

The 3 Proven Aspects of Tapping
Into the **Law of Potential**



KEVIN **L**PORTER

LifeStyle and
Entrepreneur
Coaching

**THE 3 ASPECTS OF
TAPPING INTO THE
LAW OF POTENTIAL**

BY KEVIN PORTER

The 3 Aspects of Tapping into The Law of Potential

A Book By Kevin Porter

All rights reserved 2015

ISBN-13: 978-1511818049

ISBN-10:1511818042

© Kevin Porter, 2015. Except as provided by the Copyright Act no part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the publisher.

I want to dedicate this book, this tool in the journey of personal growth and development, to the members of The Self Help Solution Facebook Group. It's you guys that inspire me, motivate me and drive me to continue being of service.

THE PREPARATIONS

- *OPPORTUNITIES FOR GROWTH*
- *PUTTING PEN TO PAPER*
- *WHAT IS YOUR “ENOUGH”*
- *RECOGNIZING SIGNS OF UNMANAGEABILITY*
- *SEARCHING OUTSIDE TO SATISFY YOUR INSIDE*
- *ARE YOU WORKING ON YOUR PROGRESS OR YOUR DEMISE*
- *OVERCOMING DOUBT*
- *MEET YOU*
- *FINDING YOUR HIGHER POWER*

THE PROCESS

- *LITTLE WORK REAPS TEMPORARY REWARD*
- *ACKNOWLEDGING AND RELEASING YOUR RESENTMENTS*
- *IDENTIFYING AND REMOVING YOUR PERSONAL OBSTACLES*
- *CLEANING YOUR SIDE OF THE STREET*
- *LIVING BY CHOICE AND NOT BY DEFAULT*
- *RESPOND INSTEAD OF REACT*
- *BE BIGGER THAN YOUR PROBLEMS*
- *ITS YOUR ATTITUDE, CHANGE IT*
- *BE SIGNIFICANT*
- *CREATING YOUR NETWORK*
- *GOAL SETTING*
- *ORGANIZATION AND TIME MANAGEMENT*
- *BECOME TEACHABLE*

THE PRESERVATION

- *LIVING IN BALANCE*
- *LIVING A MORAL AND VALUE DRIVEN LIFE*
- *STAND FOR SOMETHING*
- *KEEPING A PERSONAL INVENTORY*
- *ENLARGE YOUR LIFE*

INTRODUCTION

Life is the sum of all your choices...

I first want to congratulate you for choosing a path of personal growth and progress. When you choose to better yourself you are choosing to better society as a whole.

This book was written based on collective experiences of some of my most successful and intensive coaching structures. Obviously not everything in this book will apply to everyone. However, anyone that reads this book can gain substantial insight from some of my most useful self improvement techniques being used today. You will be able to utilize a number of these techniques throughout your life and in many different aspects. There will be discussions of spirituality, not to be confused with religion or ANY specific religious belief. Some of the truths about you that we uncover will not be pleasant. They will most likely be things you have been in denial about. You will address them head on, deal with them and get past them. This book and its work can give you fabulous and significant results. You will be asked repeatedly to take a personal assessment of yourself and to answer questions.

People often find comfort in the familiarity of their current situation whether it is a healthy one or not. Sometimes these situations are downright miserable, yet the person remains in them. Many people cling to their fears, doubts, self-loathing, and resentments because there is a distorted security in familiar pain. The familiar seems safer to embrace than the unknown, even once they've acknowledged the harm being caused. When the pains of remaining the same become greater than our fear of changing, only then will we change.

Your fears can keep you from growing, afraid to end unhealthy relationships, get out of a dead end job, begin new friendships or attempt anything outside of your norm. People stay in situations that are no longer working far longer than

they have to - simply because the familiar seems safer than the unknown.

Any change involves overcoming fear. When leaving a lover you may fear, “What if I’m alone forever?” Or when considering a new line of work, “What if I find out I’m too incompetent to start a new career?” Your mind manufactures hundreds of excuses for remaining right where you are, afraid to try something new.

You will find that most of your pain comes not from change but from the resistance to change. It’s time to learn that change is how you move forward in your life. Like it or not change is inevitable, it’s going to happen eventually. Imagine that pondering over whether or not to change is like walking along the top of a fence. There is a ladder on each side for you to climb down but you have to choose which side. If you don’t choose you will eventually lose your balance and fall on one side. If you’re fortunate, you’ll fall on the side you should’ve chosen, but most of us aren’t lucky and end up on the wrong side of the fence. Either side you fall on you’re going to land with some bruises. So just choose to change whatever it is that’s causing any harm or pain in your life. We will pinpoint those areas in the chapters to follow.

Remember this life is not a dress rehearsal, it is the only shot you have at a happy life. Stop looking for reasons why you **can’t**. Focus on reasons why **you can**. Just decide to feed your dreams and starve your doubts and see where you will prosper.

THE PREPARATIONS

“You don’t have to be great to get started but you have to get started to be great”

Les Brown

OPPORTUNITIES FOR GROWTH

Through the course of a day many things occur. Many individuals tend to see these events as either positive or negative. If you don’t take time to appreciate the significance of both you may miss an opportunity for growth. Most of us tend to judge, either consciously or subconsciously, what happens in our life as either good or bad, success or failure. Happiness is associated with the “good” while anger, frustration, shame or guilt are associated with the “bad”. Good or bad feelings often have little to do with what’s good or bad for us. Getting away with stealing a trinket at a fair feels good to a kleptomaniac but it’s obviously not good for them. Just like ending a long-term, dysfunctional, romantic relationship often hurts and doesn’t feel good at all but is extremely healthy, usually for both parties.

It is widely believed that we learn just as much or more from our setbacks as we do from our successes. Very seldom will I address a setback as a failure because it is only a failure if you fall down and DON’T get back up. As long as you get back up, it’s just a setback. You cannot have success without setbacks.

The new way of thinking that you will learn from this book will help you view the happenings of your day to day life as opportunities for growth as opposed to just “good” or “bad”. Attaching value to your emotional reactions ties you to what will become your old way of thinking. You can change the way you think about incidents happening in everyday life, you will learn to search for lessons rather than assigning value. When you do this you learn something from each day.

The 3 Aspects of Tapping into The Law of Potential

Your daily journal, which will be discussed in the chapters to come, is an excellent tool for evaluating and learning from the days' events.

At the end of your week, take some time to reflect over the past few days. Where did you feel you won, lost and learned? What events brought about these feelings and what was your mood at the time? Identify the patterns. When you practice the ones that benefit you, the ones that don't tend to remove themselves.

Answering these questions will help you recognize opportunities for growth in days to come.

WHAT HAPPENED WITH YOU THIS WEEK THAT YOU VIEWED AS A SETBACK? WHAT COULD YOU LEARN FROM IT?

WHAT HAPPENED WITH YOU THIS WEEK THAT YOU VIEWED AS A SUCCESS? WHAT WAS YOU THINKING EACH TIME? WHAT MOOD WERE YOU IN EACH TIME?

HOW COULD DOCUMENTING THIS WEEKS SUCCESSES, SETBACKS AND LESSONS HELP YOU MAINTAIN A RECORD OF ACCOMPLISHMENT?

PUTTING PEN TO PAPER

When we're confused, in pain, or contemplating a possible lesson, experience tells us to "write about it". Though you may groan as you drag out your notebook, you will soon realize that this is a helpful tool. By laying it all out on paper, you can get to the bottom of whatever it is that's on your mind and find out the true nature of any confusion or pain you may be feeling.

Writing can be very productive especially when working through a process, any process. Many successful and psychologically healthy people keep journals and sometimes multiple journals. Like a business journal, a fitness journal and/or a goals journal, depending on what processes they're working through. Simply thinking about a process, pondering its meaning, and analyzing its effects in your head is just not sufficient for most people to accomplish significant progress in the least amount of time. There's something about the physical act of putting pen to paper that helps to internalize and instill solutions in your mind and heart.

The rewards you will get from writing are many. When you write it's easier to be honest with yourself. Writing also makes organizing your thoughts a much simpler task. The keys to the locked places in your conscience are often revealed to us when we write.

Please accept this challenge to do 30 days of Gratitude Lists:
GET A NOTEBOOK JUST FOR YOUR GRATITUDE LIST, DATE THE TOP OF THE FIRST PAGE, LIST 15 THINGS YOU ARE GRATEFUL FOR TODAY, DO THE SAME THING TOMORROW NIGHT AND SO ON FOR AT LEAST 30 DAYS. YOU CANNOT LIST THE SAME THING ON ANY 2 DAYS/LISTS. THEREFORE EACH ITEM ON EACH DAY'S LIST WILL BE DIFFERENT.

Two things will happen. Once you run out of the obvious stuff after a couple of days, knowing you have this assignment every night, you'll start to spend your days looking for stuff to be grateful for, stuff for your list. Eventually this will become a habit. Looking for stuff to be grateful for everyday is the definition of living with an attitude of gratitude. The second thing is what you'll have at the end of the assignment; 450 things to be grateful for! It's hard to be in a bad mood when you have that tool to look at whenever you want.

WHAT IS YOUR “**ENOUGH**”?

Taking one’s life in a new direction is usually something that requires a recognized catalyst to remind us of why we are doing what we are doing. Often times what works best is a specific event or series of events. Drastic yet typical examples would be: an abused wife who has witnessed her abusive husband start to hit their child, and she decides it’s time to leave him; or a person who drinks and drives regularly gets a DUI or has a serious accident, and decides it’s time to seek treatment; or maybe a smoker is diagnosed with lung cancer; and realizes they have to quit smoking to live as long as possible. When people cross the boundaries they have set in their subconscious-they’ve hit a bottom. Since we set our own personal boundaries we choose our own bottoms. Since every bottom has a “trap door” it is typical for some people to hit multiple bottoms before they decide to embark on a life changing journey.

Not all bottoms need to be so extreme. People who need more work usually have lower bottoms. However no one has reached a low that they can’t climb out of. Bottoms are apparent in different areas of your lives. Relationships, business, employment, social and every aspect of your life that you can imagine has a bottom. It is up to you to decide when, “Enough is enough!” The beauty of a healthy perspective on this topic is that you gain the ability to foresee a small issue becoming a huge problem.

When you employ common sense, self-respect and consideration for others, you will find that your chosen lows are set so high that you rarely reach a point of harm. The abused wife will leave the husband the first time he raises a hand to her, the drinker will address his alcoholism the first time he’s late for work due to his drinking the night before, and the smoker will know better than to even start down a path that can only cause health problems.

The 3 Aspects of Tapping into The Law of Potential

Answering the following questions will help you find clarity with recognizing and defining your bottoms.

WHAT HAVE YOU REACHED YOUR LIMITS WITH?

HAVE YOU CROSSED ANY OF YOUR PERSONAL BOUNDARIES?

WHERE DO YOU SEE ROOM FOR IMPROVEMENT?

RECOGNIZING SIGNS OF UNMANAGEABILITY

Unmanageability in your life manifests in two forms, outward unmanageability and inward unmanageability. Outward unmanageability is the obvious stuff you see on the outside. Examples would be a messy home, a cluttered office, out of control weight, or a publicly explosive relationship. Inward unmanageability is a little harder to identify. Examples of it would be denial about a situation, dishonesty, early stages of addiction, inability or unwillingness to manage money or health, or a secretly abusive relationship.

Our ideas of what is unmanageable often come from past role models who have taught us how to live our lives, our parents and guardians. They typically teach us what their teachers have taught them. Sometimes we are misinformed by the misinformed. But at some point you have to break this chain and overcome these unproductive habits. Let today be the day you decide to do that. Let today be the day you decide to acknowledge that you stopped being a victim a long time ago and have become a participant in your own suffering simply by allowing it to continue. It's time to take ownership of your actions and your attitudes and start identifying where your life has become unmanageable. This book will show you the actions you need to take to regain control. Remember these techniques only work if you choose to apply them.

To identify if your life is unmanageable take a look at how you feel and what you do when no one's watching. Are these things you do only when you're alone? Are you lying about these things to people who care about you? Another way is to ask yourself, "Am I getting better or am I just getting by?" Is there a problem in your life that you refuse to acknowledge and deal with? Do you minimize things in your life that your loved ones seem to be concerned about?

SEARCHING OUTSIDE TO SATISFY YOUR INSIDE

People will naturally try to fix what they think is wrong from the outside in. They will look for fulfillment in material things. If they're feeling ugly- they try to find an attractive mate, if they're feeling old- they try to spend time with younger people, if they're feeling unloved-they settle for unhealthy relationships, or when they are upset and don't want to feel whatever it is they are feeling-they use drugs or alcohol to temporarily change their emotional state.

Fulfillment is an inside job. As is love and self-confidence. Anything you create from the inside can't be stripped away from you and it is not dependent upon any certain set of circumstances. Basically, you don't need a certain person to love you to believe that you are worthy of love if you live a life full of consideration, respect and love for others.

Getting to this point won't happen overnight. It can definitely be hard work, depending on where you are psychologically. Simply living a life of purpose, accomplishing goals, being whole and in love with yourself and being of service to others are the keys to achieving true happiness.

Being alone is important because it requires you to remove all the distractions that usually hide the real you. But this can go to extremes if it becomes isolation.

The 3 Aspects of Tapping into The Law of Potential

Answering the following questions will help you see if you've been working on the inside or the outside.

ARE YOU ABLE TO SPEND EXTENDED LENGTHS OF TIME ALONE AND IN ENJOYMENT?

WHEN ASKED, ARE YOU ABLE TO ACCURATELY DESCRIBE YOURSELF OR WHAT YOU DO?

WHAT WORDS DO BEST DESCRIBE YOU?

HOW OFTEN DO YOU EXAGGERATE WHEN TALKING ABOUT YOURSELF?

WHAT DO YOU DO WHEN YOU ARE SAD?

WHAT DO YOU DO WHEN YOU ARE ANGRY?

ARE YOU WORKING ON YOUR PROGRESS OR DEMISE

Contrary to popular belief, there is no in-between. Even if you think you are content where you are then you're probably making progress and don't realize it. You may be moving along in school or in your career or in your relationships. Life doesn't just stand still.

If you are "deciding" what to do next, then you are definitely working on your demise. An old friend of mine liked to say, "Wait for nothing, let everything happen on the way to something else." The reason that is such a significant statement is because nothing waits for you. Opportunity is all around us and if you are not in position when it comes to you, it doesn't wait patiently, it moves on to someone else.

Often times you can rid yourself of things that keep you stagnant. Being stagnant is the most unnoticeable way to work on your demise because you don't really see things getting worse. Everything wears down eventually. Being stagnant is just a slow deterioration of your relationship or career or anything else. For example: if you haven't promoted in your job then you have to consider, you're getting older, processes and job descriptions are changing, if you don't continue to educate or continue to work on your progress in some way then you will become obsolete. Imagine your persona is like a low interest bearing checking account. If you are not adding to it, building it up, then even if you aren't spending from it, the monthly service charges will eventually deplete it.

The 3 Aspects of Tapping into The Law of Potential

Answer the questions below to see if you are progressing or regressing.

WHAT NEW GOALS HAVE YOU ACCOMPLISHED?

WHAT NEW GOALS HAVE YOU SET?

WHICH OF YOUR VALUES ARE YOU LIVING UP TO?

HAVE YOU LEARNED ANYTHING NEW THIS MONTH?

DOES YOUR JOB HAVE ROOM FOR PROMOTION?

IS YOUR RELATIONSHIP HEALTHY AND PRODUCTIVE?

OVERCOMING DOUBT

All is not lost. You now have an amazing opportunity that a lot of people often overlook. You have the chance to be exactly who you want to be. Just like when you buy a used car that's almost perfect and only needs a few things fixed on it, that's you. You know that there are things about you that you are not satisfied with and now it's time to realize they all can be addressed, dealt with and overcome. The rest of this book is going to guide you through a process of discovery, confrontation and resolution. You have the power to do this. You are in complete control of your actions and your attitude.

Answer this question:

KNOWING THAT YOUR ONE GREATEST ASSET IS YOUR WILL TO BE YOUR BEST, WHAT TOOLS DO YOU ALREADY HAVE TO HELP PROGRESS YOUR LIFE IN THE DIRECTION THAT YOU WANT?

FINDING YOUR HIGHER POWER

Every successful person has some form of spiritual path they follow. They've chosen a higher power. A Higher Power is a way that you can be assured that you are never working the process alone. The requirements for a higher power are simple: it needs to be something more powerful than you, it needs to be something that motivates you to do better, and **it needs to produce results!** Your Higher Power will be infinitely abundant therefore providing you infinite access to the abundance of the universe. Your concept of a Higher Power can change, and probably will be forever evolving over time. When the circumstances of your life go through changes as does your understanding of what your Higher Power is and what it does for you. Some people's choice of a Higher Power is obvious when its money, God, or maybe a job or a person. I encourage you to reach as high as your imagination will allow. You may have to start out small. At one point my daughter was my Higher Power because her existence motivated me to greatness. My Higher Power today has evolved.

Your Higher Power also needs to be one that you can communicate with. Aside from prayer, which is the most popular form of communicating with your Higher Power, meditation is also a very productive. There are many types of meditation. One of the more popular forms is transcendental meditation. It is easy to do and increases intelligence and creativity. Another of my favorites is category concentration, which trains your mind to focus. Regardless of what you choose or how you choose to use it-communicate with your Higher Power and acknowledge that your Higher Power is communicating with you.

The 3 Aspects of Tapping into The Law of Potential

Answering the following questions will help you find your higher power.

WHAT SPIRITUAL BELIEFS DO YOU CURRENTLY HAVE?

WHAT DO YOU WANT FOR YOUR LOVED ONES?

WHAT DO YOU WANT FOR YOURSELF?

WHAT MOTIVATES YOU?

WHAT DO YOU WANT FROM YOUR HIGHER POWER?

THE PROCESS

Design your life or someone else will

LITTLE WORKS REAP TEMPORARY REWARDS

Anything acquired by means of a shortcut will usually last as long as it took you to get it. This usually isn't long. When a lot of effort and work is put into any goal, the end result tends to be more solid and lasting.

In reaching your goals, the work involved becomes the foundation of your accomplishments. Just like when a contractor builds a house from the ground up as opposed to assembling pre-built parts. Once it's done he will know how to maintain it better than anyone else because he will know the plumbing system, the electrical system, the ventilation system and so on. Be the contractor when building your life.

Part of preparing for a project is going through specific procedures to ensure you have the endurance to see it through to completion. When an athlete trains for a marathon they go through strenuous exercises to make sure they have the drive, the stamina, the determination and the strength to be competitive as opposed to the athlete who takes performance enhancing drugs. The drugs will eventually wear off or stop working. The training of the other athlete actually becomes a part of them and doesn't wear off or stop working.

“You got out of it what you put into it” was a mantra my mentor used to tell me regularly. It's not just a catchy phrase. It is the backbone, the driving concept of any great achievement.

The 3 Aspects of Tapping into The Law of Potential

Answering the following questions can help you decide to work harder.

HAS ANYONE EVER LIED TO YOU TO GET SOMETHING? DO YOU FEEL THAT THEY DESERVED IT?

HAVE YOU EVER LIED TO GET AHEAD? DID YOU PUT IN THE INITIAL WORK TO EARN WHAT IT IS THAT YOU WANTED? HOW DID THAT WORK OUT FOR YOU?

HAVE YOU EVER BEEN GIVEN SOMETHING THAT SOMEONE ELSE WORKED REALLY HARD TO GET?

ACKNOWLEDGING AND RELEASING RESENTMENTS

Imagine that everyone's spirit is carrying around a backpack full of rocks. Each rock represents a specific resentment or a secret that they won't give up. The weights of the rocks are in direct proportion to the size of the resentment or secret. The bigger the secret or resentment the bigger the rock.

Now think about how the weight of your backpack is weighing down your spirit. How many rocks would you have to get rid of for your spirit to be able to stand tall and strong. You need your spirit to be at its highest when you are on a path of constant progression. It is very difficult to make any progress if your spirit is not in it.

Holding onto resentment only harms you. Whoever you have the resentment against has probably gone on with their life and isn't concerned about you or your resentment against them. You only have so much space in your head; it's a waste of time to give up any of that space to resentment. It is important to realize that while you are fuming, cussing and stomping around in a bad mood, they are smiling and enjoying themselves. Who's suffering? You are.

You are only as sick as your secrets. Once you bring these secrets out into the light they are no longer secrets and tend to lose their power. Some people think having secrets is the equivalent of having power; it's not, at least not in the moral sense. If you have a secret about someone else and you're holding it over their head it's like cheating on an easy test at school. The test (this life) is easy enough that you could do well with a little hard work, and when you cheat, you don't learn anything about the subject. Your personal secrets also carry a lot of weight. You usually add more significance to them than they actually deserve. When you share them with an understanding person that you trust you will see that they usually aren't nearly as bad as you imagined and they can

always be dealt with. No matter how painful they are, you quickly learn that pain shared is pain lessened and one more rock is lifted from your backpack.

Forgiveness is the most significant defense against resentment. Forgiving yourself for any shortcomings you may have acted on. Ninety percent of what happens to you actually happens because of you. Acknowledging your part in everything that has happened in your life helps hold the responsible parties accountable. Understanding the underlying causes of your actions and resentments helps you with preparing your spirit to stand strong.

Once you have accepted your part in your life's events, you know where to lay the rest of the blame. Now comes the hard part which is forgiving those who have wronged you. Carrying around resentments will ruin your future relationships so you must forgive past lovers, friends, business partners, family members and whoever else harmed you. Forgive everyone even if the resentments are justified, which some definitely are, remember who suffers if you hold on to them. So forgive everyone. This doesn't mean for you to forget, because there is always a lesson to be learned from whatever experience caused the resentment. Once you start the forgiving process know that from now on you have the responsibility of acknowledging people for who they are and not who you would like them to be. Then you have the option to either accept them for that person or not. For example, if you get romantically involved with someone that has repeatedly cheated on past lovers and they eventually cheat on you, don't be surprised. Acknowledge your part-You knew they were a cheater to begin with.

The 3 Aspects of Tapping into The Law of Potential

Answering the following questions will help you identify your resentments and help you begin the process of emptying your spiritual backpack. You will probably need additional paper for this exercise.

WHAT SECRETS ARE YOU HOLDING ONTO AND WHY?

WHAT RESENTMENTS ARE YOU HARBORING? (Describe them in detail)

WHAT IS YOUR PART IN EACH OF THOSE RESENTMENTS?

WHAT CAN YOU LEARN FROM THESE EXPERIENCES TO KEEP YOU FROM MAKING SIMILAR MISTAKES IN THE FUTURE?

IDENTIFYING & REMOVING YOUR PERSONAL OBSTACLE

All of us have acquired a certain set of “survival skills”. Some of these are harmful in nature, either to us or others. They are the character traits that you use, sometimes on purpose, to try and control the outcome of a given situation. First of all you must know that you are powerless over everything except your actions and your attitudes. Secondly, these traits are often based in self-centeredness without us even knowing. For example, “people-pleasing, is a personality trait in which a person goes above and beyond to try to make others happy ...they think. Actually they are subconsciously trying to control the way other people feel about them. A healthy alternative is to be genuine. Be considerate of others but not to the point where you bring harm or discomfort upon yourself. Then let people decide how they feel about the real you.

It is possible to be too considerate. When someone is too considerate they put the needs and wants of someone else above their own so often that they start to resent the other person. The other person usually has no idea of the resentment, as they shouldn't, and the person being too considerate only has themselves to blame. Where they usually go wrong is when they expect something in return, expressed or implied, and don't get it. When you place unrealistic expectations on people you are setting yourself up for resentment. This typically happens when you expect a thief not to steal or a liar not to lie. You cannot base your actions and decisions on the exception to what usually happens. Realizing that what usually happens will happen. This lesson keeps you safe from placing unrealistic expectations on people.

You have most of these negative survival skills because at one time in your life they had proven to be helpful to you. They helped obtain something that, for whatever reason, you thought you could not have otherwise. One of the

most common of these is lying. It has served its purpose to you at one time or another. All forms of dishonesty should be addressed in this section.

One trait that tends to slide under the radar is self-righteousness. It is the idea that any opinion other than your own is probably wrong. Practicing open-mindedness usually combats this pretty effectively.

Once you've pin-pointed these negative characteristics you may want to hold on to a few of them in fear that without them you may lose part of who you are. This is untrue. It's actually the opposite. These defects of character tend to block your true persona from developing. Once you rid yourself of acting out on them, your true self begins to emerge. My experience in dealing with these negative survival skills is to actively practice personality traits that are in direct conflict with each defect until it becomes natural.

Answering the following questions will help you define your own character defects.

LIST THE FLAWS IN YOUR CHARACTER.

IN WHAT AREAS OF YOUR LIFE ARE THESE FLAWS CAUSING PROBLEMS?

WHAT POSITIVE CHARACTERISTICS THAT YOU CAN PRACTICE ARE IN DIRECT CONFLICT WITH YOUR CHARACTER FLAWS?

CLEANING YOUR SIDE OF THE STREET

The amends process can be confusing. Especially when you realize that you should make amends to all the people you have harmed, even the ones that have harmed you. You will need to understand that making amends is something you do to ensure the healthiness of **your** spirit, not someone else's. This part of the process is about cleansing your soul, getting out all the negativity to make room for the abundance and good fortune you will be receiving.

Making amends is a three step process; first you must find where you caused harm and to whom, second you must give a sincere apology, third, you must do what it takes to right your wrong which includes never repeating the wrong.

Making amends directly to the person they are owed may not always be possible or safe. If you've slept with someone's spouse in the past it may not be safe for you or the spouse to go to them and apologize. Instead you make amends in a different way. You might stop pursuing married people, respect your own relationships more, and not condone that behavior from anyone you know. If you have stolen from an employer in the past confessing this might land you in jail. If that is a route that you are willing to take then I commend you. Otherwise you might want to make amends by doing volunteer work in the community or taking on task at your job that no one else is willing to do. There are always ways to make indirect amends when they are necessary. By necessary I mean when the person to whom you owe amends is deceased or when making direct amends can be harmful. **Direct amends are best when possible.** Remember when going through this process, the more thorough you are the better your personal results will be.

The 3 Aspects of Tapping into The Law of Potential

Follow these directions to start the amends process:

**MAKE A LIST OF EVERYONE YOU HAVE HARMED
THROUGHOUT YOUR ENTIRE LIFE.** (Make this list as though
you will never have to say a word to these people)

DIVIDE THAT LIST INTO 3 LIST: (NOW, MAYBE, NEVER)

FOR EACH PERSON DECIDE WHAT THE AMENDS WILL BE.
(Consult with someone whose opinion you trust.)

**GET STARTED! THE SOONER YOU START GETTING YOUR
AMENDS DONE THE SOONER YOU GET TO EXPERIENCE THE
ELATION OF A CLEAN SPIRIT!**

LIVING BY CHOICE AND NOT BY DEFAULT

One of the most liberating feelings you can experience is when you realize that your pain and suffering is optional. When you accept that your own decisions led to whatever life you are currently living. Knowing that, “we are all self-made but only the successful will admit it”, (Earl Nightingale) is eye-opening.

Until now you may have believed that you have been living by choice when you may actually have been living by default. What this means is that you have based your actions and decisions on the assumption that you had no other option. You have been conditioned by your environment and critical choices. You have forgotten that the decision was yours. What this means is that you can make a new decision to live a different way. You always have had options, you always will and you can create the options you want.

For some, this new acknowledgement of responsibility can be frightening. They have gone through life living in mediocrity or blaming their lifestyle on their environment, their ethnicity, their past discretions or some unknown force that’s just out to get them. Since they believe these things to be true, they see no other option but to conform.

Now let’s make some choices. Affirmation statements are sometimes called “I Am” statements. They are written declarations of where you will be when all of your goals are achieved and they are written in the present tense. One you should start with is, “I am applying the lessons of this book in my daily life.” Don’t write, “I am debt free!” because using the word “debt” will manifest it into your life. Instead write, “I am financially free!”

Follow these simple directions:

WHAT ARE THE DEFAULTS IN YOUR LIFE?

WHO OR WHAT DO YOU BLAME FOR THE NEGATIVE ASPECTS OF YOUR CURRENT LIFESTYLE?

IN WHAT AREAS HAVE YOU CHOSEN NOT TO LOOK FOR OTHER OPTIONS?

WRITE OUT YOUR AFFIRMATION STATEMENTS

MAKE THEM ALL POSITIVE DECLARATIONS. *(Instead of writing what you're **NOT** doing, write what you are doing.)*

RESPOND INSTEAD OF REACT

For too long you have gone through life reacting to the things going on around you. This is due mostly to the fact that when you're living your life in default mode, reaction is all you know. There is another way. But, you can respond. The difference is simple. When you react to something it's more like a reflex, an instinctual response. When you respond to a situation, you assess what's going on by playing the whole tape through to the end in your head. Think of your options in dealing with the situation and choose the best solution for your lifestyle. By responding, you make fewer mistakes, build less resentment, usually don't act on your defects and end up owing less amends. It's a win-win for everyone.

This technique is used often in psychological anger control sessions. Usually people acting on anger choose not to think first and they end up with assault charges, cases of domestic violence, spousal abuse and child abuse. All of these tragedies can be easily avoided with the right methods in place, the decision to use them, and continued practice with these methods.

Responding may seem time consuming and there are times when you need to act quickly. There are two questions you can ask yourself in a moment's time that may mean the difference between a smart decision and a fatal one. They are, "Is this something that my personal growth has taught me to do and is this something that my Higher Power would want me to do?" Answered honestly, these two questions literally make all the difference. Consider the times when you made quick decisions on a moment's thought and changed your mind. That was a response. It is always possible to think first. Eventually you will reach a point where responding becomes as natural to you as reacting once was.

Answering the following questions will show you the advantage responding has over reacting.

LIST SITUATIONS IN WHICH YOU HAVE REACTED WITHOUT THINKING. How did they turn out?

LIST SITUATIONS IN WHICH YOU RESPONDED AFTER SERIOUS CONSIDERATION. How did they turn out?

CONSIDERING THE SITUATIONS THAT YOU REACTED TO, HOW COULD THEY HAVE TURNED OUT DIFFERENTLY IF YOU HAD RESPONDED INSTEAD?

BE BIGGER THAN YOUR PROBLEMS

Sometimes when life shows up it brings problems of all sizes along with it. The big issues seem to matter the most. They are what consumes your time and energy. They can often be overwhelming and sometimes paralyzing with fear. This is very unproductive when you are on a path of constant personal growth.

My studies and experience have **proven** that every problem has a **solution**. The first part of that solution is always the same, acknowledgement. Acknowledge that the problem actually exists. This may cause you to overcome whatever denial has posed itself as an obstacle. Then you **must** decide that a solution exists. No matter what the problem is, whether you know the solution or not, decide to believe that a solution does exist.

To truly make a decision, it must be followed by action. So decide to seek out the solution. At this point your actions should be based on the premise that there is a solution to be found. This is referred to as “getting out of the problem and into the solution.”

This is when the fun begins. You have taken the power from the problem! You’ve become bigger than the problem! Your solution is right around the corner. When you find it-apply it. If it doesn’t work then it was the wrong solution. Keep searching.

Remember a problem has as much power as you give it. No more, no less. It’s only as big as you allow it to grow.

Answering these questions will give you the steps to follow in solving problems.

LIST 3 PROBLEMS IN YOUR LIFE TODAY THAT SEEM IMPOSSIBLE TO OVERCOME.

Answer the rest of the questions considering 1 problem at a time.

DO YOU THINK ANYONE ELSE EVER HAS HAD THESE PROBLEMS AND DEALT WITH THEM SUCCESSFULLY?

DO YOU KNOW ANYONE WHO HAS DEALT WITH THESE PROBLEMS BEFORE? WHAT DID THEY DO?

WHO ELSE COULD YOU CONSULT WITH TO FIND SOLUTIONS TO THESE PROBLEMS?

WHAT ARE 3 POSSIBLE SOLUTIONS TO EACH PROBLEM?

WHAT WILL IT TAKE TO IMPLEMENT EACH SOLUTION?

IT'S YOUR ATTITUDE, CHANGE IT

You're attitude is one of the things in your life that you actually have control over. So how do you change it? First you must determine exactly what your "attitude" means. It is simply your perspective or feelings towards any given situation or circumstance. Like most things, identification is **THE** key. Identify exactly what your current attitude is towards a situation. Differentiate between anger and annoyance, relaxation and laziness, fear and caution, and so on.

Once you've acknowledged your current attitude, decide what attitude you want to have towards the particular situation. Be realistic. For example, if you find yourself in a state of hopelessness because there are bills due and you're afraid that you will not be able to pay. Don't assume an attitude of carelessness and decide, "oh well, it's in God's hands." That solves nothing and usually makes things worse. Choose an attitude of personal responsibility and integrity. You'll feel better about yourself if you take responsibility for your financial obligations.

If you've recently had a string of bad relationships and have adopted the attitude that men (or women) are all screwed up or evil, be realistic, assume an attitude of self-exploration. Educate yourself on who you are truly compatible with and seek out those individuals. In other words, choose an attitude that is in line with who you want to be and how you want to be recognized.

Once you've decided what attitude best suits the circumstance, figure out what obstacles stand between you and that perspective. Now you've identified the problem. Every problem has a solution. Find a couple of solutions to your issues apply them and keep applying them until they work. Our attitude towards our current reality defines our character. Choose who you want to be.

Answering these questions can help you reframe your attitude.

WHAT DO YOU WANT TO CHANGE YOUR ATTITUDE ABOUT?

WHAT ATTITUDE WOULD YOU LIKE TO HAVE TOWARDS THIS SITUATION?

WHAT OBSTACLES ARE STOPPING YOU FROM ACHIEVING THIS ATTITUDE?

WHAT ARE SOME SOLUTIONS TO THESE OBSTACLES?

BE SIGNIFICANT

There may be days when your self-worth seems to be at an all-time low. Some think its good idea for you to help someone who needs it, just to get out of your head for a while. I think that's a great idea but for a different reason. I believe helping others solidifies the fact that we are of value to different people in different ways. Regardless of the day, if we seek out ways to be of service we will actually find varying degrees of genuine self-worth. Acts of pure service, doing for others expecting nothing in return, builds good character.

“Who has the time?” You might ask. The answer is, “We all do!” Random acts of service or kindness occur when you open the door for someone in a hurry, or when you let someone in front of you during rush hour traffic. When you put half as much effort into finding ways to help out as you put into finding excuses not to help out, then the time and the opportunities will present themselves.

If your whole world consists of doing what you want, what is solely in your best interest, disregarding what's important to others, then, sadly, you only matter in your world. When your existence contributes to the well-being of others you are significant. Just like in a village where everyone has a responsibility, the one tribesman who doesn't do anything doesn't matter to the existence of the village. They may not dislike him, they may still take care of him, but with or without him the village will exist. You are significant when what you do adds value to the lives of others.

Fortunately, everyone has value. Everyone can use their value to enrich the lives of others. For the most part your value is your experience, your knowledge, your training, and your ability to teach it to others. Teaching others comes in many forms, structured education, parenting and mentoring. Choose whichever form you think you would be best at and contribute.

The 3 Aspects of Tapping into The Law of Potential

Answer the following questions to see where you can be of value.

WHO HAVE YOU HELPED TODAY?

HOW DO YOU FEEL WHEN YOU HELP SOMEONE?

WHAT ARE YOU REALLY GOOD AT?

COULD YOU TEACH IT TO OTHERS?

ARE YOU GRATEFUL WHEN YOU ARE ABLE TO HELP PEOPLE?

DO YOU KNOW SOMEONE THAT IS ALWAYS WILLING TO HELP?

WHAT IS THEIR DEMEANOR?

WHAT DO OTHERS THINK OF THAT PERSON?

CREATING YOUR NETWORK

Successful people have networks. So do you. Your network is your life line to all things. It consist of not only the people you know on a social level but also your doctor, regular mechanic, pharmacist and other people you do any form of business with. Networks provide you with information, support, advice, referrals and anyone of the resources that they are connected to.

Not all of your networks have to consist of people you know personally. Like I said, your network is a source of information. Reading books, watching videos and listening to audios connects you with people and the information they have to offer. These people make up your indirect network.

Most people believe that their immediate friends and closest contacts are the most important members of their network. This can be true on a personal level. However, when you are on a path of progression, growth and expansion, this is the opposite of the truth. Your closest contacts are typically people that think like you do, which offers you no diversity in thought. The members of your network that are not that close to you specifically because you have different interest are your main source of unbiased opinion. This is where you get diverse information.

Learn to network with networks. Building a network one person at a time is how most people normally do it. But if you can network with networks then you can expand your "rolodex" exponentially. There are networks out there for every interest group. Find some that interest you and visit them regularly. Give away something substantial expecting nothing in return. Giving yourself away is the secret to building a successful network. This will let people know that you are generous and willing to fulfill your end of the relationship, whatever it may be. Go to events. Have parties.

Stay in contact with people through email or phone. All these activities build your network.

Understand that your network is not only friends and people close to you. Your closest relations are a part of your network; however your acquaintances are an even bigger part. Your network is people who can help you and offer you opportunities that you may not have access to on your own and they are also people that you can help and offer opportunities to. This should be a two way relationship.

Following these directions and answering these questions will get you started with building your network.

ASSESS WHO YOU HAVE IN YOUR CURRENT NETWORK AND WHAT PROFESSION THEY'RE IN?

WHAT PROFESSIONS ARE MISSING FROM YOUR NETWORK?

WHAT DO YOU HAVE TO SHARE WITH YOUR NETWORK?

RATE EACH OF YOUR CONTACTS FROM "A" TO "D". A's BEING THOSE WITH THE LARGEST POTENTIAL DATABASE.

SPEND TIME CULTIVATING YOUR RELATIONSHIP WITH YOUR "A" LIST.

GOAL SETTING

Anyone that has had any success in life had it because they accomplished their goals. Goal setting is the first step to achieving your full potential.

Not defining specifically what your goals are is detrimental to your success. Without clearly defined goals you are essentially a traveler with no map, depending on sheer luck to find your destination. When defining your goals look deep inside. If you think your goal is to be thin, look deeper, maybe your true goal is to be living a healthy lifestyle. If you think your goal is to be a millionaire, maybe your true goal is to be financially secure, which may not require you make a seven figure annual income. Make sure your goals are in line with what would benefit your community or society as a whole.

After you know exactly what it is you want, you need to know why you want it. This is more important than figuring out how you'll get it. If your "why" is big enough then your "how" will manifest itself. If your way is based on service and selflessness it will guide you in the direction you need to go. Just like a homing pigeon can be taken from its cage, blinded, taken 100 miles away, and then set free with its blindfold removed. It will fly straight up, circle 3 times and head directly home. That's exactly what you will do in accordance with your goal if your "why" is big enough.

No goal can be reached without focus. You must lock on to it. You must eat, sleep and breathe it. Everyone close to you should have some idea of what your goal is. Not because of what you've told them but because it's just that obvious.

Imagine this: two twelve year old boys attend the same school, live in the same neighborhood. One of them tells everyone all the time that he wants to be an NBA basketball player. He comes home from school every day, hangs out with his buddies, plays video games and loves McDonalds.

The other little boy hasn't told anybody what he wants to be but if you drive past his house you can see him relentlessly practicing his jump shot....every day. You can see him dribbling a basketball everywhere he goes...every day. He eats whatever his favorite NBA player endorses. It's no secret what the second little boy plans to do with his life. You see that second little boy isn't talking about what he wants he's visualizing it. He's seeing it as if it's already happened. He's staying in position which is something that will be discussed later in this book.

Simply talking about your goal is like wishing on a star. Simply wishing won't get you very far. Discussing your goals is important, but not nearly as important as what you're doing about it when you're not talking about it. You must take action. You must do the footwork. Knowing that your higher power wants this for you and knowing that your "why" is big enough. Your path will be laid out in front of you, you must walk it. Standing at its entrance accomplishes nothing. You must do something every day in the direction of your goal.

Answering these questions will get you on the path for setting your goals.

WHAT IS YOUR DREAM SCENARIO?

WHAT WOULD YOU HAVE TO ACCOMPLISH TO GET THERE?

WHAT ARE YOUR OBSTACLES?

DEFINE YOUR "WHY"?

EXPLAIN WHY YOUR "WHY" IS BIGGER THAN YOUR OBSTACLES.

WHAT ARE YOU GOING TO DO TO OVERCOME YOUR OBSTACLES?

ORGANIZATION AND TIME MANAGEMENT

To truly have success you must be able to master your time. It is widely understood by psychologists that a key to happiness is a “sense of control”. You can’t control time, but you can control what you do with your time. Time management is a skill and like all skills, it can be learned.

No matter how big of a procrastinator you are, or how disorganized you’ve been in the past you can decide to change. You can become one of the most organized and efficient people you know. One thing you can do is talk to the people in your network and to see how they have gone from confusion to clarity and from cluttered to clean.

It starts with your choices. The first is deciding to be neat and organized. Then you must prioritize your goals. Structure this prioritizing in a way that makes sense, putting the goals with the most value first. For example, you may want to re-ignite a romantic relationship that you had ended due to some behavior of yours, like excessive drinking, or abusive language. That’s an admirable goal. Before pursuing that goal you may want to address your drinking or your compulsion to verbally abuse. If your goal is to buy a new boat, that’s a fun goal. You may first want to alleviate some of your current debt. You need to know at any given time exactly what your priority is.

You can add clutter to your life the same way you add clutter to your office, which is simply by trying to do too much at once. When you are trying to work on too many projects at one time you don’t give yourself time to complete anything. You end up with clutter on your desk and in your head. This clutter leaks into every aspect of your life. The way to prevent this is by finishing one thing at a time, putting away the materials when you’re done, and then getting out what you need for the next project. Always put away what you’re done working with. If you do this literally and figuratively then

you've already gotten a head start with organizing your life. Everything has its place. If it does not currently have a place, then find it one. Always put stuff in its place. If you do then you always know where everything is.

When you organize your time you'll find that you don't need as much time to do a task as you did before. This isn't mystical, it's logical. Your prep time is shorter because you don't have to look for things; you already know where they are. Organized people take notes. When you have notes you spend less time contemplating, less time figuring out issues. You already have most of the calculating and deciding done.

When you have a place for everything and you put everything in its place the people that work with you or for you don't have to look for materials. They already know where to find it. This makes you easier to work with and makes them more efficient.

Scheduling is probably the most detrimental task when it comes to time management. Schedule everything. When your time is planned out, and you know ahead of time what you have to do and where you need to be, accomplishing goals is simplified. This may be difficult at first. Sometimes meetings run over or you don't know how much time to set aside for certain tasks. Schedule anyway. Do the best you can. Through trial and error, you will become a pro.

Organized, successful people make lists. They make lists for everything. From grocery items needed to things that need to get done that day. Carrying around a pocket sized notebook helps keep your lists handy. When you finish something on your lists, mark it off. Keeping lists always frees up space in your mind because you don't have to remember everything. You just have to remember to consult your lists.

Answering these questions will put you on a path to complete organization.

HAVE YOU TALKED TO ANYONE IN YOUR NETWORK ABOUT TIME MANAGEMENT? WHAT DID YOU LEARN?

WHAT IN YOUR WORK SPACE DOESN'T HAVE A PLACE?

WHAT IN YOUR LIFE DOESN'T HAVE A PLACE?

FIND PERMANENT PLACES FOR THEM.

CAN YOU SCHEDULE YOUR WEEK? IF NOT, FIGURE OUT WHY, AND FIX IT. CHOOSE A DAY EVERY WEEK TO SIT DOWN AND PLAN OUT YOUR WEEK.

WHAT LISTS COULD YOU MAKE THAT WOULD HELP ORGANIZE YOUR DAY TO DAY LIFE?

BECOME TEACHABLE

It is said that a knowledgeable man learns from his mistakes but a wise man learns from the mistakes of others. Learning from your mistakes is very important...but sometimes unnecessary. There are occasions when it is time consuming, expensive and sometimes painful learning from your own mistakes. When you are teachable instead of learnable this can be avoided.

To be teachable means that you are willing to accept the lessons told to you by someone who has experienced whatever it is you may be going through. To be learnable means that no matter what you are told you have to experience the mistakes for yourself to learn the lesson that they have to offer.

Our entire life we are taught through structured education, apprenticeships, internships, and other forms of teacher/student relationships. Why not allow ourselves to be taught everything like this. Including how to form successful relationships, raise our children, start a business and other areas where people tend to want to have a go at things themselves instead of listening to someone who's "been there and done that." If there was a better way to learn then wouldn't it make sense to have that way as the norm?

Find people you trust; people that you respect for their accomplishments. Allow this respected network to advise you and listen to them. This mentoring relationship along with a little humility will accelerate your progress.

Answering the following questions can help you determine your capacity to be teachable.

DO YOU HAVE MENTORS?

DO YOU BELIEVE WHAT YOUR MENTORS TELL YOU MOST OF THE TIME? ARE THEY USUALLY CORRECT?

WHEN HAVE YOU BEEN TOO STUBBORN TO LEARN A LESSON THAT SOMEONE WAS TRYING TO TEACH YOU? WHAT HAPPENED?

HAVE THERE BEEN TIMES WHEN YOU'VE ACCEPTED A LESSON WITHOUT HAVING TO PROVE IT FOR YOURSELF? IS THIS NORMAL FOR YOU?

THE PRESERVATION

How much you deserve this new life is in direct proportion to how willing you are to preserve it

LIVING IN BALANCE

There are things that we all want in our lives. These things vary from a different job, a new relationship, more money, better health, a bigger home, a newer car, a place to volunteer, a bigger group of friends and so much more. You can have all the things you want however there is a specific way you want to go about acquiring them, a way that promotes balance in your life.

Before you obtain anything new you must first create a current state of balance. Use the organizing techniques discussed previously in this book. Prioritize what you currently have in your life. Find time slots in your life that aren't already occupied with something. Remember, you must first have the time for something new before you add something new.

Rid your life of things that promote an unbalanced life. These are usually the unproductive habits that we all tend to pick up; excessive TV watching, unhealthy eating and so on. If you've been living a life not based on a purpose then you've been essentially dedicating your days to random acts of trivia. Clear your life of clutter. This may, and often does include people who are negative and create drama. I suggest you either rid yourself of people who are unproductive or at least limit the time you spend with them. People who procrastinate or live in mediocrity will try to bring you down to their level instead of elevating themselves to yours. Laziness can be infectious. Negativity can spread like the plague. Avoid it, and people who live in it.

Once you have a comfortable balanced life and extra time or resources, start to look at some of the things you

would like to add. Remember to set personal standards. Do not add tasks to your life that won't add value to your character in some way. Let it be something that teaches you a new skill, nothing profound but something you didn't know how to do already. Let it be something that adds value to the lives of others, like a new volunteer program or helping a friend with a new project. Look for things that will also add tangible value to your life. Things that will make you more money, extend your network, or put you in position to acquire that new house or car you wanted. Remember when adding to your balanced life, do it slowly. Don't try to take on too much at once because doing so adds clutter and not value. Make sure you already have the time, the space and the necessary resources for whatever it is that you have decided to take on.

Answering the following questions will promote balance in your life.

WHAT DO YOU CURRENTLY HAVE IN YOUR LIFE THAT IS PROMOTING CHAOS AND NOT BALANCE?

WHAT PEOPLE DO YOU HAVE IN YOUR LIFE THAT ARE PROMOTING DRAMA AND CHAOS?

WHAT ARE YOU HOLDING ONTO THAT CREATES AN OBSTACLE IN YOUR BALANCE?

CAN YOU DESCRIBE HOW YOUR LIFE WOULD BE DIFFERENT WITHOUT THESE PEOPLE AND THINGS?

WHAT WOULD YOU LIKE TO ADD TO YOUR LIFE?

LIVING A MORAL AND VALUE DRIVEN LIFE

Integrity is important to most people. It is made up of a set of morals and values. Morals are beliefs of integrity that are taught to us. Values are beliefs of integrity that we have gathered from our own experiences. Morality is something that must be at play in every aspect of your life for you to be a person of integrity. Your personal relationships must be built on trust and mutual respect. Your business relationships must have an air of fairness and consistent success. Your romantic relationship must be one of dedication, endearment and fidelity.

Integrity is not something you practice with a chosen few or just some of the time. Integrity should be a way of life. It is the consistent practice of what you have grown to understand as just and fair in any and all situations.

When you know your morals and choose to stand beside them, your decisions and actions should fall into place with little effort. Where people tend to have the most trouble practicing integrity is in situations of greed, lust and jealousy. These three character flaws are in direct conflict with integrity. Integrity is a moral principle you can apply if one of the character flaws you listed earlier is greed, lust or jealousy.

I believe that society as a whole is made of mostly good people. Choose to be amongst them. Define your morals and values and live up to them.

Answering the following questions can get you in alignment with your moral driven life.

WHAT ARE YOUR MORALS?

WHAT ARE YOUR VALUES?

WHEN WAS THE LAST TIME YOU ACTED OUT OF GREED, LUST OR JEALOUSY? HOW DID IT TURN OUT?

IN WHAT WAYS ARE YOU PRACTICING INTEGRITY?

WHAT AREAS OF YOUR LIFE WOULD YOU LIKE TO BE PRACTICING MORE INTEGRITY?

STAND FOR SOMETHING

Part of living a life of purpose is having convictions. Things you truly believe in. People's convictions vary from political, to moral to emotional. The sources of your convictions are irrelevant. What matters is that you stand for something.

Standing for something helps you develop character. It can give you the confidence you never knew you had. Once you are inspired by something greater than yourself, your drive, your knowledge and your energy are drawn from a power greater than yourself, a power of infinite resource. It is a power that wants you to take your cause to the next level. Your convictions tell everyone what type of person you are. Convictions define you. What you stand for will most likely decide who you spend a lot of your time with. It may even have a bearing on where you spend your time and what you spend your time doing.

Having something you believe in will give you purpose if you have none. It will motivate you to do more than you are doing now. With the techniques you've learned so far, having something to believe in will inspire you to greatness.

Answering the following questions will help guide in the process of finding out what you truly believe in.

WHAT REALLY ANGERS YOU ABOUT SOCIETY?

WHAT ABOUT REALLY TUGS AT YOUR HEART?

WHICH OF THE THINGS YOU LISTED IN THE FIRST TWO QUESTIONS CAN YOU DO SOMETHING ABOUT IMMEDIATELY WITHOUT HARMING ANYONE?

WHICH OF THE THINGS YOU LISTED COULD YOU CONSTRUCTIVELY AFFECT OVER TIME?

WHAT COULD YOU DO ABOUT EACH ONE OF THE THINGS LISTED UNLIMITED TIME AND RESOURCES?

KEEPING A PERSONAL INVENTORY

When things go wrong you no longer have to go with them. You know now that you always have choices. What is even better is that you should have reached a point where you realize that you don't have to experience the setbacks, pain, or embarrassment if you can avoid what causes it.

One way to avoid this suffering is by keeping a journal. Not just any journal but a specific journal of your personal inventories. This is a process of taking a look at your actions on a daily basis. Looking at whether or not you harmed anyone, including yourself, whether you lived up to your standards or not and whether you made conscious choices or lived in default.

When an issue starts to appear more than once and you recognize it as a possible problem in the making you can address it before it becomes bigger than it needs to be. This tool is your defense against slipping into your old way of thinking and doing things.

The best way to use this tool is by giving yourself a list of questions to answer every day. List as many questions as you want. These questions should reflect exactly what's going on in your life at the time. Which means that after awhile the questions will change. If you're taking a new specialty class your questions might include something about how you're doing in the class. When the class is over, obviously there will not be any more questions about it in your inventory. There will also be some questions that remain on the list forever. One of my favorite questions that has remained on my list is always the last one, "Am I getting better or am I just getting by?" Answered honestly, this question encourages me to look at my progress on my recent goals and projects and if necessary, double my current efforts towards them.

Answer the questions below to get started with your daily inventory.

WHAT WILL THE FIRST 3 QUESTIONS ON YOUR LIST BE PERTAINING TO?

WHAT SHORT TERM THINGS DO YOU HAVE GOING ON IN YOUR LIFE RIGHT NOW THAT YOU WISH TO INVENTORY?

WOULD YOU FEEL MORE COMFORTABLE DOING YOUR INVENTORY AT NIGHT BEFORE BED WHEN THE DAYS EVENTS ARE STILL FRESH IN YOUR HEAD OR IN THE MORNING WHEN YOU HAVE A CLEAR MIND?

HOW DO YOU THINK ANSWERING THESE QUESTIONS EVERYDAY WILL BENEFIT YOUR PERSONAL GROWTH?

ENLARGE YOUR LIFE

I have learned that you usually cannot fit large things into small packages. I know there are exceptions but typically that's the case. The same goes for your life. When you are on a path of personal growth, the object by definition is to grow your life. This encompasses many things; including continued education, money management, and continued growth.

You should let your money management be guided by your spirit of organization. I use a system that I teach all of my coaching clients. It goes way beyond budgeting. The system comes from the idea that every single dollar you make has a place. My system also helps you manage money like the very wealthy do. It's so simple that it can be used by anyone. My daughter is 17 and she mastered it at 12 years old. Whatever you use, you must have a money management system that allows you to have money to invest.

Part of the money management system I use also allows money for continued education. You must continue to learn if you want to continue to grow. Anything will suffice as long as you continue to exercise your mind. Brian Tracy says, "You must learn more to earn more," and I believe it.

When you learn the techniques provided in this book and you continue to use them you will continue to grow. Utilize the gratitude list, the inventory journal and the process to deal with resentments, defects and amends over and over again. We are human. We continue to make mistakes, create new resentments and owe new amends.

Answering these questions will ensure that you are pointed in a direction that will continually enlarge your life.

HOW HAVE YOU GROWN SINCE YOU'VE STARTED WORKING THIS BOOK?

DO YOU HAVE A MONEY MANAGEMENT SYSTEM IN PLACE? WHAT IS IT? ARE YOU QUALIFIED TO CREATE ONE?

WHAT TOPICS WOULD YOU LIKE TO LEARN ABOUT?

WHAT CONTINUED EDUCATION PROCESSES DO YOU HAVE IN PLACE? ARE YOU SUBSCRIBED TO ANY NEWSLETTERS, BOOK CLUBS OR SPECIALTY CLASSES?

WHAT ARE YOU DOING TO CONTINUE YOUR PERSONAL GROWTH?

Embrace the changes that this book will bring you. Although the topics and techniques discussed here are not as in depth as a normal coaching structure, you have what you need to put your life on a path of happiness, success and service. Utilize this opportunity to do just that. Then share what you learned with others who are struggling with whatever you were able to overcome.



Kevin Porter is a Professional Life Coach and personal development specialist. Having worked in the field of personal development for over 10 years he has already honed his skills and gained notoriety in his community. With his “hit ‘em head on” approach to attacking personal obstacles it’s no wonder he has a 100% success rate. Unlike other specialists who focus on one aspect of personal development, Kevin’s coaching structures take clients from concept to completion. Addressing everything from parenting, finances, education, relationships, spirituality, entrepreneurship and goal setting. You are guaranteed to know success in your personal life after going through one of Kevin’s personal development programs.

I’d like to thank you for your interest in my book and please take advantage of one of my free sessions. Just visit my website at www.KevinLPorrter.com and schedule a free consultation.

Follow my blog or just read the archives available on the website.

Until we meet, stay positive, stay productive and I’ll see you soon!