dozen reasons why they can't have that same success.

Embracing courage is the key to overcoming intimidation by The Possibility of Success

Step into the tunnel, even if you don't see light at the end. Humans are the only creatures who can imagine something that doesn't yet exist and then through will and creativity, imagine it, develop it, create it, and infuse it with meaning.

Engage with Laughter to Connect Amidst the Weight of the World

We can initiate powerful change if we choose, both in ourselves and in the world around us. People have the power to positively shift their mental and group dynamic from one in which individuals bear burdens toward one where shared experience elevates all.

Be willing to laugh, connect, and take joyous risks. Laughter and connection are brilliant engagement tools, and you

When you build and strengthen a team through relationship, the new collective dynamic experienced amidst those involved has never existed before.

don't have to be a comic genius to think in these terms. You just need to be willing to step out from the weight of the world and interact with a different mindset.

Laughter is a powerful thread that binds us together. Engage with laughter to connect amidst the weight of the world. When there are problems, people want solutions, not more process. The way to get there is through positive influence.

Try to not be Michael Scott from *The Office*. Making everyone feel uncomfortable is not the best way to success, even if that show truly is a riot. If you just hit people over the head with a vision, it will never land the same way as if you get them onboard with the reason for the vision first. Laughter doesn't have to poke fun. It can honor, engage, elevate, and inspire.

Perspective shifts aren't just helpful, they are life-enhancing, problem-solving, and team-developing. You can create the something more you are looking for.

The attempt, the mindset of trying to engage with laughter, humor, or light-heartedness amidst a world weighed down, has value in and of itself. You have to dream impossibly and at the same time act from a mindset of possibility. Taking joyous risks while engaging with laughter will inspire you to embrace vulnerability and courageously try something new.

Build Relationships to Outsmart the Dread of Isolation

How will you be a driver of relationship culture instead of simply being a passenger? To build a better now, you are going to have to explore connectivity and relationships and how you can strengthen your connections to one another and how you can enhance as an individual.

People need a new kind of listening. Taking the time to really listen changes relationships and helps to build a better now. Listen as if other people's stories are more important than yours. Listen as if who you are is dependent on who they are.

Building relationships is an art form, a solid approach to

how you work and live, and is an essential life skill. There's a direct connection between valuing what people have to offer and whatever profit might flow from those relationships.

Making people feel like they matter, matters. When you identify someone and make them feel seen and heard, you give them a sense of belonging.

Let's continually work to make relationships clearer, stronger, and more significant. When you build and strengthen a team through relationship, the new collective dynamic experienced amidst those involved has never existed before. To build a better now, you need to strengthen relationships with those around you, and prioritize their position.

Isolation might be real, and you may indeed dread it, but you outsmart it when you come together with others and pursue a meaningful goal. Strengthening connection to others is at the core of development. While in a relationship, people are continually redefined by the interactions they have, so make them count. When you build connections, you are building a better now for yourself, but you are also building a better now for the people with whom you are connecting.

Build relationships to outsmart the Dread of Isolation. Wanting something more and figuring out how to share and develop it as an idea can be a lonely reality. Relationship is the way through.

We come into being not individually but relationally. When people share power from within, and each person is on a journey that is appreciated and supported and understood as meaningful, then they can truly grow into their potential. We would be very wise to open our minds to new approaches that value people as a priority.

Authority disrupts. Relationships define.

Start a Reverberation Effect to Build a Better Now

What is a Reverberation Effect? If you want to build a better now, and if you indeed want something more, then you

are reaching beyond yourself to include others in order to maximize potential all around.

Start with you. The clearer your mind, the better you will show up for others and be able to amplify their ideas. Taking the first step sets others up to be reverberation multipliers.

Taking action is very different from simply celebrating that you have a good idea. Keeping your mind clear and your sense of self intact are reverberation multipliers.

Keeping your mind clear will heighten your ability to share reverberations. Improving communication is a reverberation multiplier. If you want to be a better relay, work to be a better communicator.

Try to keep your mind open to alternative points of view. With reactions and intensity in mind, a helpful tool for boosting reverberation is to check your communication style and make sure it is effective, not affective.

No one else's strength should diminish yours. Nor should yours diminish anyone else's. Work to ensure the way you communicate is in line with how, what, and why you communicate. Building teamwork is a reverberation multiplier.

Cultivate engagement skills with the people around you. Engage, listen, respond, and then reverberate and amplify. When people reverberate and amplify ideas, they put themselves on track to build a better now.

Welcome to the beginning. This is where you start. To see yourself as a world changer is one thing, but when you can see yourself as a relay and part of a reverberating team, it is far more generous and inspiring.

So, where do you go from here? The goal of all of this is to create, elevate, and enhance potential. What you want, you must create.

In Conclusion

Ultimately, when we build a better now, we find what we have been seeking. We create potential. That is the more we have been wanting all along. The potential for more experiences and connection, for more life, and for more space where new ideas can be shared and heard with more confidence. The space we create when we bring ourselves back to center and reclaim the moment is rich with possibility.



Greg Bennick is a world-class speaker, organizational consultant, and global event host whose ideas have inspired tens of thousands of people to take new approaches to productivity, focus, inspiration and personal development. He engages with audiences in conversations that span borders, appearing on stages in 27 countries (and counting). He is the founder and executive director of an international nonprofit in Haiti (onehundredforhaiti.org), which since 2010 has listened to Haitian people to help transform an entire region's relationship with water, education, food, and housing.

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