

# SUMMARY OF CHAPTERS

## Chapter 1

### Beliefs

Our Beliefs are the foundation for how we view all of life, so this is where we begin. Many of the beliefs that shape how we view and behave in life are not consciously known by us. Even those we are conscious of have not been questioned.

We will explore our beliefs, and where those stories came from. As you begin to know yourself better, it becomes easier to release the stories that are not working for you and embrace those that do.

Releasing those stories that do not serve us also allows us to create new stories that do. Self-knowledge is the vehicle transporting us to Self-Empowerment.

## Chapter 2

### Values

At the base of everything we do, that we have a passion for, everything we have a strong, vivid, meaningful vision for, are **VALUES**. The more a project, career, or other action is based on our values, the more energy we are willing to put into it AND the more energy we will be able to generate, to put into that project, career, etc.

Included in this chapter is a short Values exercise to help beginning to clarify, for yourself, what your values are.

Again, self-knowledge is your vehicle for Empowering yourself and choosing what brings joy and satisfaction in your life. If you do not consciously know your values, it is easy to

1. be distracted and attracted by what I call "bright and shineys" [facebook, twitter, the newest 'get rich' scheme...] or
2. find yourself living the life, having the career that someone else thinks is right for you.

## Chapter 3

### Joy/ Happiness And Brain Chemicals

Just a little information on the importance of Joy for our health. Learn ways we can consciously trigger the healthy brain chemicals through how we think and what we do. Then the opposite, how the less comfortable brain chemicals are triggered giving us the "fight or flight" response associated with what some people call the reptilian brain, the amygdala.

Brain health experts say that unhappy chemicals warn you of potential harm and happy chemicals alert you to potential rewards. You need them both. Even though it feels uncomfortable, cortisol is giving you a message. If you rush to mask the feeling with alcohol, drugs, relationships, shopping, eating, etc. you miss the opportunity to use information from the situation that brought the cortisol into play. By being aware, you can make different decisions.

## **Chapter 4**

### **Growth Mindset**

This includes things like Neuroplasticity [the fact that your brain actually grows and changes with every thought you think, every action you take, and the information you receive from all your senses]. It also includes information about your own personal “Google” or search engine that is part of your brain. It is called the Reticular Activating System or the RAS for short. With knowledge of these two things, you will see how you can choose to make changes you want in your thoughts, actions and feelings – in your habitual way of being – to create more of the experiences YOU choose.

One of the most important things you need to know that is included in Growth Mindset is that Failure is only failure if you quit. You may need to pivot, or make another choice based on feedback and that is not quitting.

“Failure”, or unexpected results, is feedback! It is information of what works or does not work. It is what you need to adjust in the future to get a different result.

Also, most of us hate what we call criticism from others, but THAT is only feedback too.

It is up to us to decide if it is valid and therefore something we can use to make adjustments that will work better for us or if it is not true, the feedback can be ignored without emotional attachment. It’s just someone else’s opinion. They are allowed. We are allowed. Yes, no, next, move on.

## **Chapters 5, 6, 7 and 8**

### **Vision Tools, Affirmations, Focus, and Habits**

These chapters support you as you create a vision for what you want in your life.

If we cannot imagine what a new experience feels like, emotionally and physically, what it looks like, and why we want this change, we will have more difficulty creating a habit of thinking different thoughts and taking different actions.

Do you know that there is no such thing as multi-tasking? Or, that we all waste hours in our days that we can **never** recover by trying to multi-task. [*Spoiler Alert*] All multi-tasking is really switch-tasking and wastes our time. Prove it to yourself in the chapter on Focus.

Think of it. If you lose all your money, you can begin again and there is the possibility of not only creating that level of wealth again, but of doing even better.

If you become ill, there is the possibility of changing life habits and getting help to become healthy again.

If you waste your time, spend it unwisely and unnecessarily, you can **NEVER** recover that time. You can't save it up and, no matter how fast you run, you cannot catch up to it. Once it is gone it is, . . . well, it is **GONE**.

Take action now and use all of these strategies and tools to become aware of what you really want your life to be like and create habits and practices that will help you reach your goals.

After all, a habit is just the action or thought you have practiced so much that it has become automatic. If you practice habits make it **EASY** to do what you want to do, habits that support your success, everything can change.

If we cannot imagine what a new experience feels like, emotionally and physically, what it looks like and why we want this change, we will have a more difficult time creating a habit of thinking different thoughts and taking different actions.

## **Chapter 9**

### **Commitment and Self-Accountability for Success**

If we do not have a commitment to anything be it a relationship, the ultimate goal we have for better health including strength and a healthy weight, creating a business, building a house, tasks seem onerous, too difficult and not worth doing.

It is as W. H. Murray said, "Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness."

The power for reaching any goal, accomplishing any dream is an entanglement of commitment and the emotions you feel about your results. These things determine if you will, if you are **WILLING to**, take continuous action and accomplish the big things in your life.

Real commitment requires **ACTION**. I know it is obvious, but without action, nothing happens.

To keep one in motion and moving forward, the word accountability comes up. I like to call it **Compassionate Self-Accountability**.

We could talk about forms and tracking your action, planning and moving from one step in your action plan to another, but without **Compassionate Self-Accountability** it is easier to quit before we reach a really worthwhile goal.

In the past, when I have been working toward something difficult, well let's use a "diet", healthy lifestyle change – well a DIET and I have not stuck to it, I have found myself looking in the mirror, beating myself up. There is one time in particular that I remember.

Words like stupid, incompetent, fat, lazy, ugly came up. Then there were the comments like, you'll never, can't, weak-willed, etc, some **really** ugly stuff.

Would YOU ever say things like that to your best friend? Ok, me neither, but there I was saying them to the only person in the world who has been with me since birth and is assured to be with me until I die.

YIKES! Now what do you think happened when I talked to myself like that? Well, I can tell you, it was not good – in any aspect of my life, but particularly not in becoming healthier, especially not eating right the rest of the day. After giving myself a dose of cortisol I really needed a hit of dopamine that comes with eating some "junk" food – sugar, fat... And of course I had already "messed up" my goal for the day, so what the heck, why did I even need to pretend I could change.

*Who has been with you since you were born, will be with you until you die? Who has been there with you no matter what? ...Ups, Downs, Success, Failure? Wouldn't you say the person who has stuck with, you no matter what, could be your BEST friend? YES, YES, YES!!!!*

*THAT is the person in the mirror!!! Treat that person like the best friend in the world. Love, Nurture, be kind to and encourage that person in the Mirror.*

This chapter talks you through ways to prepare and act compassionately to yourself as you are willing to put in the effort needed to reach your goals, even if that means trying something different tomorrow, or getting help from others.

## **Chapter 10**

### **Meditation and Mindfulness**

The health and energy supported by practicing Meditation and Mindfulness, can not be over-stated. As we create a life worth living there will always be challenges, and that is a good thing. Through meditation we can create a center of calm we can return to. This allows for rejuvenation to meet each new challenge. There are simple techniques you can use, in the moment, to calm yourself, think more clearly, and take care of yourself. This chapter is full of resources and recommendations for finding what works for you. Watch the recommended videos, practice some of the exercises, and center yourself opening the doors to even greater creativity and joy. ...and as Ted Lasso says, "Be curious, not judgmental."