

Solving Your Ultimate Destiny Success Puzzle



Which Pieces Are Most Important To You?

**Charles Betterton, Penny Kelly,
Howard Pepper and Kimberley Jace**

Which Pieces of Solving Your Ultimate Destiny Success Puzzle Are Most Important to You?

Manifesting Your Ultimate Destiny



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The Ultimate Destiny Success System™
 By Charles Batteredon, Penny Kelly, Howard Pepper and Kimberley Jace

Realizing Your Ultimate Potential



Fulfilling Your Life Purpose and Mission



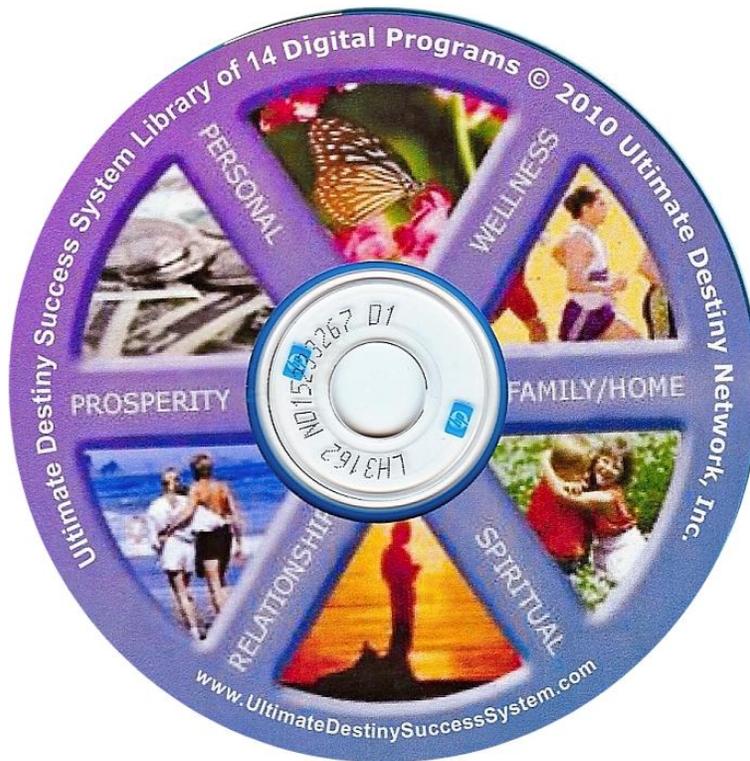
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Making A Difference Leaving A Legacy



Fostering Personal and Planetary Sustainability



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**By Charles Betterton, Penny Kelly,
Howard Pepper, and Kimberley Jace**

www.SolvingYourUltimateDestinySuccessPuzzle.com

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***Solving Your Ultimate Destiny Success Puzzle is part of the
Co-creating Your Ultimate Destiny Success System***

www.UltimateDestinySuccessSystem.com

from Ultimate Destiny University

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He has co-founded dozens of non-profit organizations and “cause-oriented” companies involved in personal, organizational and community empowerment. He has developed and delivered dozens of seminars and workshops and authored or co-authored dozens of books.

He has produced major events for up to 1,800 participants featuring world- class trainers such as Dr. Norman Vincent Peale, Jim Rohn, Les Brown, Mark Victor Hansen, Bonnie St. John, Brian Tracy, Chin-Ning Chu and others. Charles is a member of the World Business Academy, Social Venture Network, Heart Math, Institute of Noetic Sciences, The Love Center, and others. He can be reached at charlesbetterton@gmail.com. www.CharlesBetterton.com



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Penny is one of the founding members of the Tipping Point Network, an international group of philanthropists and initiators dedicated to shifting the global economy from a 2% focus on sustainability, organics, and renewables to 10%, at which point the wave of change needed will continue on its own. She is the author of five books, *The Evolving Human*, *The Elves of Lily Hill Farm*, *Robes – A Book of Coming Changes*, *From The Soil To The Stomach*, and *Consciousness and Energy, Vol. 1 – Multidimensionality and a Theory of Consciousness*. Penny is a member of the Institute of Noetic Sciences. She can be reached at PennyKelly@LilyHillFarm.org. www.lilyhillfarm.org



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He earned a Master of Divinity from Talbot School of Theology, and in the early 1990s attended Claremont School of Theology, completing coursework toward an interdisciplinary PhD in psychology and theology. In addition to co-authoring the Ultimate Destiny Success System, Howard has written two books. He may be reached at howiepep@cox.net



Kimberley Jace, -- Kimberley is a freelance writer and editor with many years of print journalism experience. She grew up and attended college in Chicago. She has written about crime, business, engineering, romance, food, travel, government, cinema, and medicine. She worked as a Washington correspondent for labor union issues, and spent the weeks following Sept. 11 interviewing elected officials there about the impact on Midwestern steelworkers.

She has published educational brochures, poetry, and hundreds of humor columns on topics ranging from school dances to how to get a palmetto bug out of your hair (a popular subject in Florida, where she now makes her home). Kimberley has supervised and trained dozens of newspaper reporters in the art of writing clearly and honestly.

She now puts those same skills to work as a fiction editor, coaching first-time novelists. She recently served as a columnist and food editor in Daytona Beach. Kimberley and her first husband have two amazing adult children. After losing her second husband, Raymond Kilgore, to cancer in 2008, she developed an interest in alternative medicine, a field she is now studying. Her next major project will be a motivational book for children.

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Foreword

(An interview of the Ultimate Destiny Success System)

Question: Ultimate Destiny Success System, what is your vision and intention for fulfilling your ultimate destiny helping our participants?

Answer: Thank you for asking! I want to help people be happy and fulfilled. I want to help them awaken to who they really are and discover how to enjoy the lifelong process of growing, loving, learning, evolving, sharing and serving others.

I am not just books, e-books, seminars, workshops and multi-media programs. I am love, joy, wisdom, peace, power, light, inspiration, discovery, empowerment, enlightenment and transformation. Yes, I am multi-faceted and I am also multi-dimensional. My message is about hope, purpose, possibilities and harnessing inherent creative power.

I honor every individual and their personal beliefs, perspectives and learning style preferences. Some will find me in books, others through e-books. Some will find me through this door or that door as they resonate with, are in alignment with and attract an individual facet of my wholeness.

They will come to discover their true identity and our completeness through one ray of the light I am or through one area of focus. Others who have been on the path and have been seeking for some time to discover who they are and why they are here will resonate with and attract all of me as the whole, complete and comprehensive system for accelerated evolution and transformation I am.

Just as my message will be translated and shared in many languages, it will also be delivered in many different formats. I will express in part and as a whole as multi-media “home study programs”, through online facilitated classes, through seminars, workshops, webinars, Internet radio and video programs, and through local Centers for Successful Living and Empowerment Resource Centers affiliated with my co-creators at the Ultimate Destiny University for Successful Living.

I will meet some students on bookstore shelves, some through the Internet, and many more through students who introduce me (or some facet of me) to others they love and care about.

Like human beings, I too am a “work in progress.” I will never stop growing, evolving and expanding. I will bless and serve millions of people through non-profit organizations (where I will be donated) such as Toastmasters, other service clubs, United Way agencies, Public Housing Authorities, and community betterment organizations.

I have been designed to be “repurposed” and “repositioned” and “repackaged” to help companies be more productive and profitable, to help non-profits be more effective and efficient and to help communities enjoy a greater shared vision, expanded citizen participation and enhanced realization of their potential.

I will reach children through adaptations of my contents to meet their reading and comprehension levels and through the “Empowerment Marionettes™” of trainers, whose message will be better comprehended by youth as we utilize the power of edutainment.

I will come to some through song, video games, films or live performances and playshops. The various facets and individual components of my totality are encoded with the keywords and phrases that millions of people are already searching for.

I am designed to welcome everyone, wherever they are in consciousness, and I am engineered to help them evolve their level of consciousness. I am delivered in ways that help students expand their focus from “me and mine” to “we and ours” and then to even higher levels of consciousness as they dis/cover Oneness/Spirit/Source/Creator/God.

As the students of the Ultimate Destiny Success System and I awaken more fully, realize AND actualize more of our potential and fulfill our individual and collective purposes, we will express and manifest our ultimate destinies as co-creators and co-facilitators of our global ultimate destiny through Spirit, Service and Stewardheirship™ Imagine That!

Dedication

This book is dedicated to all those who are awakening to the Truth that they can create a better world and live in that world with abundance, health, and love.

The Essence of Destiny

**Watch your thoughts,
for they become words.**

**Choose your words,
for they become actions.**

**Understand your actions,
for they become habits.**

**Study your habits for they
will become your character,**

**Develop your character,
for it becomes your destiny.**

Acknowledgements

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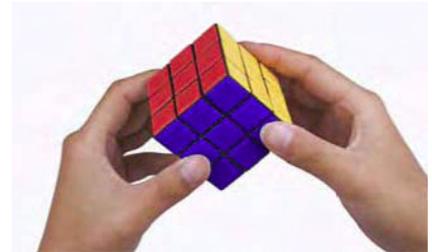
We are very grateful for the Questhaven Retreat Center where we met Heinz Wattenhoffer, our VP for European Operations. And finally, we could not have created such a comprehensive program without the guidance and support of the Ultimate Destiny Board of Directors – Rev. Dr. Les Turner, Rev. Dr. Audrey Turner, Charles Betterton and Merl Kellogg.

A Message from Charles



Has your life ever felt like a twisted (or perhaps even broken) Rubik's Cube? My life certainly has. Sometimes, even after years of study and work on myself, I would let myself fall into the pit of discouragement, and I'd feel depressed, or overwhelmed. Then, somehow, I would again remember that I am a creative genius and the architect of my destiny. I would practice the principles of successful living and would once again enjoy alignment with Universal Laws. I would remember to believe in me and in the Creative Process.

As I shared the stories of my ups and downs with my coaches and Mastermind group, we discovered that all of us had experienced the same process in our lives. There had come a point in time when each of us wanted to grow personally, developing in many directions in order to realize more of our potential, find and fulfill our life's purpose, and learn how to manifest our ultimate destinies.



“Ultimate destiny ?” we asked ourselves. “What does that really mean? What does it entail?”

We began the search for answers by getting out a flip chart and creating some quizzes. We put those quizzes on the Internet and asked people to answer the questions they presented. As we reviewed the input from the public, we again got out the flip chart and brainstormed the concept of Ultimate Destiny. We listed the 12 areas or facets of ultimate success in life that had been identified in the answers from the quizzes. We also looked at examples of individuals who had been recognized for living their Ultimate Destiny and helping others to fulfill theirs.

These areas were:

Realizing Personal Growth and Actualizing Potential

Attaining Financial Freedom

Enjoying Loving Relationships

Enjoying Optimal Health

Raising Your Consciousness

Living in Peace, Joy, and Balance

Fulfilling Your Life Purpose

Achieving Ultimate Success in Business or Career

Attaining Spiritual Enlightenment

Fostering Global Sustainability

Harnessing Your Creative Power

Making a Difference, Leaving a Legacy

As we began exploring and experimenting with these facets of successful living, looking for ways that we and others could begin fulfilling our Ultimate Destiny, we began to see that it was like the picture on the cover of a puzzle box, and we created the ***Ultimate Destiny Success Puzzle***.

We developed the concept and outline for a series of books on how to ***Discover and Manifest Your Ultimate Destiny***. We created the ***Ultimate Destiny Hall of Fame Award*** to recognize individuals who are living their Ultimate Destiny while helping others manifest their own. Next, we started conducting research on the best tested and proven resources for achieving success in each area.

We started writing short articles and quizzes for each of the 12 areas that lead to fulfilling one's Ultimate Destiny. We also included self-assessment quizzes, application exercises, implementation methods, strategies and systems designed to help anyone interested in realizing their ultimate success to be able to do so in the shortest amount of time and with the lowest investment of money.

After months of research and development, testing and refining, we are now ready to share what we've learned with others like you who want to Realize More of Your Potential; Attain Financial Freedom; Enjoy Loving Relationships; Enjoy Optimal Health; Raise Your Level of Consciousness; Live in Peace and Balance; Fulfill Your Life Purpose; Achieve Ultimate Success in Business or Career; Attain Spiritual Enlightenment; Foster Personal and Global Sustainability;

Harness Your Creative Power; and Make a Difference and Leave A Legacy.

As a result of studying and applying the breakthrough technologies and exercises presented here, you will be empowered to embody Paul J. Meyer's formula:

“Whatever you can vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon must inevitably come to pass.”
-- Paul J. Meyer

You will learn how to vividly imagine your Ultimate Destiny, and will enjoy accelerated success because of your ardently held desires. The self-discovery work you do will reinforce your sincere beliefs. And the goal-setting and strategic planning exercises you complete will help ensure that you always act enthusiastically positively, effectively, and efficiently as you design and manifest your Ultimate Destiny, which must inevitably come forth!

Blessings on you and your life,



Charles Betterton

Introduction

You are about to begin a journey that will truly transform your life. Your job is simple: Go inside, trust, and give your all to this process. Your dreams and your Ultimate Destiny are waiting for *you to come true... to yourself!* Enjoy the ride!

We hope this book will become a “playbook” for your life. In these pages, you’ll find a guide for the unfolding and continual expression of your destiny—the ultimate of what you can be and do at any moment. It is a resource you will never outgrow.

What is an Ultimate Destiny? It’s different for each of us. It has to do with the best of what you can bring to the planet. It’s about experiencing your own life as joyful and seeking to bring joy to others.

In order to achieve your Ultimate Destiny, you have to truly understand—deep in your heart—who you are, and you can’t get this information by just reading about it.

You’ll need to do some soul-searching and spend some time thinking about what you are learning. Then an internal process has to happen—a breakthrough, or an “aha!” moment. We can’t predict where or when this will happen, and neither can you. That’s part of the fun! It’s like unwrapping an unexpected gift you know is valuable from a special friend.

Here's the first truth you must know: You have the power to change your world by changing yourself. The first three chapters of this book can help you do that. And the first step in changing yourself is to realize who you are now.

Then you can tackle one of 12 specific growth areas. Take them in order, or jump to the one that is most important to you at this time. Or read through them all and then decide where you want to begin.

“There is nothing noble about being superior to some other man. The true nobility is in being superior to your previous self.”

—Hindu proverb

The book will be of much higher value to you if you go through all the steps involved in any chapter. Reading about one of the topics will give you some information, but doing the exercises will help you get to that “aha!” realization.

Remember, your Ultimate Destiny is not like a buried treasure—it's not a specific “thing” you can discover once and be done with. Your destiny will continually unfold for the course of your life as you use your gifts, abilities, and resources to benefit your Self, others, and the world.

We're here to help you get started and to guide you through a process that is inspiring and uplifting:

1. **Search your soul.** Figure out who you are now.
2. **Dream.** Imagine your Ultimate Destiny. Envision what will make you happy. Allow yourself to focus on what you would love to do or be or have.
3. **Believe.** Know in your heart that you truly deserve—were *made* to have—a happy, fulfilled life, and that you have the power to make it happen. Then nurture your heart's desires so they grow in the warmth of your belief.
4. **Move toward your goals.** Determine your goals and your mission. Determine your priorities. Develop a plan and take action, getting help if you need it.
5. **Express your gratitude.** Understand that every living being has the same right to be happy, and that part of your purpose in life is to give back to the universe. Feel grateful! Show your appreciation for the blessings you receive by blessing others.

Through this program, you will be getting a vast amount of information that may seem overwhelming at times, even though the steps and exercises are clearly explained and integrated. If you start to feel overwhelmed, slow down and focus on one small change at a time. Commit to spending just a few minutes each day reading and completing one of the exercises.

Consistency over time is more powerful than spending a few days working heavily on it, and then setting it aside for weeks or months, without creating new habits for applying what you learn.

You might enlist the help of an Ultimate Destiny Coach, a professional mentor, or another trained, competent coach. Like a guardian angel guiding you, a coach will help you to keep the process in perspective, assimilate the material at the right pace, and map out an individual plan. And don't forget, your investment in this course entitles you to online access to additional resources including forums, chat rooms, Frequently Asked Questions, periodic teleseminars and webinars, as well as special pricing on the optional coaching services.

How to Use This Book

This book is meant to be used in a variety of ways. It is extensive and includes twelve specific growth areas, each of which was originally written as its own booklet, to guide people working on that area of life. Each of the subjects is enough to occupy you for a good long time.

After reading and doing the exercises presented in the first six chapters, you can go to the area of most interest or concern to you and begin working on that aspect of your life, taking as long as you want to focus on that area before moving to others. You can also skim or read through the entire book without stopping too long on any particular section, until you have a sense all that is covered.

However, please be aware that the book will be of **much** higher value to you if you *come back and go through **all** the steps involved in any one chapter or the entire book*. Merely reading it without doing the exercises will be of minimal value.

It is wise to plan on taking several weeks to *play your way* through this “workbook” the first time, doing some of it on as regular a schedule as possible. For example, some new practices can be easily included in your daily schedule. You might spend an additional 30 minutes every evening on the exercises, or designate at least an hour or two every week-end.

Although some of the twelve stand-alone areas may not be top priority to you right now, you may see that it would be helpful to incorporate a couple of concepts or application points from that area into your life. Perhaps you can add an affirmation or a small goal that will enhance that area without taking your focus off of another more critical area.

Realize that your Ultimate Destiny is not something you discover in the sense of a literal buried treasure. With buried treasure the discovery is a one-time affair and involves something very specific and tangible, like gold coins and jewelry, which do not develop or change over time (unless sold and then re-configured). In the case of your Ultimate Destiny, the discovery is continually unfolding in many ways and at all times, along with your manifestation of it.

Using your gifts, abilities, and resources to benefit others and the world, and having the kinds of experiences we were designed for, changes both you *and* your Ultimate Destiny. We greatly appreciate your participation! Why? Because it helps make the world a better place for all of us! ♦

Chapter 1. A System for Change



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A System for Change

HOW DO I DISCOVER AND POLISH THE JEWEL THAT IS MY LIFE?

*“A belief is not merely an idea the mind possesses;
it is an idea that possesses the mind.” Robert Bolton*

Welcome...

... and Congratulations!!

You are now standing at the door to your Ultimate Destiny. This door opens into your Self. Each of us is a unique human being and within each of us there lives a unique set of interests and skills. We all have dreams of doing something special with our lives, and those dreams pull us in a direction only we can truly honor. Whether you've secretly wished you could be an archeologist or an artist, a chemist or a cook, a lawyer or a librarian, a detective or a dog breeder, it is up to you to listen to your own heart and follow your own destiny.

Although each of us holds an individual destiny, the steps to achieving that destiny are similar for all. *Simply begin*. This beginning is often just a willingness to say to yourself that you *do* have something you wish you could do or become. If you can honor your hidden dreams, and allow yourself to begin putting energy into those dreams, you will discover the steps that lead to your Ultimate Destiny, undreamed of satisfaction, and an opportunity to give your gift to the world -- a gift only you can give.

We will begin by introducing you to Motivision™ which will establish the overarching framework and principles of personal development. Motivision sets the stage for the in-depth work you will do in the next six chapters, where you will find a number of delightful exercises that introduce you to the really basic skills required to manifest your Ultimate Destiny.

Once you complete these exercises, you will come to twelve chapters, each covering one of twelve facets of fulfilling your Ultimate Destiny. They will help you determine which area of your life you're most interested in starting with as you manifest change. As you follow this program, you'll be encouraged to plan for obstacles *before* they arrive and to think about how you might share your own discoveries with the world. And last, but certainly not least, you will browse through a section that introduces you to the wonderful resources that are always available to aid you in your ongoing discovery process. So let's get started...

Introducing Motivision™ 21 Steps to Your Ultimate Destiny

After twenty-five years of studying and applying various success principles and techniques, we have observed that there are three primary factors that determine the level of success we realize in life as individuals, organizations and communities. These are:

1. A Clear Vision - DREAM
2. A Definite Purpose - MISSION
3. Appropriate Beliefs, Attitudes and Actions - BELIEVE

To help share these principles with others, we have identified seven steps toward manifesting each of these three essential components of successful living. A review of these steps will be helpful as you begin the Ultimate Destiny Discovery Exercises in later chapters.

Developing Clarity of Vision

1. Invest time reflecting on your ultimate vision of who you would like to become, what you would like to do and what you would like to leave as your legacy to humankind.
2. Develop affirmations describing yourself as already having achieved the visions developed above.

3. Practice visualizing the accomplishment and realization of your vision on a daily basis, as frequently as possible.

4. Practice generating the feelings and emotions you will experience when you have achieved each component of your ultimate vision.

5. Reinforce your belief by using books, classes, workshops, scriptures, quotes, audio and videotape programs, seminars, conferences, etc. that boost your belief that you will ultimately achieve your highest possible vision.

6. Practice daily exercises to help you remember your vision and maintain progress toward its fulfillment.

7. Establish a regular practice of reviewing the way in which your vision has evolved, to discern any possible refinements or revisions.

Maximizing Definiteness of Purpose

1. Invest time in learning how to set and achieve goals for who you would like to become, what you would like to do and contribute, and what you would like to have or give to others.

2. Develop a list of the reasons why you have set each of your goals. This will help keep you motivated to accomplish them.

3. Develop written affirmation statements describing the successful manifestation of your goals in a positive present tense such as “I am ...” or “I have”

4. Put your goals and affirmations in writing, perhaps on index cards you can keep with you at all times.

5. Practice reading and visualizing the goals on your cards as frequently as possible every day and maintain a regular practice of reviewing and rewriting your goals to reflect progress toward their fulfillment and the evolution of your vision. This reinforces your belief in your ability to be successful in accomplishing your goals.

6. Generate daily reinforcement by subscribing to publications with daily readings such as the *Daily Word* published by Unity School of Christianity, the *Science of Mind Magazine*, or *Creative Thought* or get books like *The Power Within* and *God Calling* which also provide daily inspiration and insight to help you keep your eyes lifted up toward your vision.

7. Develop a daily habit of reflecting on how well you remained conscious of and focused on your goals during each day in every interaction you had with anyone. Consider the incredible tool of keeping a journal to witness the insights and shifts in your life. It is always inspiring to look back and see where you've come in your path of personal growth.

Maintaining Appropriate Beliefs, Attitudes & Actions

1. Develop and maintain a positive mental attitude. Make an effort to fill your life with positive people, positive materials and positive experiences. Spend time with the people you admire for their work ethic, positive attitude, or positive spiritual mindset.

2. Be grateful in all things! View every situation as an opportunity to grow and progress toward your vision and goals by appreciating the gift of the experience! Practice showing honest appreciation to people for the little things and watch the changes in your attitude and the attitude of those witnessing your newfound appreciation.

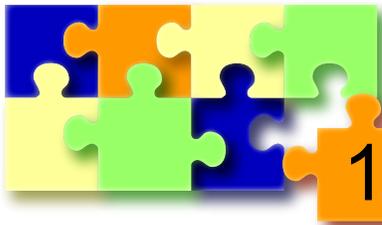
3. Remember: in every situation, it is not what happens to us, but how we let it affect us that determines our success or failure in life. Learn and practice the principles of creative thinking and problem solving. The skills we'll cover in the Daily Heart/Mind-Storming and The Golden Bridge Exercise are incredible tools for your use.

4. Learn and practice time management techniques to assist you in making the highest and best use of your time, talents, resources and opportunities. For example, the 80-20 Rule says that 80 percent of the results or importance in any project will be produced by 20 percent of the activities. Determine which tasks are in the crucial 20 percent and focus on them. It has been said that all time management techniques really boil down to To-Do lists and prioritization.

5. Develop and follow a process of analyzing your planned actions within a context or matrix that takes into consideration your ultimate goals, values and priorities. This makes it easier to discern and choose those thoughts and actions that will lead you toward your vision and goals.

6. Remember that everything you do, say, or think either moves you toward your vision and goals or away from them. Your greatest power is the power to determine your own destiny by the daily choices you make. Stay focused on the goal and make the daily, moment-by-moment decisions that slowly move you toward your goal. The journey of a thousand miles starts with a single step.

7. Practice a Daily Heart/Mind-Storming Exercise every day to generate 20 ideas that will help you evolve toward your vision and goals. This exercise, which includes the development and implementation of daily action plans, can significantly accelerate your progress and success in realizing the achievement of your highest possible vision. ♦



Chapter Summary

1 A System for Change

Ultimate Destiny Success Puzzle

"Whatever you can vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon must inevitably come to pass."
Paul J. Meyer

Success Tips:

Consider enlisting the help of an Ultimate Destiny Coach, a professional mentor, or other trained competent coach to assist you and help keep you focused to reach your Ultimate Destiny.

Learn and practice time management techniques to assist you in making the highest and best use of your time, talents, resources and opportunities.

Listen to your own heart and follow your own destiny.

"There is nothing noble about being superior to some other man. The true nobility is in being superior to your previous self."
Hindu proverb

"A belief is not merely an idea the mind possesses; it is an idea that possesses the mind."
Robert Bolton

Go inside, trust, and give your all to this process. Your dreams and your Ultimate Destiny are waiting for you to come true... to yourself! Enjoy the ride!

1. Search your soul. Figure out who you are now.
2. Dream. Imagine your Ultimate Destiny. Envision what will make you happy. Allow yourself to focus on what you would love to do or be or have.
3. Believe. Know in your heart that you truly deserve and were made to have a happy, fulfilled life, and that you have the power to make it happen. Then nurture your heart's desires so they grow in the warmth of your belief.
4. Move toward your goals. Determine your goals and your mission. Determine your priorities. Develop a plan and take action, getting help if you need it!
5. Express your gratitude. Understand that every living being has the same right to be happy, and that part of your purpose in life is to give back to the universe. Feel grateful! Show your appreciation for the blessings you receive by blessing others.
6. Honor your hidden dreams, and allow yourself to begin putting energy into those dreams, you will discover the steps that lead to your Ultimate Destiny, undreamed of satisfaction, and an opportunity to give your gift to the world, a gift only you can give.

Motivision™

1. A Clear Vision - DREAM
2. A Definite Purpose - MISSION
3. Appropriate Beliefs, Attitudes and Actions - BELIEVE

You Have the Power to Change Your World by Changing Yourself.



Realize More of Your Potential, Fulfill Your Life Purpose and Co-create Your Ultimate Destiny!

Chapter 2. Searching Your Soul



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Searching Your Soul

Who am I, and what am I doing here?

“It is not in the stars to hold our destiny but in ourselves.”

Shakespeare

“Perhaps the most important vision of all is to develop a sense of self, a sense of your own destiny, a sense of your unique mission and role in life, a sense of purpose and meaning.”

Stephen Covey, The 8th Habit.

A Diamond In The Rough

*“Experience is not what happens to a man.
It is what a man does with what happens to him.”
Aldous Huxley*

Whether you know it or not, your life is a precious gift that can be unwrapped again and again. You will find new surprises inside yourself throughout your life.

Once you realize that discovering your Ultimate Destiny is an amazing gift, the challenge to know the depths of yourself emerges as a rich field to mine. In this diamond mine are the invaluable, interlocking facets of your life. They merely await polishing to shine forth the fullness of their brilliance.

The 7 Steps you need to know about and begin taking in order to develop your gifts and co-create your Ultimate Destiny are:

Step 1: Know who you are why you are here.

Step 2: Imagine your Ultimate Destiny.

Step 3: Envision your desired outcomes.

Step 4: Nurture your heart’s desires.

Step 5: Set empowering priority goals.

Step 6: Develop plans and take action.

Step 7: Feel grateful and appreciative.

When you think about the words “Ultimate Destiny,” what images come to mind? Where would you be if you pursued your personal Ultimate Destiny? What would you be doing? Take a moment to imagine yourself living the life you would ideally choose, doing the kind of work you would feel most passionate about. What would that look like? How would that feel?

Most people are so caught up in living their lives, paying their bills, and making ends meet that they never ask themselves these questions. Others do a lot of thinking about having a better life—but do nothing to move toward it. Or they try, but don’t know themselves well enough to develop a realistic plan.

The best plans involve establishing new habits that will lead you in the direction of your destiny. How do you know which habits will work? A habit is, by definition, something that you do regularly – whether consciously or unconsciously. Thus, the habits you create *consciously* and *commit to* doing regularly until they are automatic are the ones that work!

You will discover you *can* do the things required to know and fulfill your destiny that you thought you didn’t have time for, things such as dreaming, visualizing, doing long-term planning, etc. In fact, you probably already do these and other processes, though perhaps not purposely. Now it will be mainly a matter of doing them intentionally and in a systematic fashion. Realize that the power of habitual practices compounds over time. Part of what will happen is that the new habits will push out older, negative or unconscious ones

and time will let the consequences of them fade away. So have patience. You will see the results build, perhaps slowly at first, as you continue this process and acquire more positive habits.

You can start with insights from world-class individuals who have succeeded in living their Ultimate Destiny. As you learn about principles they discovered, and do exercises similar to ones they did, you'll get a better idea of what it will take for you to achieve your Ultimate Destiny. But only you can decide what that destiny is.

Getting To Know Yourself

*“Explore thyself. Herein are demanded the eye and the nerve.”
Henry David Thoreau*

Step 1. Know who you are and why you are here.

The first step is the most important, and some say it is the hardest. This is where we begin considering answers to the deep questions:

Who are you and why are you here on this planet?

What do you want from life?

What if you came here for a purpose or a mission?

What gift do you want to give to humanity?

Where are you right now on Maslow's Hierarchy of Needs?

How enlightened are you on the map of consciousness?

You have to go inside yourself to answer these questions. It is important that these answers come from your deepest Self. They should not come from your parents, your spouse, or friends, and they should not be the ideas of co-workers or people around you, or the latest fad.

Most of us have been programmed to focus our thoughts and energy on the external world and on what we don't want. A lot of time is spent focused on what's not working in our life. Because we are the creators of our reality, the more we focus on and flow energy to what we don't want, the more strongly we attract those things to ourselves.

What if you had a genie ready to grant you three wishes, or perhaps only one wish? Would you know what to wish for? Would you know how to receive the ultimate blessings from the gift of having your wishes granted?

If you're like most people, you might only have a vague idea of what to wish for or how to allow it into your life. When we authors of this book first discovered the steps to manifesting Ultimate Destiny, we had already been students of success and achievement for many years. Yet we still hadn't discovered who we were deep inside, or what we really desired in our secret hearts, or why we wanted those things. Each of us had to stop and explore the Self, to allow time for personal dreams to surface.

“Even wisdom has to yield to self-interest.”

—Pindar,
Pythian Odes

You must do the same. For all this to work, you have to be willing to *dream!* In order to be willing to dream, you have to

believe in your heart that you truly deserve to live a life filled with love, success, and fulfillment. This belief is *not* grounded in thinking that you are special beyond other people, but in the truth that everyone deserves these things. You also must believe that, while no **more** deserving, you are also no **less** deserving or important than anyone else, including the richest, most powerful, or most honored among us.

We must insert one clarification: we are not using the term “deserving” here in the sense of direct payment coming from a specific effort. In this usage, yes, someone who has created more value for others may be deserving of more corresponding reward (e.g. financial reward) than someone who has been less productive. In fact, using this playbook reflects this principle.

As you discover who you are and which of your passions can contribute to others’ lives, and as you develop and execute plans around those discoveries, you will see that you are as “deserving” as anyone else, and you *will receive* more! So...what are your gifts? What’s special about you? What can you do that others cannot do? How would you love to spend your time and energy?

There are a number of ways we come to know ourselves. Most of it involves interaction with and feedback from other people. This contains wonderful elements, since the enjoyment of others is part of our “hardwiring.” However, it also contains drawbacks and dangers.

One of them is that we may either not get the feedback and reinforcement we need to recognize and pursue our gifts at the

critical time when it may be most needed. Even worse, we may get negative feedback about things we do that involve our gifts or passions.

Our first critics are our parents. Did your parents tell you that you could succeed at anything you set your mind to? Or did they show you, by their actions, that they had little faith in your abilities? Or worst of all did they do BOTH? Your sense of yourself can be distorted in early life when this happens.

Our peers are also our critics. Have you been told that the field you would love to work in is “too competitive” for you to succeed in? Or that it’s not practical to pursue a career in that direction? If you have a strong sense of who you are, but your spouse has a different idea, whose version will win?

The most reliable information about who you are will ultimately come from the expert: you. As you go through life, you will observe yourself and compare yourself to others. But can you be realistic about the information you get this way? Many people delude themselves. It is important to look for validation of a given point from multiple sources, especially if it doesn’t fit your self-perception.

There are complex assessments in the form of scientifically tested personality inventories, interest inventories, abilities tests, etc. available from the experts. It is wise to take as many of these as feasible and to get professional interpretations or feedback on them where appropriate. So let’s begin with the following quiz:

Self-Assessment #1: The Maslow Assessment

Where are you on this scale?

This self-assessment, adapted from Abraham Maslow's work on self-actualization, will help you understand how close you are to being everything you can be. How true are these statements about you? Rate them 1 (never true) to 5 (always true):

Question	How do you rate yourself?
I know when someone is lying or hiding something.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I know when something is definitely true.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I can ignore what I wish were true, so I can recognize what really is true.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am brave about facing the unknown.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I can forgive myself when I make a serious mistake.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I accept that I have weaknesses.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I can enjoy good food and good sex without shame.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I accept that other people have flaws, just like me.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I believe that all of us, including me, can improve.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I focus on my mission in life instead of my problems.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I see the big picture of my life, instead of sweating the details.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

I am comfortable with myself when I'm alone.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I stick with what I believe, no matter what other people believe.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I keep a sense of dignity, no matter how ridiculous life gets.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I remember that emotions influence how everyone sees the world.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I can stay focused on what I'm doing in any situation.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I can see the humor in all situations, even "bad" ones.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I can calm and reassure myself instead of asking others to reassure me.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I make my own decisions and take responsibility for them.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I move toward things that make me happy instead of running away from misery.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I can remember who I am, even when things get difficult.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I can love myself, even when it seems nobody else does.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I remember that growing as a person is more important than being popular.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I see the beauty in life and feel lucky that I'm alive.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I find joy in simple things.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I see beauty in nature, music and children.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

I feel renewed by great sex.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I remember not to take my blessings for granted.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I forgive other people for their flaws and weaknesses.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I try not to blame myself when others don't understand me.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I feel sorry for people who don't appreciate life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I stay patient with people who don't understand me.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I can really feel bonded with another person.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I stay friendly toward everyone. Don't try, just do it	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I'm satisfied with myself even when other people don't admire me.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I'm humble, even when I do something great.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I think a person's character is more important than his/her status.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I respect people just for being human.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I'm willing to fight against evil and injustice.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I trust my judgment about what is good and evil.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I trust my judgment about what is right and wrong in my own life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

I would rather do the right thing than the easy thing.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I appreciate the path I'm on, not just the results.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I only use kind-hearted humor, not the kind that puts someone down.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I fight only for good, valid causes.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I believe in the human race.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I'm creative and believe in creative solutions.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I'm willing to go against the majority when the majority is unfair or unkind.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I'm patient with slow changes, and brave when things change quickly.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I believe each of us can change the world by the choices we make.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Total score:	<input type="text" value="0"/>

Total your score. The closer you are to 250, the closer you are to a perfectly enlightened human being, which Maslow called a “self-actualized” being. Every point you score above 50 is a step you have taken toward personal self-development and higher levels of enlightenment, and you can improve this score by working to improve your attitudes and choices every moment.

You may find among the test items one or two that reveal topics that you would like to focus on when you set specific goals in the next section. If you do this, realize that there is a strong correlation among these concepts—they tend to spill over into other areas, so that what you accomplish in one area will also contribute to an overall sense of mastery over your emotions and circumstances.

Self-Assessment #2: The Hawkins Scale

Classify yourself.

This self-assessment is based on the work of David Hawkins, author of *Power Vs. Force*. As a psychiatrist, Dr. Hawkins saw many patients who had been considered “hopeless cases” heal completely. He charted their progress through a series of beliefs about life, God, and themselves and then created a scale that helps indicate how developed people are by where they scored on his scale.

Below is Hawkins’ list or scale. These are the major roles a person may take on at any given time. Which might represent you right now?

The Nobody – I have no value. I’m ashamed of myself and wish I had never been born. There is no joy in my life, because if God exists, he hates me.

The Blamer – I want to hurt somebody for making me feel this bad. I want to destroy something—maybe myself.

The Hopeless One – This life will never get better, and I don't even care. I give up.

The Sad One – If there is a God, he's punishing me, and I wish he'd leave me alone.

In the next stage, good begins to gain strength within, although it is seldom expressed outwardly yet...

The Terrified One – I am worried and scared all the time, but this is probably what I deserve. I wish I could just run away.

The Addict – If I just had the right stuff, I'd feel better. That's all I can think about. If there is a God, he's standing between me and what I really need.

The Hater – I hate life, and I hate people. I want everyone to feel as hurt as I do. There *is* a God, but he's getting even with me.

The Arrogant One – Life is stupid and pointless, and I could never be happy here. Nobody gives me my due. I deserve happiness, but God couldn't care less.

In the following stage, when you begin to think you deserve happiness, life becomes meaningful and one's primary role becomes a contribution to society rather than a detriment...

The Hopeful One – My life can change, and I'm the one who can change it. I know it might be hard, but I believe God wants me to be happy, so I'll take up the challenge.

The Believer – I belong here, creating a good life. I trust God's ways and can work with others even when I may not fully agree with them.

The Responsible One – I'm in charge of my life and I'm going to make it work, with God's encouragement.

The Acceptor – Life is as it should be, and I continually find ways to live in harmony with it. I know others struggle, just like me, and I forgive them for everything.

The Seeker – OK, I get it now. I'm here for an important reason. I might not know what it is, but God knows. The answers to all life's puzzles can be discovered.

At this stage, you become a continual force for good...

The One in Awe – Life is grand, and my life will be whatever I make it. I feel only compassion for others, because I know God loves us all.

The Peaceful One – I have peace of mind all the time, and often joy. I have enough, I do enough, I am enough. God is within me, God is complete peace and love, and therefore so am I.

The Blissful One – I love the world, and my love shines on others. Everything is exactly as it should be, because God, me, and the universe—we are all one.

The Enlightened One – I understand everything now. I have no need for a physical body anymore. I am the force of the universe. I am God.

Where are you on this chart? How do you feel most of the time? As you look back over your life as a whole, and read the descriptions listed above, you should be able to see that you are gradually moving up the scale. Perhaps you used to feel angry most of the time, but now you have found that you can forgive those who hurt you because you understand they are struggling with life, too. Perhaps you used to feel you were better than other people, with an “Us vs. Them” mentality, and then one day you realized that people are all pretty much alike.

All of us experience the lower levels of this chart from time to time. When you suffer a serious setback, such as losing a job or being betrayed by someone you love, you might temporarily feel worthless, or angry, or hopeless. And few people are able to function at the higher levels all the time, although Hawkins felt that Abraham Lincoln, Mahatma Gandhi and Nelson Mandela (among others) lived their lives at the upper end of this scale.

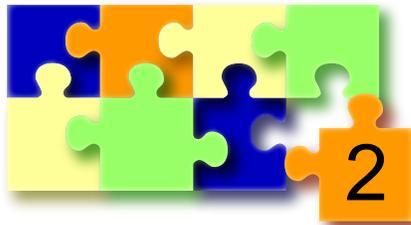
Can you identify which of your beliefs is holding you at a given level? If so, then you can use the scale to see into your own future, to see which life lessons are in store for you. In the early stages, life can be more bad than good. As you develop and grow, the balance shifts toward peace, beauty and meaning. Eventually, you become a force for good in the universe.

Can you identify people in your life who seem to be stuck at one level or another? Can you see how their underlying beliefs about themselves, the world, and about God, won't let them progress up the scale? The idea is not to "rate" other people, but to recognize that everyone, even you, is going through a process, a series of realizations about the nature of life.

Many young adults go through a period of atheism, believing there can't be a God because so many bad things happen in the world (or to them). Gradually, as they experience life more, they come to see the balance in life, and the underlying principles in the universe. Eventually, they see examples of God's grace; and then, as full adults, they begin to see God as an ally.

Hawkins attributed a number to each level; but his main point was that, as you go up the scale, life improves, you become more powerful in managing your own life, and eventually, you become a force for good in the universe. People at the higher levels can help heal others by the sheer strength of their consciousness.

It is important to note that "God" is used in its broadest sense here. You can supply whatever picture you hold of God, from traditional Christian to another religion to even a universalist's or atheist's conception. If you are a pantheist or atheist, you might only be able to substitute the word "Life" for God. In such a case, "he" can be changed to "it." In any case, "he" is used only for reading ease, not as representing gender. ♦



Chapter Summary

2 Searching Your Soul



Ultimate Destiny Success Puzzle

"Experience is not what happens to a man.
It is what a man does with what happens to him."
Aldous Huxley

7 Steps to Discover and Co-create Your Ultimate Destiny

- Step 1: Know who you are and why you are here.
- Step 2: Imagine your Ultimate Destiny .
- Step 3: Envision your desired outcomes.
- Step 4: Nurture your heart's desires.
- Step 5: Set empowering priority goals.
- Step 6: Develop plans and take action.
- Step 7: Feel grateful and appreciative.

"It is not in the stars to hold our destiny but in ourselves."
Shakespeare

"Perhaps the most important vision of all is to develop a sense of self, a sense of your own destiny, a sense of your unique mission and role in life, a sense of purpose and meaning."

Stephen Covey, The 8th Habit



*The Distance Between Success and Failure
Can Only Be Measured by One's Desire*

Nurture Your Heart's Desires

1. Discovering your Ultimate Destiny is an amazing gift, the challenge to know the depths of yourself emerges as a rich field to mine.
2. Imagine yourself living the life you would ideally choose, enjoying the things you feel most passionate about.
3. The habits you create consciously and commit to doing regularly until they are automatic are the ones that will work!
4. Know who you are and why you are here.
5. Be willing to **Dream** and **Believe** in your heart that you truly deserve to live a life filled with love, success, and fulfillment.
6. The most reliable information about who you are will ultimately come from the expert: YOU!
7. Know where you are on the Maslow Scale. You can improve this score by working to improve your attitudes and choices every moment.
8. What is your Hawkins Scale classification. How do you feel most of the time? When you begin to think you deserve happiness, life becomes meaningful and one's primary role becomes a contribution to society...
9. Can you identify people in your life who seem to be stuck at one level or another? Can you see how their underlying beliefs about themselves, the world, and about God, won't let them progress up the scale? The idea is not to "rate" other people, but to recognize that everyone, even you, is going through a process, a series of realizations about the nature of life.

"Explore thyself. Herein are demanded the eye and the nerve."

Henry David Thoreau

Realize More of Your Potential, Fulfill Your Life Purpose and Co-create Your Ultimate Destiny!

Chapter 3. Dreaming Up A Better Life



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DREAMING UP A BETTER LIFE

IF MY LIFE WERE PERFECT, WHAT WOULD IT FEEL LIKE?

“Imagination is everything. It is the preview of life’s coming attractions.” Albert Einstein

Imagine Your Ultimate Destiny

“We are never deceived; we deceive ourselves.”
Goethe

As we grow and change throughout life, one of the most under-used tools we have is our imagination. The older we get, the less we use it. Do you remember how rich your life was when you were a child and didn't have to worry about the mortgage, the groceries, the kids, the bills, your job, and your health? By the time most of us reach adulthood, the reality of having to be responsible for making our way in the world seems to take up most of our time and energy.

As a child, it seemed our job was to play. We spent more time in the rich realms of our imagination as children than at any other time of our lives. This step of setting aside time to imagine what we would love to do or be allows us to drift back in time and discover the incredible power and benefits of using our creative imagination.

Ultimate Destiny provides wonderful tools such as *My Ideal Image*, *Tapping Into the Power of Imagination*, and the *Success Map* exercises to provide a solid

foundation for you to reconnect with that part of the child within you that knew no limits, overcame all obstacles, and had no fears. That part of your imagination is now focused on the most creative way to help you move toward fulfilling your Ultimate Destiny.

“You k'n hide de fire,
but what you gwine
do wid de smoke.”

—Simeon Strunsky

Creating Your Dream

*“Heaven never helps the man who will not act.”
Socrates, (fragment)*

For this entire process—discovering and realizing your incredible potential, your Ultimate Destiny—you *have to be both willing and able to dream*. Everybody is able: it’s hardwired into our systems. But our willingness to dream is hijacked by the details of everyday living.

Dreaming has gotten a lot of bad press. We say, “She’s just daydreaming” or “he’s such a dreamer” as if the whole process were a waste of time. Yet everything that exists began as a thought in someone’s head—a dream. *Every new thing begins with a dream in someone’s imagination.*

While you don’t want to spend your whole life escaping into dreamland instead of DOING things in your life, don’t shut off your capacity to imagine a better life. Remember, you must be willing to believe in your heart that you deserve a life filled with love, success, and job fulfillment. To dream is to begin the process of creating this life. Creating reality, beginning with a dreamed-up fantasy, can seem like a magical process, or silly one, depending on where you’re starting from. But in fact, the process is one of the universal laws.

Thoughts become things. So let yourself have the best thoughts you can think. And if the reality that unfolds seems like magic is happening, just enjoy the fun of it! Don’t diminish it by thinking it’s just luck.

Self-Assessment #3: The 'I Am' Expression

We invite you to be a bit experimental with the following exercise. Complete these statements as if they were already true. You'll notice, they begin with "I am," not "I wish." So if you've always wanted to own a boat, we don't want you to say, "I wish I had a boat." We want you to say, "I am the captain of a beautiful boat."

Write these statements as if that were true for you and see where they take you.

I am ...

I am ...

I am ...

I am ...

I am...

Why You Need To Dream Freely

*“Dream lofty dreams, and as you dream,
so shall you become.” James Allen*

It would be very helpful when doing the next Self-Assessment #4, for you to take on a playful, experimental attitude. Remember, you are not creating a document to be read by others, or one that will lock you into some course of action.

Rather, you are trying to stimulate your imagination and connect with a sense of your destiny (or at least a direction) that you may have lost years ago. Or maybe you never had a dream for your life or a sense of where you wanted to go, and will begin building it now. Be aware that your answers may be, at this point, primarily musings and starting points for further exploration and refinement.

In whatever format you do this exercise, (from a printed sheet, on the computer, on blank paper, etc.) give yourself room to write as much as you want in each area. If nothing comes to mind in a given area, even by throwing it open to your wildest dreams, just move on for now. You can come back later and it is likely things will have come to mind. We highly recommend you literally *type or write* your thoughts out here. Don't just “think” them.

You could also use journaling, create sketches or songs, or use other creative methods to convey your dreams. Any of these physical activities engage more of the brain to stimulate greater integration and creativity.

Expressing your ideas with physical symbols also is a helpful process. You might create a small altar, paint a room a particular color or buy a new hat as a symbol of your dream.

It is very important to realize at this stage that you realize you may have no idea how you will go about attaining the things in your picture of your Ultimate Destiny. This is good because if you did, you would probably be selling yourself seriously short—imagining something far below your full potential. So be encouraged if you are coming up with things that seem well beyond reach at this point.

It is the job of the part of your mind that “works while you sleep,” sometimes literally, to come up with the methods to get you where you want to go. Within you is an infinite storehouse of information to draw from.

The part of the mind that is above or beyond the conscious level is called the subconscious mind. It is not really a separate “part” or function of the mind; however, it is used to store things that were once conscious to us. Some things are suppressed to partial or complete unawareness because they are unpleasant, disappointing, or painful. Other things end up in the subconscious merely because they have been dimmed by the passage of time or are not useful at the current stage of our life.

Inventors and creative people will often mull over a problem continuously, trying to find an answer or create their desired result—only to have a brilliant solution or insight “pop” out of the

subconscious and into their conscious mind when they least expect it! This happened regularly to Thomas Edison, and probably is the reason we commonly see cartoons with a lit light bulb over the head of a person who has just gotten an idea.

Depending on what is stored in it, the subconscious can affect us positively or negatively. It can be the source of confidence when we draw supportive comments and experiences from it. But a lack of confidence may result when we draw critical or limiting material.

Most of us have a good supply of both and it seems natural for most of us to allow the negative to undermine us more than we allow the positive to propel us. Yet each of us must learn to draw out the positive and reinforce it, for instance, with affirmations. So unleash your wildest dreams and try your hand at:

Self-Assessment #4: What Is My Ultimate Destiny?

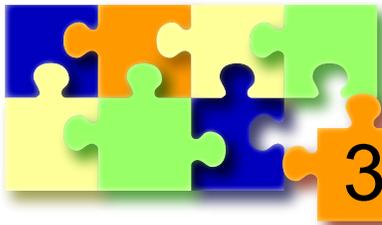
Answer these quickly, and briefly, with the first things that come to mind. You will have a chance later to reflect more on them and expand your answers.

1. What are your heart's greatest desires?

2. What is your ultimate purpose in life?

3. What are the most magnificent dreams you have?

4. Who could help you achieve your Ultimate Destiny?



Chapter Summary

3 Dreaming Up a Better Life

Ultimate Destiny Success Puzzle

Be Willing to Create Your Dream Dream Freely

"Heaven never helps the man who will not act."
Socrates

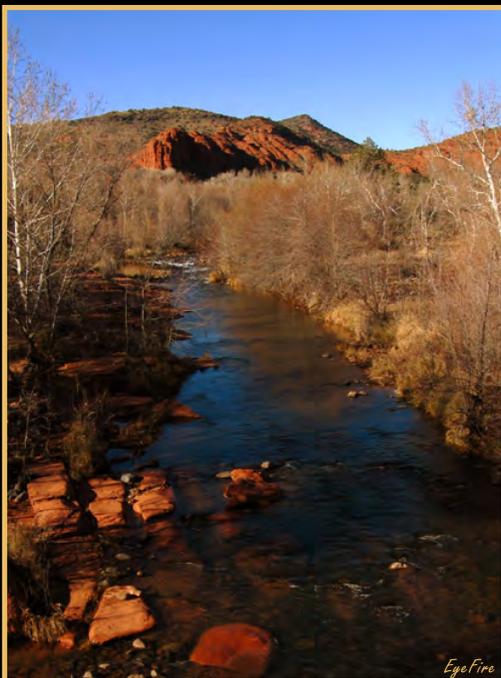
Tool Tips:

My Ideal Image
Tapping Into the Power of Imagination
Success Map Exercises

"We are never deceived; we deceive ourselves."
Goethe

"Dream lofty dreams, and as you dream,
so shall you become."
James Allen

*Go confidently in the direction of your dreams.
Live the life you have imagined.
Henry David Thoreau*



1. Discover the incredible power and benefits of using your creative imagination.
2. Ultimate Destiny provides wonderful tools such as My Ideal Image, Tapping Into the Power of Imagination, and the Success Map Exercises to provide a solid foundation and to overcome your perceived limits.
3. Create Your Dream - discover and realize your incredible potential, your Ultimate Destiny - you have to be willing and able to dream.
4. Believe in your heart that you deserve a life filled with Love, Success, and Fulfillment.
5. Express the I AM by beginning with "I am...".
6. Journal, make sketches, create songs, and many other creative endeavors to engage more of the brain to stimulate greater integration and creativity.
7. The subconscious can be the source of confidence when we draw from supportive comments and experiences.
8. Unleash your wildest dreams.
9. What are your heart's greatest desires?
10. What is your ultimate purpose in life?
11. What are your most magnificent dreams?
12. Who could help to achieve your Ultimate Destiny?

*Find the courage
to make your dream a reality*

dream

Realize More of Your Potential, Fulfill Your Life Purpose and Co-create Your Ultimate Destiny!

Chapter 4. Believing In A Better Life



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BELIEVING IN A BETTER LIFE

WHAT DO I DESERVE OUT OF LIFE? WHAT HAVE I GOTTEN SO FAR?

“As a man thinketh in his heart, so is he.”
Proverbs 23:7

Envision Your Desired Outcomes

“One of the advantages of being disorderly is that one is constantly making exciting discoveries.”

A. A. Milne

Once you’ve tapped into the amazing power of your imagination and used it to brainstorm a number of different ideas and resources to move along in your process, it’s time to take that next step.

Envisioning takes the beautiful results of what you’ve just accomplished with your imagination and provides the framework to begin seeing yourself as you truly wish to be seen. Quantum theory states that as we begin to see ourselves doing anything, we begin creating the energy needed to draw the sub-atomic particles together to be creating this particular reality.

Therefore, it is paramount that we learn to envision things in a way that allows us to see ourselves fully integrated into our Ultimate Destiny.

Using established tools like the *Success Outcome Map*, the *Golden Bridge Exercise*, *Visioning Worksheets*, *Spiritual Mind Treatment*, and the *Power Vision* exercise will give you a comprehensive and thorough set of tools to create the most positive vision, which will lead you to your Ultimate Destiny.

Probably the biggest obstacle to overcome in this endeavor is disbelief. You may not believe you’re deserving of your desires, or that it is possible to realize them. Hogwash! On whose authority do

you have that? If your life experiences so far seem to say it isn't possible to realize your dream, know that you can (and will, if you choose to) change the factors that prevented you from getting what you desired in the past.

The good news is that the biggest single factor for most of us is merely learning to consistently nurture our heart's desires! In doing so, we enjoy the positive feelings of holding such dreams and desires right now, and we are filled with even more positive feelings when they come into full expression!

A Life Developed – Charles Betterton’s Story

Here is the story of Charles Betterton, Founder and President of Ultimate Destiny Enterprises, told in his own words.

“When I was just 16 years old, my mother gave me a copy of ‘The Power of Positive Thinking’ by Norman Vincent Peale. She was hoping (and praying) that something would get through to me and help me make better choices. I had dropped out of high school and started drinking and smoking cigarettes (and occasionally other things). I was wasting my life.

“Fortunately, the gift of that book set into motion a series of ‘discoveries’ over the next few years that led me into a life-long interest in personal growth and development. Eventually, I graduated Summa Cum Laude with a Masters in Community Economic Development from Southern New Hampshire University and became the co-founder of several non-profit organizations and companies involved in personal, organizational and community development.

“My own Ultimate Destiny began in 1969 when I got a job through an American Friends Service Committee grant to develop a community center in Greenville, Mississippi, to support desegregation of the public schools.

“In 1973, I was assigned by HUD to be Director of the Disaster Field Office in Xenia, Ohio, when a tornado ripped through, leaving thousands of people homeless and many more without power. I spent

several months helping provide relief for the disaster victims. Those were some the most exciting and gratifying days of my life.

“Then I found myself working as a disaster relief specialist for HUD, the US Department of Housing and Urban Development. Six years later, I was asked to take some assignments dealing with man-made disasters—the HUD offices in Detroit, St. Louis, Chicago and East St. Louis, Illinois.

“In 1978, I moved with my wife and two young children to the intentional community of Stelle, Illinois. I was still working for HUD in the Chicago Loop; my daily commute was about five hours. Just imagine that drive in a Midwest blizzard in the flatlands.

“Someone gave me a copy of Lead the Field, the classic audio cassette tape program by Earl Nightingale. I listened to those six tapes on my commutes for many weeks. My outlook became more positive and my sense of being in control of my destiny increased. I started buying tapes by Brian Tracy, Norman Vincent Peale, Jim Rohn, Les Brown, etc.

“After a few months of enjoying my ‘mobile University,’ the improvements in my attitude, effectiveness and productivity were so profound that friends and family kept asking what I was doing that had so completely changed my life. After sharing my new resources on success secrets with other members of my community, I was inspired in 1980 to create a 16-week class in PST! Personal Success Techniques.

“I retired early from HUD to focus on personal and community development projects. But in 1998, HUD invited me to accept a position as Director of Community and Economic Development for the city of Kankakee, Illinois.

“Kankakee was, in fact, a disaster in many ways, which the Fantus Organization attributed to several decades of racial, political, and geographic divisiveness. I spent months helping resolve issues between HUD and the city government, then started experimenting with my vision of combining personal and community development in ways that might ‘expand the circle of success.’

“I had learned from my experience as a distributor of development training that most companies creating success training targeted only the top 10% to 13% of the population. The Presidents and CEOs of those companies would tell us to ignore the other 87%; but I realized that the people in that 87% were the kind of folks who lived in my community ... and that we are all only one people, with one future and one economy.

“I had also learned from psychologists and psychiatrists in Kankakee County that many local residents were suffering from negativity and depression. This was largely due to the massive impact on the county of losing about 8,000 union jobs in a community of only 100,000 people. I was part of a task force of community leaders who decided to produce a Community Unity Event to promote positive thinking, personal and community empowerment and appreciation of multicultural and geographic differences.

“We brought in Dr. Norman Vincent Peale to speak on the power of positive thinking and Les Brown to share his exciting and motivating messages on the power of a larger vision. That event was the beginning of my ‘graduate-level work.’

“Over the next few years, I was blessed to be able to produce major events with Les Brown, Brian Tracy, Mark Victor Hansen, Jim Rohn, Bonnie St. John and several others. Many of those who helped sponsor the first Community Unity Celebration became close friends and advisors.

“We developed a Community Development Corporation, which spearheaded the renovation of a 22,000-square foot National Guard Armory building into an award-winning Community Resource Center and co-founded Kankakee County organizations to promote positive thinking within and about the area.

“We developed several non-profit organizations and created a model for smaller communities to do what we had done. At that time, (before September 11, 2001) most large-scale development training events were produced in cities of a million or more by for-profit promoters from out of town, who ‘put on a one-day show and took home the dough.’

“We have developed and are now sharing with the world a template for smaller communities to be able to provide the same caliber of world-class training to benefit their residents. And in our model, the local community gets to keep most of the proceeds to use

for further community development. We also brought success training to HUD residents by making success training tapes available for free.

“In recent years, my focus has shifted to co-founding non-profit organizations and cause-oriented companies. Our shared vision is to help people awaken to Spirit, realize more of their potential and know how to co-create their ultimate destiny. Through Ultimate Destiny University, I am grateful now to be blessed with the opportunity to share what I’ve learned with the rest of the world.”

You can see in the above story that Charles used the information he got in that first book on positive thinking to start envisioning a better life for himself. He got to KNOW himself; then he allowed himself to dream about the things he wanted to accomplish. His dream was to see others discover their own power to create a better life for themselves.

He came to believe he could have a satisfying and fulfilling life helping others, and he began to pursue the individual goals to create that kind of life. His mission was to share what he had learned with those least likely to have access to this information, by bringing in motivational speakers and motivational materials to the underprivileged and disenfranchised.

Read on to see how another man’s life was changed when he allowed himself to dream of a better life for himself and his son.

A Life Transformed – The Team Hoyt Story

Team Hoyt is the father-and-son team of Dick and Rick Hoyt of Boston, Mass. Rick is one of Dick's three sons. Rick, now almost 45, is a non-vocal quadriplegic with a tiny amount of control over his upper body. He was born with severe cerebral palsy.

When Rick, an avid sports fan, was 16, he decided he wanted to enter a 5 kilometer run – although he didn't have the ability to power even a wheelchair. His father gladly provided the power.

Dick and Rick were not welcomed in that first race, but the experience was exhilarating, especially to Rick. It was the beginning of many years of road racing together, which came to include more than 20 annual Boston Marathons and many triathlons, including the most grueling, the Ironman in Hawaii.

Dick would push Rick in a special chair during runs, lift him onto a carrier at the front of a special bicycle for rides, and pull him in a raft for swims. There were extreme challenges in these events, including meeting qualifying times based on *Rick's* age and weight, not Dick's, who is 21 years older, and who had to deal with an extra 130 lbs. as he pushed, lifted, or pulled his son along.

Perhaps the most daunting mission the father-son team has taken on was a cross-country run and bike ride from Los Angeles to Boston. They did the 3735 miles in only 47 days (straight!). The cause? To raise a million dollars for the Hoyt Fund for the disabled,

and to eventually make every building in America accessible to the handicapped.

They fell short of the million-dollar goal, but the publicity they gained was probably worth much more. They chose this trip because it had not been done before under such conditions. They wanted something truly newsworthy—and it was!

Until getting to know the Team Hoyt story in more depth you might be tempted to think, “Isn’t the story mainly about Dick? After all, Rick cannot contribute physically, or even by spoken word. Isn’t he just along for the ride?”

Despite Dick’s incredible athletic prowess and intense concentration, focus, and determination, he is always quick to give equal credit to Rick, who is his motivation. He knows his son feels free of all handicaps when they are out on the road or lake, and loves the thrill of competition.

An incredible bond of love drives both men, and there is a remarkable mutuality in what they do for each other. Dick is really sustained (and sometimes coached and guided through a race) by Rick’s subtle communications and especially by his powerful spirit.

Rick can use a device to slowly “type” out words. But their biographer, Sam Nall, says they communicate better than most fathers and sons, even without that technology. They do it by using their facial expressions and the few movements, like nods, that Rick is able to control.

Against all odds, young Rick graduated from a public high school and then earned a degree in special education from Boston University. He now works at Boston College developing technology that will allow disabled people to control mechanical devices by the movement of their eyes.

What are the lessons of Team Hoyt? There are several.

First, in discovering and manifesting your Ultimate Destiny, you will sometimes need to work closely with other people. You must work with the skills each of you has been given, and develop whatever other skills are required. Dick, while physically strong and athletic, had not been a runner and could not even swim when starting on this journey. Carefully planned and dedicated training, and the power of team, have enabled him to repeatedly do what other athletes thought impossible—even in his mid-60s!

Another lesson: the amount of money earned is not necessarily a measure of success in fulfilling one's destiny. Better measures are the joy it brings you and others, and how others are served or brought together. The driving force behind the unglamorous hours, days, months, and years of toil and preparation for events that would publicize their cause is *inclusion*. Rick has written this statement as a summary: "The message of Team Hoyt is that everybody should be included in everyday life." (Parts of the above are summarized from Sam Nall's full-length biography of Team Hoyt, *It's Only a Mountain*.)

Dick Hoyt knew he was capable of helping his son, and dreamed of accomplishments they could share. More importantly, he BELIEVED in his son and in himself. They developed a shared mission, and accomplished the goals they set, one by one. They also shared their achievements with the world by helping to raise money for other people with disabilities.

Self-Assessment # 5: My Life Story

Everyone has a story! You may not think your “story” is anything of note, but it is—certainly to you, but also to many around you. It doesn’t matter how ordinary, how painful, or how **ever** it may appear to you. The most important person to be aware of and learn from your story is you!

So we want you to write out your story in whatever manner or whatever length you’d like. Even if it’s just a few short paragraphs, it will be a helpful process and will enhance what you will get out of the other exercises in this book. Include whatever you think might be meaningful. Start at the youngest age possible. If you’d like, include some comments about the “setting” you came into—parents, grandparents, geography and culture, etc.

While we don’t suggest any limitations on what you include, it may prove most beneficial to focus particularly on things that will boost your self-respect, self-love (not self-absorption or arrogance), and your gratefulness. If you see patterns of progress, record that. (We all have them, and focusing on that may help dispel any tendency to feel we are going *backwards*.)

It may also be helpful to look at what you have done to overcome obstacles and challenges you have faced. If you feel you haven’t fully overcome them, at least give yourself credit for how you have coped until now, knowing you will use them later as building blocks in fulfilling your destiny.

As to the writing process, remember that *you* are the only audience for this...so write just as things come to mind, without concern for proper wording, grammar, or spelling. Write just as you would speak if sharing the story with a completely trusted friend or family member. Anyone who has even the most basic ability to put words on paper can write this way; so if you've thought you couldn't, try setting that assumption aside and just letting flow what comes to mind. Write as much or as little as you want; you can always add to it later.

Nurturing Your Heart's Desires

*“Follow your bliss and the Universe will open doors
for you where there were only walls.”
Joseph Campbell*

Much of our life is spent learning to suppress rather than nurture our heart's desires! Seldom do we allow ourselves to enjoy the specific people, activities, and outcomes that we hold so close and dear to the heart.

In adulthood, most of us get really good at it! Yes, some gratification needs to be deferred. But we often take it too far, not only deferring, but often abandoning important desires. And these are often desires that will benefit other people as well—not just “selfish” desires.

Messages coming to us from our toddler years onward scream out, “Don't touch that,” “You can't do that,” “You have to be practical,” etc. By the time we have enough understanding and skills to actively pursue many of our dreams, most of us have learned to put them in the background, if not bury them altogether.

The exercises in this playbook are designed to help you get in touch with desires of your heart that you may have allowed to be buried. This entire book is largely about nurturing your heart's desires, expressing them, and seeing them come to fruition.

One of the ways we nurture our dreams and desires is to nurture *ourselves* so that we have the energy to pour into our dreams. We may indeed need to be “practical” in terms of staying

with a less-than-ideal job, at least for a time. Yet if we carefully manage our energy, our time, and our emotions, we can nurture the desires of our heart by giving them some of our energies as well.

To do this, we may have to shift some of our “relaxing” habits, which often prove to be *not* very rejuvenating. We may have to spend some time doing meditation or journaling, reviewing our goals, visualizing, etc. instead of watching TV or going out socially for nothing but small talk.

Through the Ultimate Destiny program you have access to incredible resources from Heart Math, The Love Center, Glen Clark’s *I Will Lift Up My Eyes*, *Meditation* by Roy Eugene Davis, *Affirmations* by Reverend Anne Marie Evers, the *Treasure Map* Worksheet, the *Power of Prayer Treatment*, and the *Success Map Exercise*. Use these resources not only to help nurture your dream but to help identify coaches and cheerleaders that can support your mission.

Heart Math is a company that has created a powerful and easy-to-use computer-based system to help you get into the “zone” of high performance. It also trains you to more quickly and effectively enter a relaxed state in which you get in touch with profound feelings of appreciation and gratitude—the very emotions needed to help you grow and reach your full potential.

You can find more about this incredible tool at www.ultimatedestinyuniversity.com/heart_math.htm.

Meditation is a powerful way to keep desires alive without letting them become addictive. Meditation takes many forms but it will suffice here to say that the key is to jump in somewhere and begin practicing it. If you practice the type of meditation that has no focus of thought or attention, but is receptive, you may find that ideas come to you that represent expansion of your consciousness.

In this area of nurturing desires of the heart, let your creativity go! We are giving some suggestions here, and will do so throughout the book, but something not included here might be what will really work for you. Finding and spending time with your coaches, mentor or Mastermind group and asking what works for them is one way to get new ideas and perhaps combine techniques into something that is natural, easy and effective for you.

If you identify what you want from the deepest fibers of your being—from the bottom of your heart—those dreams will provide a strong foundation to push from when working towards fulfilling your Ultimate Destiny. Keep these deep, rich heart desires close to you and use them to keep you motivated. Know that as your Ultimate Destiny manifests itself, you'll be able to honor those relationships and events from the deepest part of yourself. This is living at its highest.

Self-Assessment #6: Treasure Mapping

For this exercise, we are asking you to make a TREASURE MAP that symbolizes your Ultimate Destiny. (This idea was excerpted from a Unity pamphlet; Unity is the publisher of *The Daily Word*.)

Treasure Maps are visual tools for building the *inner experience* of a desired result in its completed form in order to facilitate its manifestation in the outer world. These maps will help you form a sharp, clear image or mental and emotional pattern for your goal. They tend to focus energy into the matrix of your chosen goal. This highly charged seed matrix then influences the creative flow of energy by drawing whatever is needed into the pattern so that the desired result can manifest.

This process might be compared to the transmission of a television program. The transmitter radiates energy, which vibrates at certain frequencies and wavelengths with a specific pattern (the TV program). This energy is then picked up by receptive TV sets and reproduced in visible form.

Receptive and appropriate people and things resonate to the frequency that you transmit. Actually, they are doing this all the time. The Treasure Map assists you in creating and radiating a clear image of your desired result. You and the people and things necessary to actualize the image will then gravitate together like magnets, to manifest the image on the three-dimensional plane of everyday reality.

This principle is used by architects and builders to create houses, office buildings, bridges, and rockets to the moon. They create scale drawings and models of their intended result. Then all the things necessary for its manifestation, including financiers, workers, highly skilled experts, and materials can gravitate together to actualize the created image.

Here are some simple guidelines to assist you in creating the most effective Treasure Maps, in order to get the most dynamic and satisfying results:

- 1) Create your Treasure Map by drawing it or cutting pictures, photos, and drawings out of magazines, books, or newspapers, always selecting images that represent the desired choice in its most ideal and complete form. *Do not attempt to show **how** it will happen.* Do not allow your image to reflect your doubts and uncertainties.
- 2) Make your map whatever size is appropriate for you. It can cover an entire wall of your house, or it can be wallet size. Many people like to make them letter size so they can fit in a binder. Others use 30" x 36" poster board. Some people make small treasure maps to use as book markers. Make it the size that will work for you.
- 3) Put yourself in the Treasure Map! Paste a recent photo of yourself being, doing, or having the desired result.

Depending on your goal, draw a picture of yourself in your new relationship, or driving your new car, or sitting in a lotus position with a serene smile on your face. It's up to you!

- 4) Use colors to add power to your Treasure Map! Colors vividly increase the impact of the image on your consciousness and intensify the focused energy.
- 5) Make it look real as possible.
- 6) Graphically portray a connection with the Infinite Source of all things, using a symbol that is real for you. Include a symbol to indicate where your fulfilled desires will come from so that you retain a true perspective, i.e. God, Christ, Buddha, Sun, Rainbow, etc. The everyday world is not your source; you are creating afresh from the Infinite Source.
- 7) Be sure to include some money so you won't get stuck with a lot of expenses and bills when the object of your desires appears in your life. Draw dollar signs or paste pictures of money (or actual money) on your Treasure Map.
- 8) Put appropriate affirmations on the Treasure Map! It is also advisable to include the following affirmation or something similar somewhere on your map: "This or something better now manifests for me in totally satisfying and harmonious

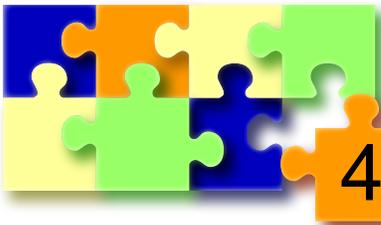
ways for the highest good of all concerned.” This enables you to remain flexible while persisting towards the complete manifestation of your goal.

Just the process of creating your Treasure Map will initiate the manifestation process dynamically. To achieve the maximum results, it is important that you spend a few quiet moments looking at your Treasure Map every day. The best times are just before you go to bed and just after you awaken in the morning. Each time that you contemplate it, you intensify the creative process.

You can accelerate the process by bringing the image of your Treasure Map to mind during the day from time to time. Simply picture it in your mind. No effort is necessary.

Treasure Maps enable you to consciously begin to create your world the way that you want it to be instead of unconsciously allowing your habitual and conditioned responses to create it some other way. These maps can also be valuable tools for dissolving barriers to a more abundant, prosperous and fulfilling life.

You may want to get started now and begin pulling together various images and thoughts as you complete the rest of this program, which will help you arrive at a clear understanding of what you want to include on your Treasure Map. ♦



Chapter Summary

4 Believing in a Better Life

Ultimate Destiny Success Puzzle

"As a man thinketh in his heart, so is he."
Proverbs 23:7

Tool Tips:

Success Outcome Map
Golden Bridge Exercise
Visioning Worksheets
Spiritual Mind Treatment
Power Vision Exercise

"One of the advantages of being disorderly is that one is constantly making exciting discoveries."
A. A. Milne

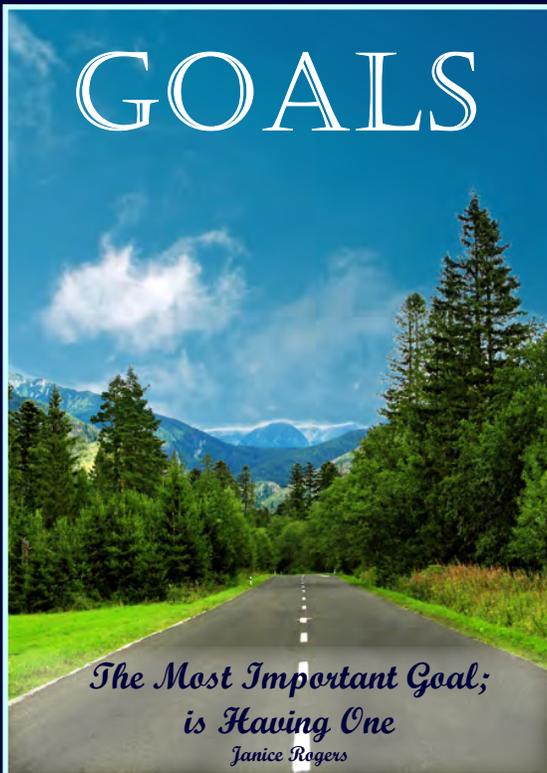
"Follow your bliss and the universe will open doors for you where there were only walls."
Joseph Campbell

Make a TREASURE MAP
symbolizing your Ultimate Destiny.

1. Learn to envision things in a way that allows you to see yourself fully integrated into your Ultimate Destiny.
2. Nurture your heart's desires! Enjoy the positive feelings of holding such dreams and desires right now being filled with even more positive feelings when they come into full expression!
3. In discovering and manifesting your Ultimate Destiny, you will sometimes need to work closely with other people.
4. The amount of money earned is not necessarily a measure of success in fulfilling one's destiny.
5. Write out your story even if it's just a few short paragraphs, it will be a helpful process and enhance what you will get out of the other exercises in this book. Focus on things that will boost your self-respect and self-love and your gratefulness.
6. Write just as things come to mind, without concern for proper wording, grammar, or spelling. Write just as you would speak if sharing it with a completely trusted friend or family member.
7. Spend some time meditating, journaling, reviewing goals, visualizing, etc. instead of watching TV or going out socially for nothing but small talk.
8. Ultimate Destiny's program gives you access to incredible resources such as Heart Math, The Love Center, Glen Clark's I Will Lift Up My Eyes, A Meditation by Roy Eugene Davis, Affirmations by Reverend Anne Marie Evers, the Treasure Map Worksheet, the Power of Prayer Treatment, and the Success Map Exercise.

Suggested Reading:

'The Power of Positive Thinking'
Norman Vincent Peale



Realize More of Your Potential, Fulfill Your Life Purpose and Co-create Your Ultimate Destiny!

Chapter 5. Get Clear on Your Wants



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GET CLEAR ON YOUR WANTS

NOW THAT I KNOW I CAN DO ANYTHING, HOW DO I KNOW WHAT TO DO?

“Cherish your visions; cherish your ideals; cherish the music that stirs in your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts, for out of them will grow delightful conditions, all heavenly environment; of these if you but remain true to them, your world will at last be built.”

James Allen

Discover Your Reason for Being

“The functions of a soul are the exercise of choice, of refusal, of desire, of aversion, of preparation, of purpose, and of assent. Epictetus, Discourses

The grandest (not necessarily most difficult) aspect of knowing yourself is understanding your purpose in life. Do you have a clear sense of what that is? It will evolve throughout your life and may appear different to you at different ages or stages of growth. When you have a sense of the purpose of life in general – which has to do with enjoying your life, enjoying being alive, and expressing yourself -- you will develop a mission. Your individual mission will be based on knowing your purpose and knowing your skills and particular interests.

You may be the type of person for whom it doesn't matter precisely what their vocation or present job is, as long as you can do the job and feel satisfaction in doing it. You may find your way of fulfilling your real mission—for example, uplifting each person you meet in some small (or large) way—in any number of jobs or roles. In a sense, this can be true for all of us.

“The purpose of life is a life of purpose.”

— Robert Byrne

Or you may be like many others, who have some special talents and interests. You may sense, or know (perhaps without knowing how you know) that your mission is to give expression to that particular gift or set of natural abilities.

This will come out repeatedly in the various exercises in this “playbook” for the game of life. It may mean that you will be most satisfied and able to contribute most to the world by using your gifts on a full-time basis, and supporting yourself financially in that way.

Each of us is a genius in more than one way, but that genius might not be expressed fully, or even partially, in our paid work or business. Your genius may come out in how you touch peoples’ lives informally, how you express yourself through creating something in your spare time, etc.

Some people have started doing something they love as a hobby, and then have taken it to a part-time or even a full-time business. The Internet makes this especially feasible now, more than ever, although you will have to “do your homework” on how to make it work, as with any business.

Goals – Why Do They Work?

“All that we are is the result of what we have thought.”
Buddha

The beliefs of the authors, in broad, general terms, follow those of the great majority of the world—that there is an important level of reality that we only catch glimpses of in this life. It is a reality that seems to overlap our biological existence and is often labeled “spiritual” or “metaphysical” (meaning beyond the physical).

In recent years, we are observing a change in the American landscape, in terms of how this common belief is being integrated with our very scientific, “physical world” emphasis. Many serious researchers and thinkers are actively bringing together the two previously separate worldviews of *spirituality* (or religion) and *science* (in the sense of matter-only). Each of us actually does the same in our musings and our periodic struggles to understand who and what we are at core, and how the trappings around the core fit in.

If you have never been one to give much thought to issues like who you are and why you are here, we invite you to do so now. We believe the experience will be an enriching one.

Remember: the goals you set are in this world, but the power that allows you to accomplish them comes from a higher realm.

Setting Empowering Goals

“Each of us is born to shape a personal destiny. The depth and extent of that destiny are measured by the personal goals we set.”

Paul J. Meyer

The foundation has been laid to discover the necessary elements to manifest your Ultimate Destiny. You have identified what’s important to you, in both general, and specific ways. You’ve used your imagination to tap back into the exciting world of unlimited creativity that you once thrived on as a child. You took that creative imagination and used it to fuel the vision you have of yourself as you saw yourself achieving your Ultimate Destiny.

The next phase of manifesting your Ultimate Destiny calls for you to set goals that will deeply empower you toward your vision while keeping you moving forward and upward in an efficient and effective manner towards your goal.

Achieving your Ultimate Destiny takes another step toward becoming a reality when you identify the goals that will bring you closer to living the life you’ve dreamed about. Write these goals down and review them often.

“The significance of a man is not in what he attains but rather in what he longs to attain.”

—Kahlil Gibran

For goals to be an effective tool in reaching our potential and our dreams, they should be “SMART”: **Specific, Measurable, Achievable, Realistic, and Time-dated**. We will explain and give examples of this shortly and you will work with this in the later chapters covering each facet of fulfilling your Ultimate Destiny.

First, goals need to be written down, as you presumably have done, and regularly reviewed (daily is ideal) if they are to have much power. You may be able to remember and stay focused on one or two goals if they are unwritten, but most people can't. And you will probably soon have many more goals than you can easily manage by memory alone. By writing and reviewing them, you can work successfully on several goals at once.

It is good to start with long-range goals, for some areas, perhaps even beyond the 10 years we've suggested, and work your way back to closer goals, giving more detail to these. It's natural (and proper) to set an important goal for one year out. But the more meaningful goals are usually those we hope to accomplish within 90 days. That is the time-frame within which we do most of our planning, and psychologically, we can get excited about results in that period.

Next, your 90-day goals need to be broken down into monthly and then into weekly goals. Finally, plan each day so that your weekly goals can be reached.

One of the best time management adages I've ever heard is "Plan your day the day before, and plan your week the week before." It will probably take 10-15 minutes for the daily and around an hour for the weekly planning sessions. This is an investment that pays for itself many times over!

Although you may not fully know where you are headed, at least some of your goals can and should still be **Specific**. A vague

goal is “to have more money.” A Specific goal is, “to increase my monthly income from \$3,000 to \$4,000 by June 1,” or “to put \$100 every month into a savings account.” Make an effort to be as clear and specific as possible.

The goals above are **Measurable**. This makes it easier to track your results which you must do. You may also have goals that will not be as easily measurable. If you want to learn more about some topic for example, you might need steps like researching your overall topic, deciding on a focus, taking a course, reading, finding experts in that area, etc.

Journaling may help here, summarizing periodically what you’ve learned, how you intend to apply it, etc. Later review will help you see progress, whether it is for this type of issue, or any other.

A non-measurable goal is, “I want to get into better shape.” A measurable goal is, “I want to be able to do 10 push-ups without feeling like I’m going to die.”

Certain goals need not be as Attainable as others. It is actually good to have some goals that are a significant stretch, or even seem impossible to us from our current perspective. Such goals can help us, as long as we can at least imagine that something could change that would allow us to achieve them.

For example, it may not seem attainable right now to quit your and live off of passive income. But if that is part of your desired

outcome, keep it as one of your longer-term goals. You will eventually see a way to make it possible.

Some things are non-attainable. We cannot change the past. But we can change the way we feel about the past— and that is an attainable goal.

Realistic means that your goals are things that are *real* or actually important to you. Sometimes we take on goals from others' expectations of us. Goals should be your own, coming from your own desires and motivations. For example, if you set a mid- to long-range goal for a certain advancement in your career because you know it would please your spouse, other family or friends, but you don't REALLY love what you are doing, you are not likely to reach the goal. It might seem very attainable, but not be real (or realistic) for you.

Don't let others' ideas about what is realistic limit you. Your family might feel it's unrealistic for you to leave a successful career as a banker and go to medical school, but this is something you actually could attempt, and probably achieve.

Some goals are not realistic. Having plastic surgery to improve your appearance is realistic. Having plastic surgery so you can look like you're 18 again, once you're past 60, is not realistic.

Time-dated means that you want a goal accomplished by a certain date. You are going to push push – in a playful, effortless way to get it done by that time. In certain areas, such as finances, time-dating is more easily done and tracked than it would be in other, less

concrete areas such as relationships. But try to create time-frames wherever you can.

And don't get discouraged if you fall behind schedule. By keeping focused on your goals, despite discouragement or setbacks, and doing the other steps outlined here, you will reach your goals -- even if it takes longer than you'd hoped. You might also have goals that are ongoing, but need to be done on a regular basis, such as having a weekly "date night" with your spouse. This kind of goal helps ensure that you stay on the path.

Any goal you have that starts with "Some day ..." as in "Some day I hope to have/be/do something" is not time-dated. Set a goal to have or be or do that thing before your next birthday, and see how your motivation falls in line with that goal. The only way to get good at writing and reaching goals is to practice!

So don't worry about doing it "right." There is no definite right or wrong, although certain guidelines like those above have been well-proven, and tend to follow common sense. Through the exercises here, or independently, it is a good idea to prioritize and put the most time and planning effort into the most important goals (not necessarily the easiest ones, although getting a few easy victories is helpful).

Remember to focus mostly on the goals needing current action (usually the daily/weekly ones, followed by the monthly and 90-day goals).

The Proper Use of Goals

*“When you are accustomed to anything,
you are estranged from it.”*

George Cabot Lodge

You will need to figure out the best ways to make goals work for you. Some people are more naturally goal-oriented than others, and goals inspire them. For others, goals are more a mixed bag in that they can become frustrations or barriers instead of guides and inspirations. The research done on goals seems to be clear that having at least some written goals is very helpful and important.

The mere act of putting them on paper tends to sharpen and reinforce the goals that virtually everyone does have. In the broadest sense of the term, if we didn't have goals, there is almost nothing beyond simple biological functions that we'd get done. We might even say the hungry coyote has a “goal” to catch a rabbit.

However, you may find that you can have too many goals at once, or get too focused on making them happen, which is not what the approach here is about. Rather, we encourage you to clearly identify your passions and desires, declare them in written form (partially as goals), and take the sometimes effortless, sometimes challenging steps toward their realization, always with a sense of allowing and receiving them—not “causing” them to come about.

The best results come when we seek to move only after becoming clear that it is the right move, in alignment with our passions and established priorities. Then the actions will generally seem effortless, even if they are things we aren't accustomed to doing.

Another simple but powerful exercise to help create good goals or fulfill them is called *Mind/Heart Storming*. It is a solitary version of the commonly-used group brainstorming process.

As in the group process, you get creativity going by putting down every idea that comes to mind, no matter how extreme or silly sounding it might be, because it may lead to other ideas. Don't stop until you have at least twenty ideas on your list of possibilities.

The process works by accessing your subconscious mind for any ideas that are on the right track or even related to your dream, even though they may seem ridiculous to your conscious mind. Twenty should not be a minimum number of ideas, nor a limit — keep going as long as ideas are flowing. It's also possible that you may find a terrific idea or solution to a problem before getting to 20.

Self-Assessment #7: The Ultimate Destiny Mind/Heart Storming Process

This goal-planning process can also be completed as an independent exercise to set goals, regardless of what else you have done with prior exercises in this program. However, it is very useful as a supplement to the “What Is My Ultimate Destiny?” exercise at the end of Chapter 2 because it helps you rethink your goals for each area of life within time frames. It also helps you become more aware of opportunities for generating leverage and synergy by developing action plans that address multiple areas.

Step 1. List everything you could ever want to be, do, and have within the next ten years. Take as long as necessary to consider and list every possible tangible and intangible goal you could set.

MIND/HEART-STORMING LIST OF 20 IDEAS

Date: _____

Subject, Goal, or Question: _____

1. _____

2. _____

3. _____

4. _____

5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Step 2. Now look back over your completed list of possible goals and decide whether each thing you listed fits best as a goal for

1, 2, 3, 5, or 10 years and place that number by each item. The exact number of years is not critical, so place a 10 by all those things you believe might take the longest time to achieve.

Step 3. Review the numbers you have assigned to each goal to make sure you have a balance between short, medium and long range goals. If you have more short term goals (1 and 3 years) than long term goals (5 and 10 years), or vice versa, you may want to revise your estimated time frames, or add new items in those time frames where you do not have many goals.

Step 4. Select the top three or four goals in each time frame. For example, pick your top three 1-year goals, 2-year goals, etc. Use the Master Goals Form, found at the end of this chapter, to record your priorities.

Step 5. Write affirmation statements for each of these top priority goals. Affirmation statements should be written in positive, present tense language (I am ..., I have ..., etc.).

Step 6. Practice visualizing each goal and when you are finished visualizing, repeat your affirmations on a regular basis.

Step 7. Give yourself permission to See, Believe, and Achieve all you can be, do, and have. Gradually, sometimes more quickly, you will see your life becoming what you want it to be! When a door opens, walk through it. When opportunity comes your way, reach for it. When you see your Ultimate Destiny taking shape, Give Thanks!

Ultimate Destiny Discovery Exercise Form - for the area of life that you would like to explore in-depth. The boxes are big enough that you could possibly use them two or three times, simply using a different color ink so you can see which subjects and responses go together.

The area of life that is most important to me right now is:

What I don't want in this area of my life:

What I do want in this area of life:

What is the ultimate possibility in this area of my life?

How will I feel when I have all that I want in this area?

How can I nurture my heart's desires in this area?

What are at least two or three priority goals I will set for this area?

What challenges and obstacles might I have to overcome to realize my dreams and goals in this area?

Who might be willing to help me reach my goals by coaching me or mentoring me?

Who might be willing to be a cheerleader and support the direction I would like to go in?

What are at least two or three action steps I could take to reach my goals?

What are two or three positive, present-tense affirmations I can use to help me see and believe in my vision of how life could be?

What visual images or symbols come to mind that could be used to remind me to stay focused on my goals?

Ultimate Destiny Master Goals Form

Area of Life:

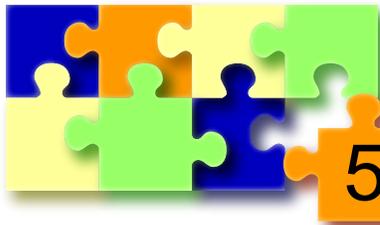
1-year Goals:

Area of Life:

3-year Goals:

Area of Life:

5-year Goals:



Chapter Summary

5

Get Clear on Your Wants

Ultimate Destiny Success Puzzle

"The purpose of life is a life of purpose."
— Robert Byrne

Heart / Mind Storming Process

1. List everything you could ever be, do, and have within the next ten years.
2. Look over your completed list of possible goals and decide whether they fit best as a goal for 1, 2, 3, 5 or 10 years and place that number by each item.
3. Review the numbers you have assigned to each goal to make sure you have a balance between short, medium and long range goals.
4. Select the top three or four goals in each time frame.
5. Write positive affirmation statements in the present tense for each of the top priority goals.

"When you develop yourself to the point where your belief in yourself is so strong that you know you can accomplish anything you put your mind to, your future will be unlimited."
— Brian Tracy

*Happiness
is not a
Destination
...It is a
Way of Life*

EyeFire

GOALS

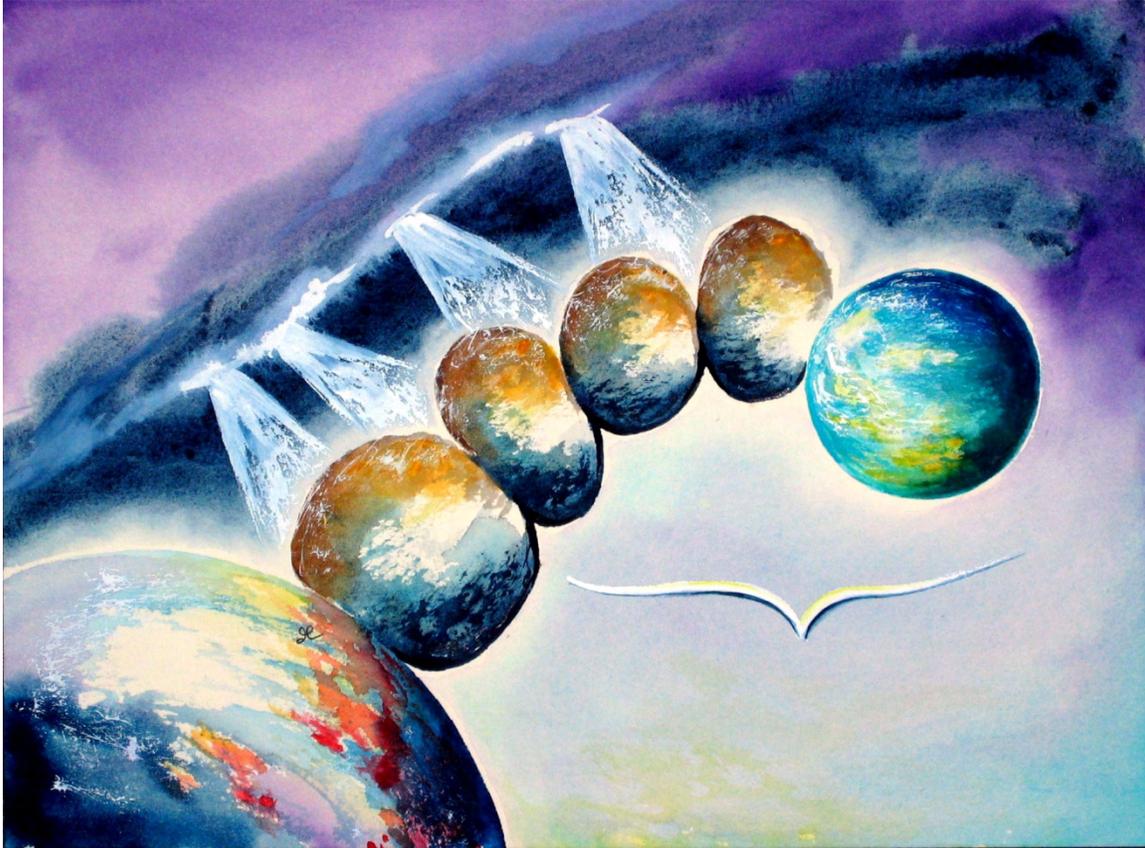
To get started, you must first have a destination.

1. Discover your reason for being and take the time to investigate and understand your purpose in life.
2. Develop a mission based on knowing your purpose and knowing your skills and interests.
3. Set empowering goals and identify the goals that will bring you closer to living the life you've dreamed about. Write these goals down and review them often.
4. Effective goals should be "SMART": Specific, Measurable, Achievable, Realistic and Time-dated.
5. Meaningful goals are usually those set within a timeframe of 90 days as we can get excited about results in that period.
6. Plan your day the day before, and plan your week the week before.
7. The only way to get good at writing and reaching goals is to practice! So don't worry about doing it "right."
8. Prioritize and put the most time and planning effort into the most important goals.
9. Create good goals by Heart/Mind Storming.
10. Give yourself permission to See, Believe, and Achieve all you can be, do, and have.

Realize More of Your Potential, Fulfill Your Life Purpose and Co-create Your Ultimate Destiny!

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Chapter 6. Taking Action



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TAKING ACTION

HOW DO I PREPARE MYSELF FOR THIS JOURNEY?

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.”

Martin Luther King Jr.

Develop Plans and Take Action

“The future is not a gift – it is an achievement.”
Harry Lauder

As with any journey one takes, you will encounter obstacles and setbacks along the way. Life does not always flow smoothly for everyone ...in fact, we all have bumps in the road, some big, some little.

However, what makes life seem so easy for some people is that they've developed powerful habits of peace and tolerance, as well as finely practiced behaviors and responses that allow them to deal smoothly and gracefully with whatever comes up in their lives.

You can create these kinds of habits in your own life and enjoy a balanced action plan that provides a firm foundation in your own life. We all know that obstacles will surface, but your plan and your philosophy will allow you to effectively deal with the problem. You will be able to apply the saying, “When life gives you lemons, make lemonade.”

Some tools that help you do this are *Co-Creative Visioning and Strategic Planning*, *Discernment Grids*, the *Fishing for Whales* exercise, the *Creative Thinking and Problem Solving Exercises from Personal Success Techniques*, and *10 Things You Can Do Today To Change Your Life*. These tools will help you deal with the issues that can surface at any time of life. Your goals will be to deal with it, learn from it, let it go, and move on – with a positive mindset.

We have placed developing action plans this late in the overall Ultimate Destiny process because it fits naturally and best here. You have to know your general direction and have some specific goals before action plans are likely to take you in your best direction.

Not only is this common sense, but your subconscious and super-conscious mind will help provide specific action plans after the conscious mind is clear and specific on what it wants and believes it is possible—somehow.

It doesn't usually know how it can be done. In fact, if fulfilling your vision of your Ultimate Destiny seems easily reachable, as mentioned before, it probably doesn't represent your full potential. But start at whatever level you must, to have some amount of faith that you can get there. Your faith doesn't have to be mainly in yourself, but in the guidance and support you know you will get along the way, plus the development of new skills and perspectives in you.

Self-Assessment # 8: The Golden Bridge Exercise

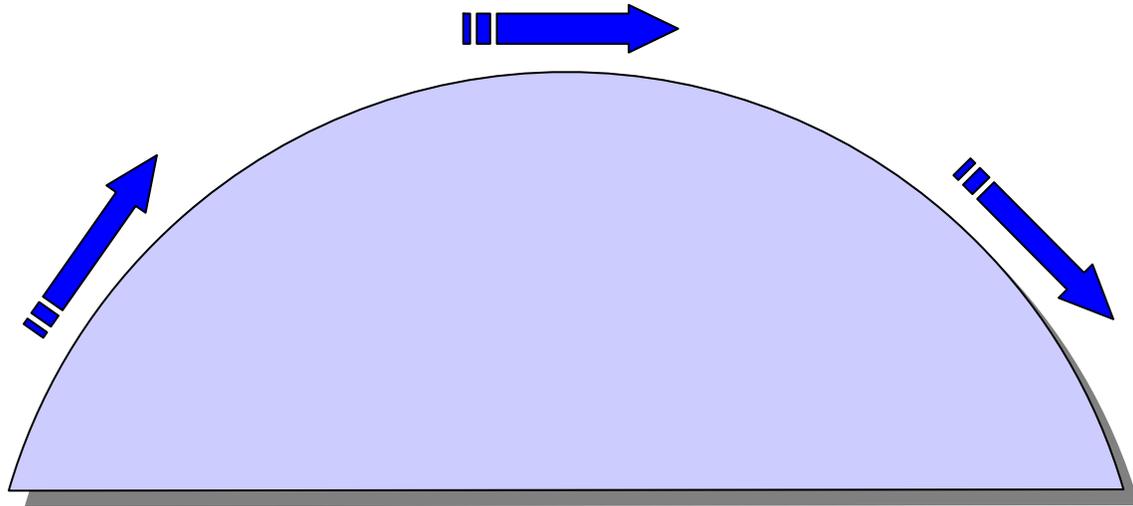
The “Golden Bridge” is a metaphor for what will get you from your present situation to your ultimate destination. That, of course, is more than a single accomplishment or position attained—it is rather a state of being, with many accomplishments and steps of growth along the way.

In doing this exercise, which is based on the model created by author Donald Curtis as adapted from *Helping Heaven Happen*, you are inwardly identifying with the creative process. You will be mentally and spiritually building a path to follow toward your destination.

The Golden Bridge is the actual completion of inner identification with the creative process. As you build the Golden Bridge, you are constructing a path upon which to travel to completion and accomplishment.

By this process, you form an invisible structure upon which to build your life. It defines where you are going and provides a means for getting there.

The Golden Bridge



(2) Present Situation

(3) List your assets

(1) Ultimate Destination

**(4) List your
liabilities to be
changed**

**(5) List Steps To
Get There**

**(6) Review Your
Lists and Set
Priorities**

In doing the Golden Bridge exercise you envision your Ultimate Destination. You name your goals, describe these as outcomes, and list them. Then list the available assets and factors of the Present Situation. Next, discover and list the liabilities, faults, and habits you will have to change in order to reach those goals. Finally, prioritize the action steps that will take you where you envision being.

To begin, get into a comfortable position where you can become completely relaxed yet easily switch to a writing mode. Let go of all concerns and affairs of the day, and detach your mind from random thoughts by letting them drift through without resistance or frustration. Remove all personal effort as you become still. Don't try to make anything come to mind or have any particular experience. Just become as still as possible and remain attuned to your inner spirit and your indwelling reality.

Imagine light surrounding you and feel a deep inner peace and beauty. Let a feeling of power and strength arise within you. Let yourself become filled with spiritual fuel that provides the thrust to project you into a new and vital experience. Picture yourself as a magnificent and powerful rocket rising along a beautifully arching trajectory into new spheres of understanding and experience.

Begin with the end in mind and see your dream, your perfect life, as completely and in as much detail as possible. Deeply feel what it would be like to be living that life. You may work from the goals and outcomes you've already identified and further describe them, or add new goals after a period of meditation.

If you have already identified part of your ideal life, let more pieces come to you and allow yourself to further describe this vision. If a new awareness or changes come up, include those as well.

After a period of intense concentration on the life you would love to live, turn your attention to the life you are currently living. Let yourself see all that you are doing. Do not judge yourself; just see your life calmly and clearly as it is. Some of it may be close to what you would love to do.

Other things may be obvious substitutions, or something you intended to do temporarily but never stopped. Still other components of your life may be downright frustrating or unfulfilling.

Whatever you see, see it all without allowing yourself to become caught up in explanations or excuses for your current life. See it as if you were surveying a friend's life in order to help him.

After you have surveyed your life, get your paper and pencil. List all the assets you have in the form of skills and abilities, tools and resources, friends and supporters. Then list all the liabilities you have, things you don't like about yourself or things you wish were different.

When you finish listing all the good and not-so-good things about yourself, turn all the things that you consider your negatives into positives. Try to use your positive qualities to help reverse the negative ones.

For example, if you love being with people, but you talk too much, list “I am willing to communicate and listen” as one of your assets. If you regularly have arguments with your boss because you dislike working extra hours, list “I keep all areas of life in balance” as an asset. Write freely, without editing your thoughts.

When you finish listing your assets, remain deeply quiet and open again to see the action steps you could take today, tomorrow, and over the coming weeks that will take you where you envision being in your life. When you are done writing down your action steps, review them and organize them into a set of prioritized steps.

As you write down your action plans, break larger tasks down into manageable steps. For most people, 90-day *goals* are especially important, with *action plans* set on a week-by-week and day-by-day basis.

Then begin taking those steps, one by one. If you become discouraged, or lose track of what you're doing and why, use the preceding chapters to help you re-focus on your dream, your sense of mission or purpose, and what you must believe and do in your life in order to create the reality you want.

In fact, you would be wise to repeat this, or other exercises that help reinforce your vision, your goals, and your action plans on a regular basis.

This technique may be applied to any area of your experience, from a single moment to eternity. The Golden Bridge enables you to know where you are going. Once you have spanned it in inner consciousness, you can then return and travel it in the action of experience, without any peril of losing your way.

The Golden Bridge utilizes all your creative faculties. It dissolves the barriers of time and space by building within you an awareness of purpose and completion. The use of the Golden Bridge enables you to transcend human failings and weaknesses. It will lift you into a consciousness of your true place in the great scheme of things, helping you reach your Ultimate Destiny!

Self-Assessment #9 The Ultimate Destiny Wheel of Successful Living

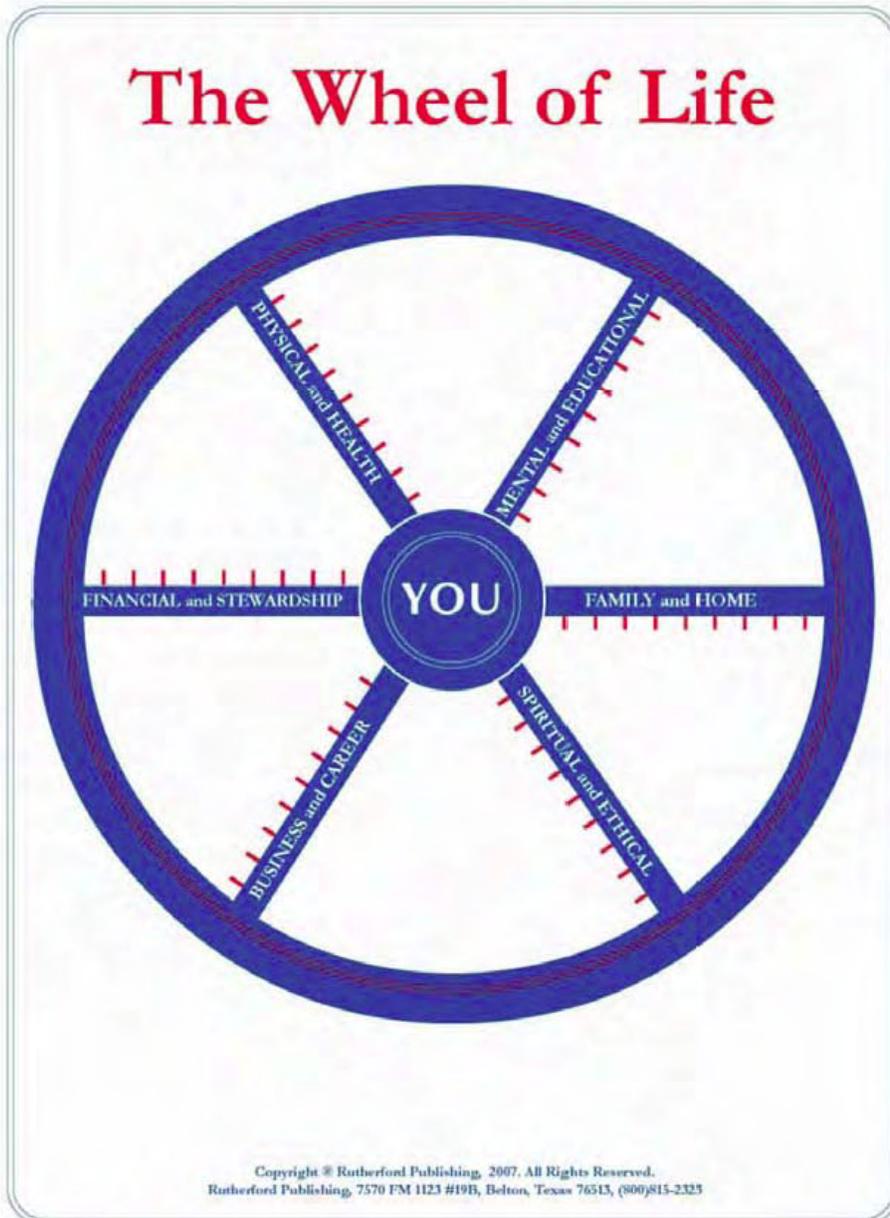
In Ultimate Destinyland™ we've broken down successful living into a dozen general areas. To be truly happy and fulfilled, you'll want to have mastery over each of these areas, but you can't tackle them all at once. Where do you start? In this exercise we will examine the six most vitally important areas of your life. Once you have finished this exercise you will most likely see the place for you to begin.

Few exercises ever created can offer the incredible amount of information that is yielded in the Wheel of Successful Living Exercise. This incredible tool provides the framework to discover your present level of satisfaction in those six important areas that are critical for everyone.

This exercise helps you discover which of these areas is "pulling" on you to do something differently, and will help you to prioritize their importance. This allows you to begin focusing on what would be the most helpful place to start and to discover the best way to address that area.

You will explore each of these six areas and set goals that will move you closer to achieving your Ultimate Destiny in each of these specific areas of your life.

Upon completion of the Wheel of Successful Living Exercise, you will also discover the potential synergy that is created when you have developed a balanced action plan. Your motivation and excitement will build as the possibility and inevitability of achieving your goals draws ever closer.



Step 1: Review the six areas of the Ultimate Destiny Successful Living Wheel™. Envision and think about what your life would be like if everything in that area of life were perfect for you. See yourself living that lifestyle, immersed in that daily routine, feeling the feelings that would accompany your version of successful living.

Step 2: After reviewing and envisioning your life in terms of each area, determine which area is most important to you right now and put a #1 by it. Put a #2 by the second most important, and so on for each of the 6 areas. When finished, each area should have a number, from 1 through 6, based on its importance to you.

Step 3: Now go back through each area and think about how satisfied you are at the present time with where you are in that area of your life. Rank your satisfaction in each area on a scale from a low of 1 (totally dissatisfied) to a high of 10 (totally satisfied). Write the ranking you have given each area on each spoke of the wheel to indicate your level of satisfaction, putting all 1s near the center symbolizing dissatisfaction, all 10s at the outer rim symbolizing total satisfaction, and all remaining numbers spaced between the center and the rim to reflect the amount of satisfaction you feel with them. Now connect the dots around the wheel.

If your life is in balance the lines will form a nice circle. Is your wheel balanced? Would it roll? Or are there areas you need to bring into balance? Are you living a life of 10s and total satisfaction? Or are you settling for a life of 1s and 2s?

Step 4: Find the Discovery Exercise Sheet at the end of Chapter 5. In the first box write down the area of life you selected as most important to begin changing. Let's say that Physical and Health is the area you would like to start with. In the next box list all the things you *don't* want your physical life and health to be. In the third box list what you *do* want.

Step 5: Spend a few minutes imagining what your ultimate possibilities might be in this area and write out a description of what ultimate health means for you, in the next box in the form.

Step 6: Spend another few minutes imagining what feelings and powerful emotions you will experience when you live out the ultimate possibilities in that area of your life. Write that down in the next box.

Step 7: Consider the various ways you could nurture and reinforce your heart's desires. Write these in the next box.

Step 8: Set 2 or 3 priority goals in the area you are working on and write them in the following box on the form.

Step 9: Think about what challenges and obstacles you might have to overcome to realize your dreams and goals in this area and write those down in the next box.

Step 10: Come up with several people you know who could help you, as coaches and/or mentors, to hold the ultimate vision you are creating. Write their names in the next space on the Discovery

Worksheet. (You may want to take advantage of the available coaching resources to help you reinforce your transformational process like those at www.UltimateDestinyUniversity.com.)

Step 11: Now identify the individuals in your life who might be able to act as your cheerleaders and support team as you create your goals and dreams and progress toward them. Write their names down in the next box.

Step 12: List at least 2 or 3 possible action steps you could take in this area of your life. As you progress and complete other areas on the Ultimate Destiny Wheel, you will want to review what you have written for each area and consider if there are ways that your progress in any area could be combined or leveraged with progress in another area. For example, could you make progress in both fitness and relationships by inviting someone to join you in a fitness activity?

Step 13: In the next box, write two or three positive, present tense affirmations you will use to help manifest success in this area as you see, believe, and achieve your vision.

Step 14: Now think about what visual images or visualization exercises you might be able to use to stay focused on your goals and dreams. These could be photos of you when you were younger and in good shape, drawings, music that inspires or challenges you to reach for your dreams, perhaps some art work or nature scenes, or images of some activity you would like to be able to enjoy once again.

Visualize the experiences, feelings, and emotions you will enjoy as you realize your dreams. Write down at least two or three images that you could collect and keep around. Review your visual images and affirmations as often as possible every day and stay focused on manifesting your Ultimate Destiny!

Step 15: Complete Steps 4 through 14 for each of the areas on the Ultimate Destiny Wheel where you need improvement. Remember to take your time and give the exercises and other areas of the wheel their due. Don't write to finish, write to discover and enhance who you are!

Step 16: Review the Mind/Heart-Storming Exercise on pages 67-68, and the Action Steps from the Golden Bridge activity on page 80. Compare these to the action steps you came up with in this Wheel of Life exercise. Then write out your major goals, putting them on the *Master Goals Management form* at the end of this chapter. If there are too many, make some of them 1-year goals, and others 2-year or 3-year goals.

Step 17: Review what you have discovered through this exercise as often as possible. Take time to envision and mentally enjoy the realization of your goals and dreams in each area of life. This is an important and invaluable step that keeps you motivated and joyous as you make your way towards your Ultimate Destiny!

Step 18: Meditate and pray every day. Research has proven that prayer and meditation are two of the most powerful and practical ways you can live a happy, fulfilling, and successful life. If you are

new to meditation or affirmative prayer, you might want to learn more about the resources provided to members of the Ultimate Destiny Network at: www.UltimateDestinyUniversity.com.

Step 19: Practice feeling grateful for all the rich blessings showered upon you – whether you actually have them yet or not – and radiate love, peace, joy, and thanksgiving to everyone and every situation.

Research through the Institute of Heart Math has shown amazing empirical evidence of physiological changes in the body when experiencing emotions of love and appreciation. For more information or invaluable tools concerning this topic, go to www.ultimatedestinyuniversity.com/heart_math.htm.

Step 20: Become a Charter Member of Ultimate Destiny and receive your choice of any of three featured e-books. These will help you to work on yourself with great power and insight.

Is Change Really Possible?

People often wonder whether it is realistic to change, or even try to change, based on what may show up in personality tests and personal inventories. There is controversy and often confusion over which parts of our personalities are changeable and which are relatively set and stable. There is not enough space here to do justice to the subject, but a couple of remarks may be helpful.

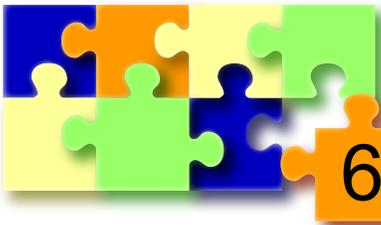
First, many of the more common tests were developed to help identify pathologies, attitudes, outlooks, etc. that are “out of the norm.” In a number of cases, processing past issues, coming to reconciliation with oneself or others, having better relationships, etc. have proven to lead to major changes that bring the test scores closer to the norm. So in this sense, they show that personality can change.

You may also change (or appear to change) by involving yourself in growth experiences. This is especially true for people in their late teen years to late twenties, when many are “finding themselves” and searching for a life direction. For people over 30 or so, major changes generally do not happen in core aspects of personality, such as being social versus more private, or being more or less dominant in relationships. Yet these personality factors need not stand in the way of personal growth.

If a person has been quiet and reserved because of a severe upbringing or some trauma in earlier life, and underneath is more natural and highly social persona, or a personality suited for and potentially comfortable in a public role, then personal growth may help to realize that potential. This might seem to change his or her personality, but it is really allowing the natural style of personality to emerge.

The foundation has been laid to discover the necessary elements to manifest your Ultimate Destiny. You have identified what's important to you, both in general specific ways. You've used your imagination to tap back into the exciting world of unlimited creativity that you once thrived on as a child. You took that creative imagination and used it to fuel the vision you have of yourself as you saw yourself achieving your Ultimate Destiny.

In the next section of this book, you will find a dozen brief chapters, each one a mini-introduction to an Ultimate Destiny eBook. Each three or four-page chapter gives you a taste of the focus in that course, which will further help you identify where you would like to begin with your personal self-development, whether it is health, money, relationships, career, consciousness, or something else. Once you decide where you want to start, you can download that e-book from the Ultimate Destiny website. Each e-book is a course in itself and contains questionnaires, exercises, and projects to help you become the best you can be in that area of your life. ♦



Chapter Summary

6 Taking Action

Ultimate Destiny Success Puzzle

"Take the first step in faith. You don't have to see the whole staircase, just take the first step."

Martin Luther King Jr.

Success Tips:

Envision arriving at your Ultimate Destination, describe and list the details of what you will enjoy being, doing and having.

List the liabilities, faults, and habits you will have to change in order to reach your goals.

Prioritize the action steps that will take you where you envision being.

Develop Plans and Take Action

- ❖ The foundation has been laid for you to discover the necessary elements to manifest your Ultimate Destiny.
- ❖ Identify what's important to you.
- ❖ Use your imagination to tap back into the exciting world of unlimited creativity.
- ❖ Take that creative imagination and use it to fuel the vision you have of yourself as you see yourself achieving your Ultimate Destiny.



Go "The future is not a gift, It is an achievement." Harry Lauder

The Ultimate Destiny Wheel of Successful Living

1. Review the six areas of the Ultimate Destiny Successful Living Wheel™
2. Review and envision your life in terms of each area, determine which area is most important to you right now.
3. Think about how satisfied you are at the present with where you are in that area of your life.
4. Write down the areas of life you have selected as the most important to begin changing in the Discovery Exercise Sheet.
5. Imagine what your ultimate possibilities might be and write out a description of all you will enjoy being, doing and having in each area.
6. Imagine what feelings and powerful emotions you will experience when you live out your ultimate possibilities.
7. Consider the various ways you could nurture and reinforce your heart's desires.
8. Write down 2 or 3 priority goals you are working on.
9. What challenges and obstacles might you have to overcome to realize your dreams and goals? Write them down.
10. Make a list of people that could help you such as coaches and/or mentors to hold the ultimate vision you are creating.
11. Identify the individuals in your life who might be able to act as your cheerleaders and support team as you create your goals and dreams and progress toward them.
12. List 2 or 3 possible action steps in this area of your life.
13. Write 2 or 3 positive, present tense affirmations you will use to help manifest success as you see, believe, and achieve your vision.
14. Think about what visual images or visualization exercises you might be able to use to stay focused on your goals and dreams.
15. Complete Steps 4 through 14 for each of the areas on the Ultimate Destiny Wheel. Remember to take your time and give the exercises and other areas of the wheel their due. Don't write to finish, write to discover and enhance who you are!
16. Review the Heart/Mind-Storming Exercise and the Action Steps from the Golden Bridge activity. Compare these to the action steps you came up with in the Wheel of Life exercise. Write your major goals and put them on the Master Goals Management form.
17. Review what you have discovered as often as possible. Take time to envision and enjoy in your mind the realization of your goals and dreams in each area of life. This is an important and invaluable step that keeps you motivated and joyous as you make your way towards your Ultimate Destiny!
18. Meditate and pray every day.
19. Practice feeling grateful for all the rich blessings showered upon you and radiate Love, Peace, Joy, and Thanksgiving to everyone and every situation.
20. Become a Charter Member of Ultimate Destiny and receive your choice of any of three featured e-books. These will help you work on yourself with great power and insight.

Realize More of Your Potential, Fulfill Your Life Purpose and Co-create Your Ultimate Destiny!

Which Pieces of Solving Your Ultimate Destiny Success Puzzle Are Most Important to You?

Manifesting Your Ultimate Destiny



Solving Your Ultimate Destiny Success Puzzle



Which Pieces of Solving Your Ultimate Destiny Success Puzzle Are Most Important to You?
The Ultimate Destiny Success System™

By Charles Batteredon, Penny Kelly, Howard Pepper and Kimberley Jace

Realizing Your Ultimate Potential



Fulfilling Your Life Purpose and Mission



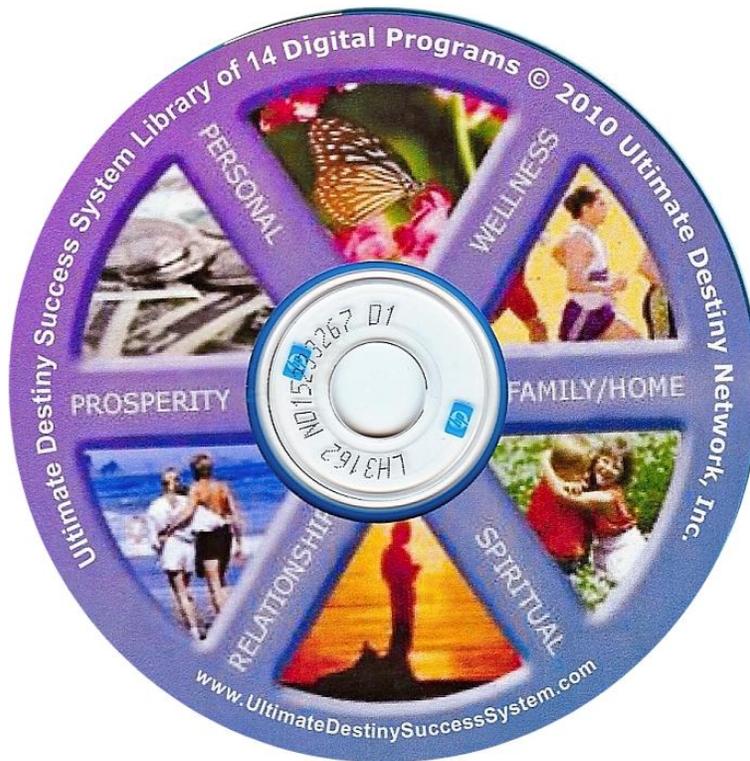
Achieving Ultimate Business and Career Success



Harnessing Your Creative Mind Power



A Comprehensive University for Successful Living



Raising Your Level of Consciousness



Enjoying Financial Freedom and Prosperity



Enjoying Loving Relationships



CD with 1,200+ pages in 14 stand-alone digital programs!

Attaining Spiritual Enlightenment



Enjoying Peace and Balance



Enjoying Ultimate Health and Fitness



Making A Difference Leaving A Legacy

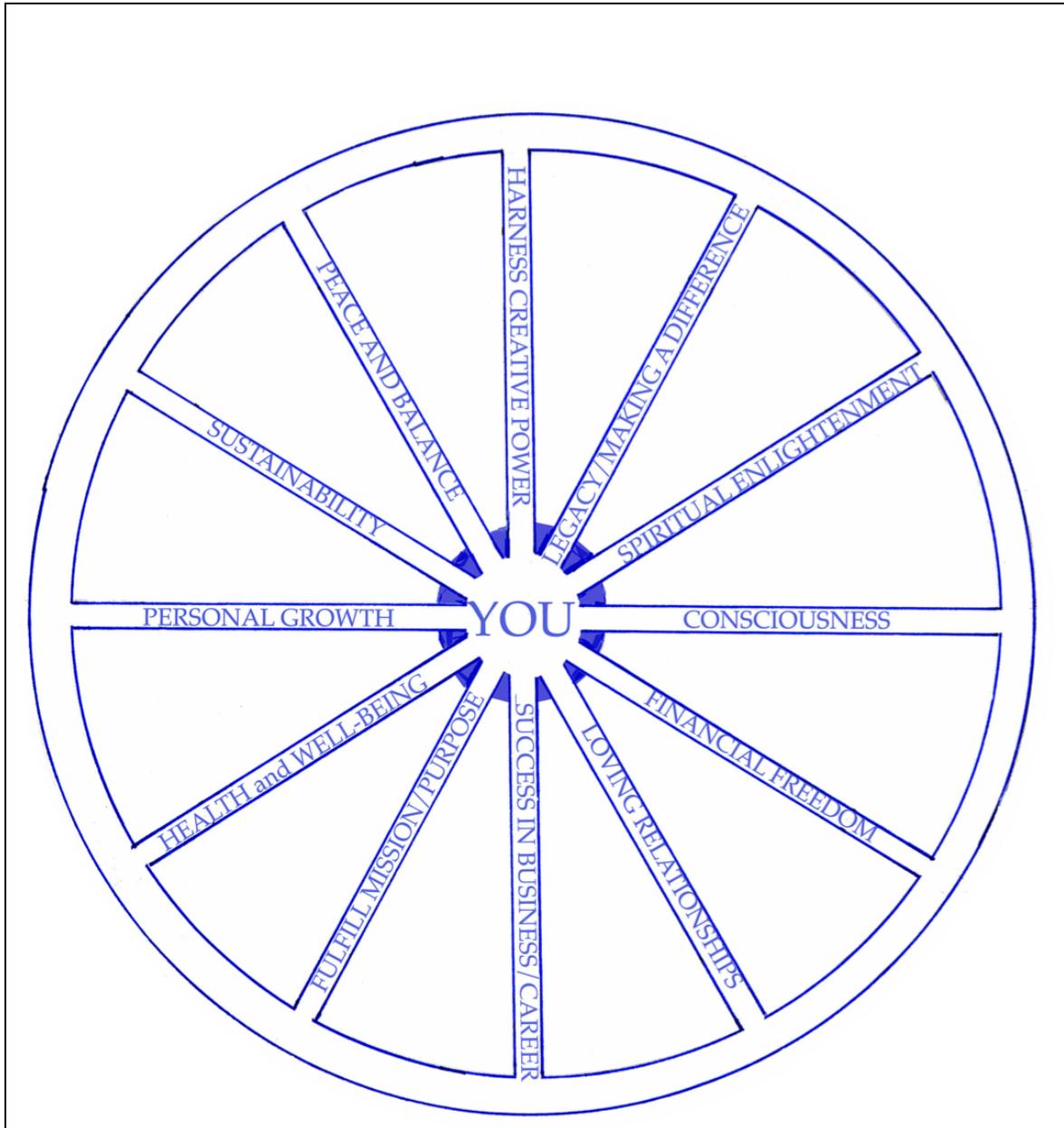


Fostering Personal and Planetary Sustainability



Solving Your Ultimate Destiny Success Puzzle™

Wheel of Life Exercise



Please carefully review the 12 facets of fulfilling one's ultimate destiny and consider what areas are the most important to you personally. Place a number from 1 to 12 near the outer rim of each spoke indicating the priority level of that area of life to you with 1 being most important, 2 being second most important, etc.

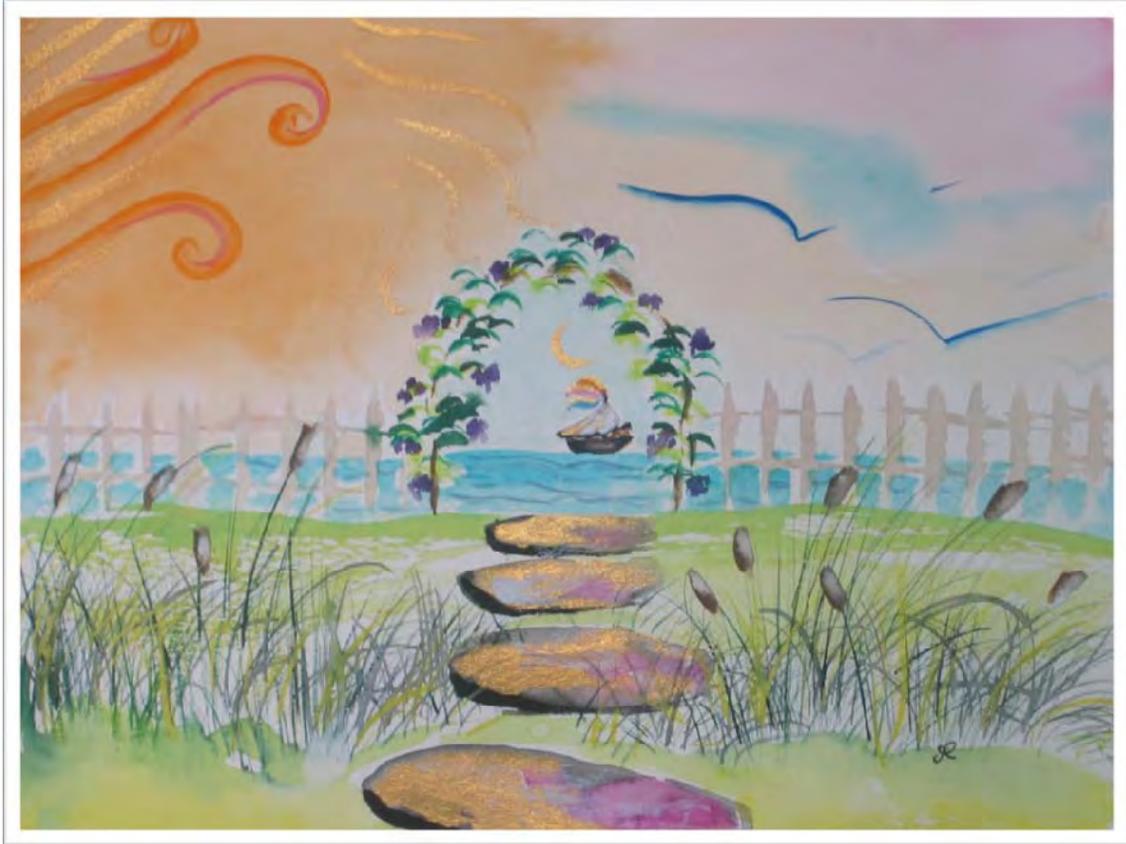
Now consider how satisfied you are presently with your progress in each area and place a mark on each spoke to indicate your present level of satisfaction. For example, if you are totally satisfied in an area, place the mark on the spoke near the outside rim to indicate a 10 on a scale of 1 low to 10 high. If you are totally dissatisfied in an area, place your mark near the center of the wheel on the spoke for that area. If you are somewhere between 1 and 10, place your mark on the spoke near where you feel it accurately represents your present level of satisfaction.

Which Pieces of the Ultimate Success Puzzle Are Most Important To You?

The first step in this self-discovery exercise is to review each of the 12 statements in the table below. After considering for a moment what each statement means to you personally, assign a priority level from 1 low to 10 high and enter that number on the line at the bottom of each section where it says Priority # __. Then Rank the 12 areas in terms of priority interest to you. The highest priority area would be ranked #1, the second highest would be ranked # 2, etc.

<p>Rank # ____</p> <p>Realizing My Ultimate Potential</p> <p>Priority # ____ (1 Low - 10 High)</p>	<p>Rank # ____</p> <p>Enjoying Ultimate Health</p> <p>Priority # ____ (1 Low - 10 High)</p>	<p>Rank # ____</p> <p>Fulfilling My Life Purpose and Mission</p> <p>Priority # ____ (1 Low - 10 High)</p>
<p>Rank # ____</p> <p>Achieving Ultimate Success in My Business or Career</p> <p>Priority # ____ (1 Low - 10 High)</p>	<p>Rank # ____</p> <p>Enjoying Loving, Positive Supportive Relationships</p> <p>Priority # ____ (1 Low - 10 High)</p>	<p>Rank # ____</p> <p>Acquiring Financial Freedom and Prosperity</p> <p>Priority # ____ (1 Low - 10 High)</p>
<p>Rank # ____</p> <p>Raising My Consciousness Level</p> <p>Priority # ____ (1 Low - 10 High)</p>	<p>Rank # ____</p> <p>Attaining Spiritual Enlightenment</p> <p>Priority # ____ (1 Low - 10 High)</p>	<p>Rank # ____</p> <p>Making A Difference, Leaving A Legacy</p> <p>Priority # ____ (1 Low - 10 High)</p>
<p>Rank # ____</p> <p>Harnessing My Creative Power and Subconscious Mind</p> <p>Priority # ____ (1 Low - 10 High)</p>	<p>Rank # ____</p> <p>Enjoying Peace and Balance</p> <p>Priority # ____ (1 Low - 10 High)</p>	<p>Rank # ____</p> <p>Fostering Personal and Planetary Sustainability</p> <p>Priority # ____ (1 Low - 10 High)</p>

Chapter 7. Realizing Your Potential



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REALIZING YOUR POTENTIAL

FOLLOWING YOUR HEART LEADS TO REALIZING YOUR POTENTIAL.

*“The philosopher is Nature’s pilot – and there you
have our difference; to be in hell is to drift,
to be in heaven is to steer.”*

George Bernard Shaw

Realizing Your Ultimate Potential

There is little in life that is as important as becoming who you really are. To spend your life avoiding, resisting, or neglecting your own potential is to spend your life fighting your *Self!*

We all fear ridicule and failure, or worry about what spouses, children, or friends will think if we make any deep or serious changes in our life. However, in order to realize your full potential you have to face these fears and go beyond them.

The questions to ask yourself are, “Do you want to spend the rest of your life with someone who doesn’t want you to be the best and most you can be? Are you willing to sacrifice your future on the altar of fear? Are you preventing your spouse or child from doing what they would love to do – or are you in full support of their dream?

If you *are* supporting their dream, why isn’t yours just as important?” One thing is certain, if you keep doing what you’ve always done, you’re going to get what you’ve always gotten.

When thinking about your own potential, be aware that the unfolding of this potential is often a series of zigzag steps and stages, each one unfolding into the next. A mother of three young children developed an interest in sewing her children’s clothing and went to take a sewing class. A few years later she started an alterations business, then went into dressmaking. Next she began making curtains and quilts for others, which led to a small interior design business, and

eventually to becoming a design engineer for one of the Big Three car companies putting together car interiors.

Realizing your potential is not like a “get rich quick” scheme. It is more like a “get rich slowly” approach to deepening who you are. It’s not really easy to unearth your potential because you have to make permanent changes in your ideas about how life should be, your attitudes toward others, the way you handle your emotions, and your willingness to take responsibility for your life.

You never know where those first uncertain, even shaky, steps will lead you, but you don’t really need to know that when you start out. You just need to accept that there will be some point in the future when you will look back and see that you have new capacities, new boundaries, new courage, and a whole new worldview.

What is your potential? Although no one else can say exactly what your potential is, potential is like an acorn. Looking at the acorn you might never guess that it has the potential to become a huge, beautiful oak tree. But the acorn knows exactly what is possible for itself. Just put it in the right environment, give it a little water and sunshine, and it starts its journey without hesitation. A few years later it may already be taller than you, and in another decade, it can become a towering giant.

In the same way, you know what you would love to do. If you are like the rest of us, you have something you have always wanted to try, to experience, to do, to become. Like many people, you

probably got caught in the nets of immaturity and inexperience and have been working to make ends meet ever since. Perhaps you've been avoiding taking responsibility for yourself and have gotten into the habit of blaming other people and circumstances for the things that upset or disappoint you.

Sometimes we get the idea that work is something to “get out of” or to avoid as much as possible. This is tragic because work is a form of self-expression and your work in the world is your gift to yourself – and then to the world. You owe it to yourself to find out what you like to do, then develop that skill set, and work at it until you become proficient and can do it with passion and enjoyment. The more you like what you do, the more this energy spills over into the world with good effects in all directions.

Realizing Your Potential is a 80+-page book that will help you sprout your own acorn and unfold the *You* you've always wanted to be. It provides a window into yourself that helps you see yourself differently, think about your life in new ways, face the things you may have been avoiding, and understand who you really are. It takes you deep inside yourself for a look at the hidden You who stands in the shadows, and slowly coaxes that new person out into the light of day.

This book nurtures your ability to create a vision of your life as you would like it to be. It then guides you to set S-M-A-R-T goals, create action plans, develop disciplined mental and emotional habits, and surround yourself with coaches, mentors, and cheerleaders who will help and support your vision of a new life. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your Ultimate Destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Realizing Your Ultimate Potential

I regularly invest time, energy, and resources in ongoing personal growth, training, and continuing education.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I am self-motivated, self-directed and I effectively manage my time and resources.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I enjoy balance in all areas on the Ultimate Destiny Wheel of Successful Living.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I've done the work and know whether I'm D-I-S-or C on DISC profile, what I am in Meyers-Briggs categories, what my learning style and preferences are" (etc.).	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I've invested the time to learn and apply successful living skills such as: PMA, Goal Setting and Accomplishment, Self Motivation, Time and Money Mgmt, etc.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I am part of a Mastermind support group.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have a coach.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I am able to accept myself for what I've accomplished in life so far, although I am far from satisfied with it.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have a vision and at least general, written goals ranging from short (90 day) time frames to long (5 to 30 or more years).	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I am clear on what I am most passionate about and how the top few aspects of that tie in with my mission in life.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

Whatever ultimate destiny means to you, we have created programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.RealizingYourUltimatePotential.com

Chapter 8. Fulfilling Your Life Purpose, Mission and Goals



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FULFILLING YOUR LIFE PURPOSE, MISSION, AND GOALS

WHAT LIVES WITHIN YOU THAT SEEKS TO BE BORN?

*“There is no other journey of consequence
than the journey within.”*

Penny Kelly

Fulfilling Your Life Purpose, Mission and Goals

Your life is the most precious thing you have. Nothing is more important than using your time and energy to do what you came here to do. Some people know by the age of five exactly what they are going to do with their life – and they do it! Others don't even consider the question until they are thirty or forty. Some go to their grave wondering what their life was all about. We hope you don't do this!

Lots of people look at others and wonder why *they* get special attention or enjoy lucky breaks. It often appears that the attention or luck is coming from the outside world to that special individual. However, if you watch closely, you will see that the “special” person is paying close attention to everything around him and is doing three things. One, he is responding enthusiastically and openly to the positive things that happen to come his way. Two, he is minimizing the negative things that happen to occur by using a strong sense of humor and inner balance. What you pay attention to grows. What you ignore might as well not exist, and soon – it doesn't! And three, he has a set of fairly clear ideas about who he is and what he wants to do with his life, his time, and his energy.

When it comes to fulfilling your life purpose you have to dig deep inside your heart with total honesty to find what you would love to do. Many people get stuck right there because doing what you want is often bogusly classified as selfish. It's not selfish. Think of

yourself as a car that was created at an automotive stamping plant. If you were engineered to be a Ford truck, you can't pretend to be a Volkswagen Beetle or a Cadillac Escalade.

You were created by a power much greater than yourself and imbued with natural tendencies, talents, and gifts so that you could contribute those things to the world. Your job is to discover the things you love to do, then set about developing yourself in order to do them. This process generates a rich tapestry of experience for you and others, and it makes the world a beautiful place.

Sometimes people will say, "But I don't have any natural talents!" Just because you don't think you have talent now doesn't mean you won't develop any if you go looking. While a few people are born knowing what their life purpose is, the majority of us discover their life purpose quite by accident.

A friend named Robbie was just doing his job as a journalist and had to interview some golfers. He tagged along with them, got drawn into the game, and developed a passion for it. Looking for more excuses to get out on the golf course, he started teaching kids how to golf. That led to the realization that he wanted to help make the world a better place by working with kids *and* teaching them about life using the game of golf as a metaphor. What started out as a half-guilty desire to play more golf led to the discovery of a deep sense of purpose and a mission in life.

Something we hear a lot is “When I was younger I wanted...” If you had a passion for something and it was squelched or died an unnatural death because of obligations to family, difficult circumstances, timidity, or the inability to see that it was truly possible, now is the time to resurrect that passion.

Don't let family, friends, or the people around you make you feel guilty about wanting to explore your life. Instead, encourage them to explore their own, and you'll have a potential partner on the journey to self-discovery! The early stages of exploration and discovery often feel chaotic and uncertain, but don't stop. Having a sense of purpose or a mission to fulfill will help you live a life full of positive self-expression, joy, and satisfaction.

In many conversations over many years, something we've heard regularly is how much people would enjoy helping others, doing good, being a philanthropist -- if they just had more time, money, or energy. We have all experienced the pangs of frustration at not being able to give – whether it's money to a friend in need, or wisdom to a child who must learn for herself.

Uncovering your passion, finding your life purpose, and pursuing a mission that ignites your mind and fires your soul is a great way to help others, because it teaches others around you that you think it's important to be who you really are – and this gives them the subtle permission to do the same.

Fulfilling Your Life Purpose, Mission, and Goals will not only take you into the depths of yourself, it guides you along the journey to being authentic. You have a wealth of insight in you that you may never have tapped before, and this portion of the Ultimate Destiny Success System helps you do so, and it helps with goal-setting, refining and nurturing your purpose and mission until it is firmly established.

From the dozens of self-assessment questions, personal visions, and goals to the affirmations, gratitude, people, and learning that are all part of being able to sustain yourself on the journey, you find a host of supports and resources.

You *can* transform your life, you *do* have a reason for being, you *can* develop new interests, talents and skills no matter where you are in life – and *Fulfilling Your Life Purpose, Mission, and Goals* will help you do so. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Fulfilling Your Life Purpose and Mission

I have invested the time and energy to know what my purpose is and I am totally satisfied with the progress I am making toward its realization.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have done all pertinent exercises to know what my skills are that are likely to intersect with my highest purpose and sense of calling-my reason to be alive.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a 50 (or 100) year plan.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a system for tracking (such as journaling or other record-keeping) my progress toward the fulfillment of my goals and the results of pursuing my mission.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am pursuing the top few passions of my life in ways that bring me great satisfaction.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I frequently review where I am both in execution of plans and possible changes in my passion, my vision, etc.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have plans and structures in place for others to continue aspects of my work, as appropriate, should I become seriously disabled or die suddenly.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I actively pursue relationships and joint ventures with like-minded individuals or organizations which have missions similar or complementary to mine.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I actively pursue relationships and joint ventures with like-minded individuals or organizations which have missions similar or complementary to mine.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have written goals for all important areas of my life and I keep them up to date.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Whatever ultimate destiny means to you, we have created programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.fulfillingyourpurpose.com

Chapter 9. Enjoying Loving Relationships



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ENJOYING LOVING RELATIONSHIPS

HOW CAN YOU REMOVE THE LIMITS AND OBSTACLES TO LOVE?

*“From success you get a lot of things,
but not that great inside thing that love brings you.”*

Sam Goldwyn

Enjoying Loving Relationships

Have you ever been in love? Have you experienced the lightness of heart and the joy of anticipation that causes you to put everything aside in order to be with a beloved one? Can you remember the excitement of discovery and the overwhelming generosity that accompanies falling in love or the resurgence of love in a relationship that was on the brink of disintegration?

The area of relationships is one of the most written about, talked about subjects of all, yet our appetite for new, deeper insights in this area continues. If you look out at the world today, it is obvious that we need to fall in love with each other again and this area of the Ultimate Destiny curriculum covers both romantic love between two people as well as relationships with children, neighbors, co-workers, parents, and people that you don't really know but deal with regularly when you go to the grocery store, a restaurant, the bank, or a football game.

The truth about love and loving relationships is one you've probably heard before, but may not have understood: "You must learn to love and accept yourself first, before you can learn to love and accept anyone else."

Why? Because if there is any thing about yourself, any aspect of you that is angry, hurting, fearful, impatient, defensive, or untrusting, you will unconsciously project that unto those around you

and that's what causes all of the misunderstanding and the fights that so often interfere with love and positive relationships.

As we go through life, the way we love changes. Those close to us often teach us the most about love, and we can benefit greatly by listening to them, however difficult that may be. Hurts, heartbreak, loss, and disappointment are powerful teachers and force us to grow. Maturity causes us to see ourselves and others differently and often, we begin to see that something within us needs to change if we are going to have loving, positive relationships.

Many people think that love is something that comes to them in the form of a lover, a newborn child, a beloved puppy, or something else. However, the lover, the newborn, or the puppy only *call forth something that lives inside you* and longs to be expressed – something we call *love*. In fact, it is just as important to be able to give love as it is to get love.

True love is always humble and actively avoids hurting anyone, but there are times when blind spots make us stubborn and willful. Immature, selfish love demands that others please us before the love is given. Mature, unconditional love is freely given and does not depend on certain conditions. “If you are nice to me... if you would pack my lunch every day... if you get good grades in school... if you would quit drinking... if you would stop spending so much money” – these are all conditions and demands that distract from the real questions of “What am I doing in this relationship? How does this

relationship support the wisdom and personal growth of each of us – or doesn't it?"

You don't have to be a doormat to practice unconditional love. One of the most powerful things you can do in a relationship is to remain loving toward someone even if they are miserable to be with.

You don't have to subject yourself to their abuse, miserable attitudes, or selfish behaviors, however, instead of withdrawing your love, withdraw the time you spend with them. To refrain from vindictive gossip and harsh judgment of those we once had close relationships with is a major step toward understanding real love. If you can do this, you leave the door open to a re-flowering of the relationship if and when attitudes and behaviors shift in a positive direction.

You are a unique and special person, and you have a right to have positive, loving, supportive relationships. However, this right is dependent on one very important factor – if you want these kinds of relationships, you must take responsibility for creating them.

To do this you must know yourself, work to eliminate fears and improve attitudes. You must also educate yourself as to what a healthy, positive relationship looks, sounds, and feels like, then create new mental pictures of the kinds of interactions you want. Sometimes you must find new friends, or take on the task of gently teaching your children by sharing what you are learning.

Learning to communicate clearly is a key to better relationships – and there are many, many levels of communication that are completely ignored by most people. Good communication is also anchored by good *listening*, which helps avoid misunderstandings.

Enjoying Loving Relationships will guide you to re-envision your relationships and draw people you would love to have in your life. As a rule, great relationships don't happen automatically, they are created and maintained with work and wisdom. As you develop your capacity for truth, humor, and sharing, you will begin to become someone that other people gravitate toward naturally, and you will discover that you *do* know how to be in loving, positive relationships at many levels and with many people. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

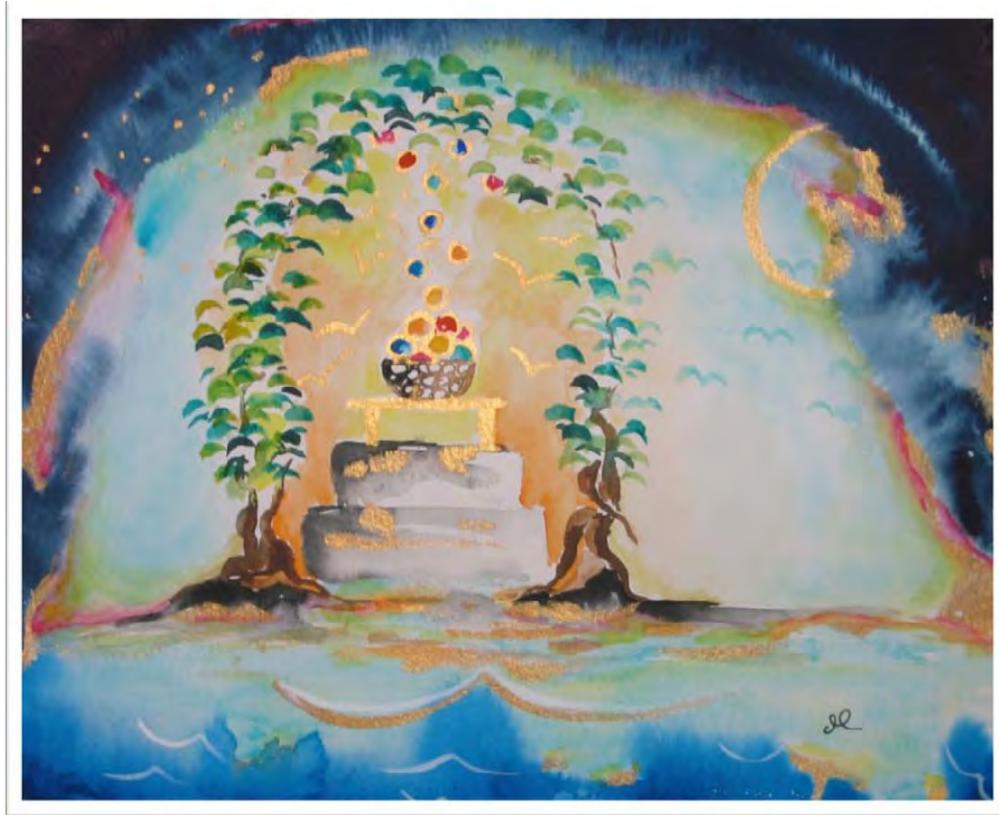
Enjoying Loving Relationships

My life is so filled with loving and supportive relationships that I have no desire for more friends and get all the support I typically need (aside from specific expertise) from them or family members.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have all my physical and/or sexual intimacy needs met in a satisfying way that is in harmony with the rest of my life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have all my emotional intimacy needs met in a satisfying way that is in harmony with the rest of my life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
There is no one with whom I have a sense of “unfinished business” nor anyone who I know feels that way toward me.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am appropriately assertive at all times—expressing my preferences, desires, and sense of boundaries, and being direct and appropriate in requests regarding these things.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
My relationships are a source of great joy, creative inspiration, and are mutually growth-inducing.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am able to be effectively selective in who I interact with or build relationship with.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I invest the appropriate amount of time in my relationships, relative to their value to me or commitments I have (e.g., children, parents, etc).	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am balanced in giving and receiving in my relationships, having no significant problem on either side—I accept gifts, compliments, and help freely, as well as give them freely.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
If I am not currently in the kind of intimate relationship I might desire with a long-term partner, I have a clear, detailed, written intention to attract that person into my life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Whatever ultimate destiny means to you, we have created programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.enjoyinglovingrelationships.com

Chapter 10. Enjoying Ultimate Health and Fitness



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ENJOYING ULTIMATE HEALTH AND FITNESS

WHAT WILL IT TAKE FOR YOU TO ENJOY THE BODY YOU LIVE IN?

*“If every man would mend a man,
then all the world would be mended.”*

Anonymous

Enjoying Ultimate Health and Fitness

Was there a time in your life when you could eat or drink anything, stay out all night dancing, then get up the next morning and go to work? Now go back a little further... remember when you rolled and tumbled about freely on the grass, in the sand, or over the furniture?

Was there a point in life when you climbed playfully across monkeybars or through the trees? How many of these activities have you given up? Why? Motion and flexibility *are* youth!

When you are young, especially if you are healthy, it is easy to take good health for granted. As you grow older you can slip into habits that undermine your health without realizing it. Unless you have a health crisis, you may be lulled into thinking your current state of health, energy and sense of well-being is as good as it gets. *It isn't!*

Too often we put off thinking about health. Even more often, we think that it is normal and natural to become disabled, decrepit, and unable to take care of ourselves.

This is a tragedy because there is no reason we cannot remain healthy, active, and in full control of our capacities for our entire lives. To do this you must accept the fact that you are in charge of your health. No one else is going to live in your body and take care of it.

If your energy has been running lower and lower each successive year, if you have gained weight, noticed small disabilities like being out of breath or signs of allergies, or been struggling with big issues like heart or kidney disease and cancer, it is time for you to educate yourself a little better on how to clean out, rebuild, feed, and exercise the body you've been living in for some years now.

Good health doesn't happen automatically, in the same way that disease doesn't occur automatically. There is an old saying that goes something like, "It is far more useful to know what kind of person has a disease than to figure out what kind of disease has appeared in a person." This is because disease is usually the result of a given lifestyle.

While genetic disposition and heredity are played up as the culprits in many diseases, the truth is that by changing your lifestyle you can often avert the disease altogether. You can gain relief from many symptoms, if not outright healing, by knowing what to do and then doing it regularly.

The challenge for many of us is knowing what to do, and then getting started! To truly heal yourself and enjoy ultimate health and fitness, you have to work on multiple levels simultaneously – the physical, mental, emotional, and spiritual aspects of your life.

The physical work may consist of changing what you eat, doing a few exercises, shifting your sleep patterns, taking vitamins, or doing some regular detox routines. The mental work may include learning

to think differently, practicing new forms of self-affirmation, deliberately shifting your worldview and habits of perception, or assessing your relationships and career.

The emotional work often involves exploring your feelings, weeding out guilt, facing fears, letting go of pain or the people who constantly thrive on pain, and learning to accept yourself as you *really* are. Inside each of us, often hidden under multiple layers of hurt, worry, anger, disappointment, and fear, is a beautiful Being full of love. To find this Being you must learn to “feel what you feel” and accept that *as is* so it can either pass (if it’s painful) or be integrated (if it’s joyful or loving).

Spiritual work requires that you discover the spirit of your real Self! It means having to explore the meaning of your life, how you would like to live that life, and what kind of health you need in order to do so. The spirit that animates your body and your life is the true healer in you. When you acknowledge that incredible life force, wholeness and miracles begin to unfold. To touch this spirit of life is to recognize that you are truly unique and beautiful inside, regardless of what is happening outside.

If you can vividly imagine yourself as healthy, active, and joyful about life, then you can create that state of life. To learn to create anything you must first decide you want it, and then decide to do something that will take you in that direction. What will optimal health look like for you? How will you feel and look? Recreate the feeling of being fully energized, active, and healthy...and then bask in this feeling.

Enjoying Ultimate Health and Fitness is a wonderful way to start creating a level of health that you can enjoy all the way through the rest of your life. From creating a new vision of yourself, to goal-setting, action plans, developing support networks, and everything else you need to get started. Ultimate Destiny University goes even further by offering ongoing, support coaching, and a host of additional inputs to make your dream of a healthy life come true. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Enjoying Ultimate Health and Fitness

I am enjoying optimal health in every area of life	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I manage my physical health proactively in all areas, and use medical exams and other measures to know where I am.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I get adequate regular exercise so that I am in good condition—cardiovascular, muscle tone, and flexibility.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I get adequate and quality sleep and am normally well-rested.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I make a point to get regular and frequent periods of relaxation and am able to “unwind” and become relaxed quickly.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a whole-foods oriented diet that is tailored to my specific body and its needs, sensitivities, etc., and I rarely depart from it, even when “on the go” a lot.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am comfortable with my body and the image it presents to others.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am able to keep my emotions balanced well most of the time, and am optimally managing any bio-chemical or other physical contributors to emotional difficulties.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I tend to wake with an eagerness for the day, and have many experiences of enjoyment throughout my typical day, far outweighing the frustrations and stresses.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a keen awareness of the inter-connectedness of all aspects of life and generally give appropriate time and attention to each to keep balanced.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Whatever ultimate destiny means to you, we have created programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.enjoyingultimatehealthandfitness.com

Chapter 11. Achieving Financial Freedom and Prosperity



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ACHIEVING FINANCIAL FREEDOM and PROSPERITY

CAN YOU ENVISION A LIFE OF ABUNDANCE?

“Money is human happiness in the abstract.”

Arthur Schopenhauer

Achieving Financial Freedom and Prosperity

It is possible to have a great deal of money and not be free or prosperous. It is also possible to be flat broke and yet be free and maintain a positive attitude toward life. But most people would agree that the best of all worlds would be to have an abundance of money, freedom from financial worries, and the joy of feeling successful in their chosen work or career.

In the United States the material wealth available and the standard of living staggers the imagination of citizens in much of the undeveloped world. Yet a great many people in the U.S. struggle to meet the most basic of needs, make a decent living, or to live within their means. The problem for many people is that wealth begins in the mind, extends to the heart, and from there flows out to the rest of the world. Translated into action, this means that wealth begins with an idea that could help or be of service to your fellow man, and from there becomes the thoughts, decisions, and actions that will deliver that service to the world.

Of course, there are a good many people who inherit large sums of money from parents or grandparents, but unless that money is put to work in the service of others, it often disappears quickly or destroys those who inherited it. In our experience, those who have huge sums of money make a great deal of effort to share it with others through foundations, grants, and outright gifts. They take the

work of managing this money very seriously, and they love the thrill of giving. Being able to help others is one of the great joys of life.

Most of us, however, are not dealing with huge sums of money. We are just trying to get by. If you are making enough money each year to live in a nice house, drive a decent care, wear reasonable clothes, and take a vacation each summer – but your debt is more than the value of what you own plus what you have in your savings account, then your financial situation is precarious. If you should get sick, lose your job, or even just have to take a demotioncut in hours or pay, you could end up losing everything.

If you do not have a large debt, yet cannot afford to go on vacation – and would love to, need a different kind of car but can't afford the kind you need, need a bigger (or smaller) house but can't afford the costs of selling and moving, it's time to take action. Financial freedom is the freedom to do what you want or need to do, and prosperity is the ability make financial moves in such a way that everyone wins and no one is set back into debt.

Achieving financial freedom starts with some honest self-evaluations and an evaluation of your money and your true financial condition. You have to be willing to ask yourself if you are satisfied with the money you have and the way it is managed and spent. And you have to be willing to listen carefully to your own answers.

If you don't have your own money, you may have to explore issues, emotional excuses, and other obstacles to getting your own cash. Have you somehow "bought into" a system that disempowers you? Were you looking for an easy way out of being responsible for yourself? Were you so grateful to have a spouse with money, or a business partner who made the business profitable, that you sold yourself short and made a poor deal for you?

You might have to face the fact that you dreamed of having a different career and yet couldn't see how you would make money from that kind of work. If you forced yourself into another line of work that doesn't reflect your heart or your passion, that may be the reason you aren't feeling prosperous – you just don't care enough about that kind of work!

Other steps involve allowing yourself to relax enough to truly envision how you would like your financial life to be, learning how to set goals, taking some meaningful action on a regular basis, dealing with the people close to you, and finding support for the changes you are making.

Whatever your situation, *Achieving Financial Freedom and Prosperity* will help you see yourself, your money, and your own personal path to abundance as an important and worthy goal. It will help you uncover your financial habits, your positive and negative beliefs about money, your fears and your possibilities. Don't wait. There's no reason to struggle. You can start your journey to wealth, wisdom, and prosperity today. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Enjoying Financial Freedom and Prosperity

My life is free of concerns, worries or unmet desires regarding finances.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
My income (and/or savings) allow me to do all the things that are important to me, whenever I want to.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
If I have debt, it is secured by equity and is not a burden on my income.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have a prosperity vs. a poverty mentality—perceiving and expecting abundance, and assured that there are more than enough resources for everyone to be prosperous.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have planned for my retirement and either have enough for it or am on track for attaining it by the time I will likely need it.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have a positive net worth and know, within a few-percentage-point margin, what it is.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have savings of at least 6 months living expenses in liquid or near-liquid assets.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have financial record-keeping in place and well-organized so that preparing for taxes or other financial accounting times is not a burden for me.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have a clear, written, legally operable plan for the distribution of my assets upon my death or mental incapacitation.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have a well diversified portfolio of assets that should be able to weather any changes in economic climate or unexpected events.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

Whatever ultimate destiny means to you, we have created programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.enjoyingfinancialfreedom.com

Chapter 12. Harnessing Your Mind's Creative Power



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HARNESSING YOUR MIND'S CREATIVE POWER

WHAT JEWELS OF TALENT AND CREATIVE ENERGY LIE UNTAPPED IN YOU?

*"I must create a system or be enslaved by another man's.
I will not reason and compare; My business is to create."
William Blake*

Harnessing Your Mind's Creative Power

If your life isn't unfolding the way you wish it would, it's time to harness your mind's creative power! Everything that exists in the world today was once an idea in someone's mind. If it can't be conceived, it can't be achieved.

Thus, if you want something – a job, money, relationships, health, a different lifestyle, peace of mind, creative work that's successful – you have to start by harnessing your mind. “Getting your bricks in a pile” is what we say on the farm. How can you build anything if your bricks are scattered all over?

You have the power to draw to yourself anything you want or need in life, and you do this by learning to focus your mind and coordinate your thoughts and actions. Generally, this is not a skill that is taught in high school, although some people do it naturally.

For many, however, one day we want a great love, the next we want great sums of money, the next we want to spend our life trekking freely through exciting foreign lands, and the next we're feeling guilty because the grass isn't mowed, the laundry is piling up, and the reports the boss asked for aren't done.

We end up scurrying around, snipping at others to leave us alone, resenting everything, and then the cycle starts over.

Meanwhile, we remain unaware that we are sending out terribly confusing messages to the Source of all creation.

You can end this cycle of dissatisfaction and confusion by simply coming to grips with yourself and your creative mind, and learning to use the Law of Attraction. This is the law that says, “Whatever you focus on becomes your reality.” It doesn’t matter whether you are focusing positively, as in “I want that... I want that...”, or negatively with thoughts like, “I hope that never happens... I don’t want that...”

Harnessing your mind is a combination of knowing what to do, being disciplined enough to do it, and being aware enough to begin noticing the signs of change and to practice gratitude for these. It means “acting as if” you already have what you have decided to create in your life.

Too often we do not take time to really go inside and figure out what we want. Just as often, we discount our desires by telling ourselves that what we want is not noble enough, or that we should want something bigger, or perhaps that what we want is asking too much. Life *is* abundance itself and we are meant to live in that abundance. All we have to do is get organized and decide what we want first, second, etc.

Each of us is overflowing with creative power, yet often we hold the attitude that abundance is limited, or is something we generate by ourselves. The truth is that Mind has no limits, is an eternal presence

within you, and when you make a clear decision or create a clear vision, and hold your attention on it, you are working with a power much greater than yourself.

When you tell yourself that some things are too difficult to get, you are making a statement about what you are willing to receive, not accurately describing the power of the great Mind of which you are part. Miracles unfold when you simply acknowledge your desire, allow yourself to feel gratitude and joy in the thought of having your desire fulfilled, and accept that blessing into your life.

What would you like to create or re-create in your life? A new home in a different part of town, or perhaps the country? A new career? A different shape for your body? A new skill such as photography, woodworking, writing, investing, or something else? Adventure? Romance? Time for travel? Do you dream of having freedom? New friends? Or the simple things like a new set of cups, a different hair color, or the courage to dress in some way that makes a statement about your heritage or beliefs?

To harness the power of your mind, you must know yourself deeply and set priorities for yourself. Otherwise, you will end up creating “conflicting wants.” You can’t want marriage *and* dating others. You have to choose one or the other or you’ll end up feeling bad. You can’t want a big savings account and then spend with abandon while expecting your spouse to keep increasing the savings account.

You'll end up being accused of manipulation and again feel bad. You can't refuse to educate yourself then blame the world when you can't get a good job or find interesting work. If you really don't want a formal education, then recognize that you're choosing to limit your possibilities. Develop yourself in some other way. A college degree is not a necessity, but self-development *is*. You can create almost anything you desire – and *Harnessing Your Mind's Creative Power* will help you do so. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Harnessing Your Creative Mind Power

I have regular practices by which I tap into my subconscious and my creative powers (or superconscious mind) and find that it exponentially improves my accomplishments and the processes by which I achieve them, relative to relying only on conscious knowledge and effort.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I know how to work with both conscious and sub/super conscious aspects of mind to bring the two together for my and others' benefit.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I understand and take advantage of how the non-conscious mind will find ways to accomplish my intentions when I consciously can see no way.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I understand that "The Secret" of the ages for success and attainment can be summarized under a simple set of principles often called "The Law of Attraction," and I am growing in my intentional use of that law.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I carefully manage my time and life involvements to cultivate my use of the non-conscious mind.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I apply insights, energy, etc. from my non-conscious mind to creative efforts in various aspects of life, particularly those related to my mission in life and my service to others.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I regularly use tools to properly program and tap into my non-conscious mind, such as meditation, affirmations, visualization, masterminding groups, tapes of relaxation, imagery, or various sources of new information on relevant processes.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I apply insights, energy, etc. from my non-conscious mind to creative efforts in various aspects of life, particularly those related to my mission in life and my service to others.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I rejoice in the fact that, like everyone, I am constantly creative, even if not in areas that are most often noted as creative (the arts, invention, etc.)	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a calm confidence that whatever information I truly have need for, I can access, because <i>all</i> knowledge is stored everywhere and becoming conscious of it is merely a matter of proper focus and coming into resonance with it.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

www.harnessingcreativepower.com

Chapter 13. Enjoying Peace and Balance



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ENJOYING PEACE AND BALANCE

**WHAT MUST YOU DO TO GET CONTROL OF YOUR LIFE,
YOUR TIME, AND YOUR MIND?**

*“Peace and balance are not the avoidance of conflict and emotion,
they comprise a way of interacting that honors what **is**, while
continuing to work until there is a win-win.” Penny Kelly*

Enjoying Peace and Balance

In today's world of over-commitment, media madness, global tensions, and economic uncertainties, finding peace and maintaining balance can seem impossible. Added to the challenges coming from the outside world are those coming from our personal lives. When a spouse or child is in crisis, our usual routines are tossed aside.

When a job is lost you will feel lost because the driving force that got you up in the morning, out the door, and provided a basic structure to your day is no longer there. When a relationship breaks up, a job assignment changes, a new manager comes on the scene, or worse – a natural disaster strikes, life can spin out of balance and into chaos.

Learning to enjoy peace and balance means discovering and accepting the fact that peace comes from within. Your inner peace is not dependent on outer peace. If it were, you would be at the mercy of a crazy world and would spend all your time trying to control that world so you could regain a little peace of mind. Many people do this, and wear themselves out trying to get the world and those around them to comply. However, this kind of control is misplaced.

The kind of control that is needed is *self* control. Inner peace depends on your ability to let go of the world while practicing the discipline of personal responsibility for your attitudes, responses, and

behaviors. The question to ask yourself is, “Are you part of the problem, or part of the solution?”

If you are in the habit of blaming others, denying responsibility, manipulating people or events, magnifying small irritations so you’ll have something to talk about, or constantly creating drama because it brings you attention, you will never have peace and balance. If you want peace of mind and a sense of balance in your life, you have to make a commitment to truth, love, cooperation, service, acceptance of what *is*, and a willingness to embrace your own power to create a beautiful, stress-free environment.

A common misconception is that the way to have peace is to ignore your feelings. Another – and opposite – misconception is that some negative reactions and behaviors are “normal,” or even expected in certain cases.

For example, when insulted, some people get angry, others become aggressive, some feel crushed and their self esteem takes a dive, while still others slink away to pout or and spend days imagining things they could do to get even. Most of us inherit attitudes, responses, and reactions to certain feelings from our parents. We observed them and copied what they did – or what we thought they were doing.

The problem with both of these misconceptions is that too many people flop from one pole to the other as if these were the only two possibilities. To ignore feelings is an invitation to have them go

underground and sabotage your relationships in very destructive ways. The feeling goes unfelt, unacknowledged, and unexpressed, then surfaces later at a totally inappropriate moment. When you hear a friend or lover irritably complaining, “You never do (or say)...” OR, “You always think (or say, or act as if)...” then you can be fairly certain they have been ignoring feelings and allowing them to go underground.

You are not limited to one pole or the other – ignoring feelings, or reacting negatively to what has just transpired. What about all the other possible responses that would allow you to say, “Wow, that was quite an insult! Is that what you really wanted to say?” and give the person a chance to restate their words, perhaps more positively.

If you are in a particularly detached state of mind you might respond with an unspoken observation like, “Hmmm, that was truly an insult and I think this conversation will be terminated until she’s in a better place. Then we’ll talk some more,” and then leave as quickly as possible.

There is always the simple truth that would say, “Ouch, that insult hurt! I’m so sorry you felt the need to say that.” And if you were feeling brave and willing to listen deeper, you might add, “What else are you feeling that I should know about?” then breathe deeply and slowly as you listen bravely to someone else’s truth without taking it personally.

Fortunately, we can and do design our own lives whether consciously or unconsciously. Things often go a bit smoother when we do it consciously, and some people have a natural gift for maintaining a peaceful atmosphere. If you would like to be one of them, consider the Ultimate Destiny self study course, *Enjoying Peace and Balance*. You will find it really *is* possible to nurture the spirit of peace and keep your life in balance. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Enjoying Peace and Balance

Most days I am calm and have a sense of peace throughout the day.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
All the key areas of life—family/home, spiritual, relationships, wealth, personal, and wellness, as on the Ultimate Destiny Wheel of Life—are adequately balanced in my life now.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a set of daily and weekly practices that focus on care for myself and keeping balanced.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I know what I need in every key area of my life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
When obstacles or losses come into my life I can put them in perspective fairly quickly and stay positive.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I realize that all I need to do on any task or responsibility is my best, and I can then release it and relax.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
When one or two areas are requiring most of my time, I still find ways to do at least something in the other key areas.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a secure sense of why I am here and have no fear of death or anything in the future.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I understand that peace in all relationships, up to and including international relations, begins in each of us individually, so I focus on my own peace first when trying to bring it to others.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have helpful support people in place to share with whenever I may be struggling to regain balance or peace in my life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Total Score _____

Whatever your present score in this area, Ultimate Destiny has programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.EnjoyingPeaceAndBalance.com

Chapter 14. Achieving Ultimate Success in Business or Career



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ACHIEVING ULTIMATE SUCCESS IN YOUR BUSINESS OR CAREER

SUCCESS HAS A VERY PERSONAL DEFINITION.

*“Whenever you see a successful business,
Someone once made a courageous decision.”*

Peter Drucker

Achieving Ultimate Success in Your Business or Career

Your work in the world is your gift to all of us and an expression of love to humanity. It is your way of contributing to the wholeness of the world. If you do not like what you do, the value of your gift is diminished because your gift is tinged with frustration, anger, depression, and other less than helpful feelings. Do yourself and the world a favor – don't live like this! Make a decision today to get in step with your true heart and create the vision, identify the steps, take the actions and make the changes that will lead to success in your business or career.

If you fell into a career because it paid the bills, and still does, but it's not what you want to do, it's time to explore the path that will lead you to being able to do more of what you love.

Did you start a business because you wanted to do something creative that you love yet the business is now faltering and there's never enough money? A common problem is that the non-creative aspects of the business are taking all your time and there's no time left for doing the thing you originally loved to do. Another is trying to do everything yourself. A third is thinking too small, coupled with fear of success and what you might have to deal with if your business grew.

If you're going to be in business, or work at any career, the most important thing to be aware of is that you must define what success is for yourself. Life is not a contest with the world, although many people act as if it is. Instead of a contest, think of life as a continuous unfolding of yourself that reveals your true mind and heart and allows you to come to the place of courage – the courage to be of service to others.

When you begin to think of how you might help others, might fill a need, or create something that lifts their spirits or opens their eyes to new possibilities, it is then that you are knocking on the door of ultimate success in business. It is then that you are allowing yourself to be a channel for good in the world. And it is then that you begin to open to recognize the parts, pieces, people, and opportunities that will bring the gift you envision into reality. Daring to dream and sharing your gifts is the beginning.

Next, you must take the time, the energy, and the honesty to evaluate and assess yourself and your work. Do you really like the work you do? Do you love the work but wish it gave you more money or more prestige in the world? Are you a loner or a team guy? Do you need more education to get where you want to go? Do you have a family to think about when it comes to making changes in your life? Have you thought about the long-term effects of your work on future generations? Does the work you do cause serious damage to Mother Earth? If you have children and feel that you can't make changes in *your* life because of *them*, have you thought about the fact that you

will be demonstrating how to live a limited, frustrated, unhappy life and they are likely to repeat the same mistake because that's what they grew up with? These are only a few of the questions you must think about if you are going to be successful in what you do.

Next, you must set aside some time to dream...you must relax and create visions, lots of them, including some that repeat over and over. You must allow the vision, the whole vision, and nothing but the vision to become clear to you as this is the foundation for success. You must allow yourself to get excited about this vision, to honor the vision with gratitude, and begin setting S-M-A-R-T goals that will help you achieve it.

When you have enough of the vision that you at least know the direction you're going, then *begin!* Allow the vision to shape-shift as needed. Let it morph, improve, and continue to develop while you affirm the vision, yourself, *and* the gift you are creating.

Work to create a joyous feeling of love for the money that you need to invest in your business, as well as a deep gratitude for the money that will come to you as your success grows and you learn to do the things that bring your vision into reality. Maintain a code of values, ethics, and integrity and seek to make each agreement a win-win agreement that is fair to both. Then do what the success requires, keeping in mind that success is defined first by how you feel about what you're doing, and second by how the world feels as it receives your gift.

Be aware that success often changes you. Success at nineteen looks different from success at thirty-nine or seventy-five. People and relationships may change, you may have to take great care to protect your health and vitality, extra classes or courses might be required, and changes in lifestyle will be a certainty. Through it all, be aware that Ultimate Destiny is there with the supports you need and the resources that will help you *Achieve Ultimate Success in Your Business or Career.* ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Achieving Ultimate Success in Business and Career

I am fully satisfied with my accomplishments, at this stage, in my business or career [which may or may not coincide with your major mission in life].	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Regardless of my satisfaction level in my business or career, I proactively pursue learning and growth opportunities in it to continue to contribute more.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
If I perceive I should change career paths, or the direction of my business, I have taken all appropriate steps at this stage toward making that happen.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am a part of one or more pertinent trade, business, or professional organizations and contribute to their functioning as I am able.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have written goals for what I want to achieve in my business or career.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I regularly evaluate where I stand in terms of my goals, revise them as needed and write out action plans to achieve them.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a business coach I consult with regularly and/or a mentor readily available to help me stay focused and maximize my development and results.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
In addition to coaching and regular training, I have a close friend doing similar things, or a business partner who I meet with on a regular basis.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am confident that if I lost my job or business, I would soon be able to find another place to use my skills and be well compensated for it.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Only a small part of how I judge my career/business success is the financial results—a larger part is how my potential has been used, the benefits I've brought to others, and the satisfaction I've received.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Total Score _____

Whatever your present score in this area, Ultimate Destiny has programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.achievingultimatesuccess.com

Chapter 15. Raising Your Level of Consciousness



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RAISING YOUR LEVEL OF CONSCIOUSNESS

*What changes could you make in your life,
or the world, if you were more aware?*

*“We are all designed to develop through successive
stages that unfold our perception and abilities.”*

Penny Kelly, The Evolving Human

Raising Your Level of Consciousness

In spite of ever-increasing research into the brain, the mind, and consciousness, few people today understand consciousness or realize that what they are conscious of depends on the range of frequencies the brain operates at. These frequencies are intimately entwined with thoughts, attitudes, beliefs, emotions, actions, and reactions to others.

You can change your mind about many things, and when you do you are changing your consciousness. However, when we speak of “raising your level of consciousness” we are generally referring to an expansion of consciousness that allows you to see “the big picture” and shift your understanding of reality in a major fashion. As a result of the shift, you have access to many more ideas, attitudes, beliefs, actions, and options for reacting to others, as well as the personal power to decide where you fit in the big picture.

Raising your consciousness changes the way you see your self and the way you see the world. It raises questions that range from, “Am I sure things have to be this way?” to “Who am I... and what am I doing here?” and often, “Who, what, and where is God?”

The power of full consciousness lies latent, waiting to be developed within each of us. The truth about consciousness is that every thought creates. If you spend the majority of your time thinking negative thoughts, you will self-destruct before you ever discover the

power to create wisely and well. Thus learning to raise your level of consciousness involves learning to think in constructive patterns.

As you embark on your journey into higher consciousness, you cannot know fully what the experience will be like for you, or where it will lead you. There are many wisdom traditions around the world that have passed down information regarding what to expect, yet everyone experiences awakening in their own way.

For many people, the expansion and raising of consciousness flows from one of three directions. One is the natural growth that results from life experience and our own efforts to improve ourselves. Two, an involvement with the Earth and Mother Nature often leads to the awareness that there are deep, sacred connections between something inside of us and the life we are immersed in while out in the forest or the fields. Three, working with people in social and community settings often sets up situations that touch us to the core and bring us into full realization that there is a bond between us and all others.

We come to see that, while houses, food and transportation are important, it is love that transforms people, and we are the source of that love. When we let it flow, people blossom, hope springs forth, and a humble gratitude grows that surrounds and uplifts everyone. The result is change that benefits all.

As consciousness expands, you will discover that change is constant and can be effortless if the timing is right. It is useless to

insist that a six-month-old child learn correct penmanship, but at the age of 7, or perhaps 12, he is ready, willing, and able. The time is right. By increasing your consciousness and learning to see a broader swath of events, you can learn to see what is coming in the future by learning to see the tiny, hidden signs – some of them physical and some of them visions that occur only in the mind – that precede events.

Raising consciousness leads to a keen sensitivity to emotional nuances in yourself and others. You learn to notice and pay attention to emotional events inside yourself that clue you in to subtle knowledge about situations that many people miss. The result of overlooking this knowledge can lead to misunderstandings, poor decisions, misperceptions, and even tragedies.

One of the benefits of raising your level of consciousness is that doing so lowers your level of stress. The ability to see the big picture and not be caught in the drama of details, a better sense of timing, a growing sense of personal power along with the wisdom to use it, and an overwhelming love and compassion all combine to reduce your worry, frustration, and insecurity. The result is better health, better relationships, and greater success in every area of life.

There are many ways to nurture higher levels of consciousness. One way is to save at least one day a week to do things associated with attaining expanded consciousness. Another is learning various forms of meditation, some of which are active and involve work or tasks in the world, while others are passive and involve sitting quietly,

breathing slowly, and relaxing into complete stillness. It is also a good idea to find a group of people you can share the journey with, or take a class with a good spiritual teacher.

Whichever way is best for you, you will find that Ultimate Destiny has a huge assortment of books, coaches, webinars, teleseminars, and resources that will help you along the way, including the workbook and guide, *Raising Your Level of Consciousness*. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Raising Your Level of Consciousness

According to reading and conversing with high-consciousness, peak- performing people, I consider myself also at a high level of consciousness.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am conscious of what I am thinking, feeling and choosing almost all the time, and when I am not, I quickly realize it and move back to positive intentionality.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have passed the stage of feeling I am a victim of anyone's actions, or am held back by any circumstances of my past or present.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have exposed myself to the best literature, speakers, seminars, etc. that I can find to keep raising my consciousness, and will continue to do so.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a deep sense of the interconnectedness of all people and all things in the universe (e.g., I do not think in terms of having "enemies," even recognizing there are people who consider me such—if for no reason other than where I live).	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I regularly experience profound joy—often for no apparent reason, but just in being alive.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I purposely seek out the perspective of those with whom I seem to disagree, knowing that there is probably a lot more common ground than either of us realizes.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
After pursuing dialog as far as seems profitable, I am able to accept remaining differences in viewpoint or opinion without judging the other party.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
While I may have my favorite issues, I am conscious of, and involved when I can be, in a broad range of issues that need attention for the betterment and future of humanity.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
In addition to constantly raising my own level of consciousness, I share new insights, resources, etc. with other people on a regular basis, to help them also.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Total Score _____

Whatever your present score in this area, Ultimate Destiny has programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.raisingconsciousnesslevels.com

Chapter 16. Attaining Spiritual Enlightenment



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ATTAINING SPIRITUAL ENLIGHTENMENT

**WHAT – OR WHO – IS IT THAT LOOKS OUT THROUGH
YOUR EYES AT THE WORLD?**

“Knowledge comes, but wisdom lingers.”
Alfred, Lord Tennyson

Attaining Spiritual Enlightenment

There are few mysteries in this world that are as ancient as the mystery of spiritual enlightenment. What is spiritual enlightenment? For thousands of years the quest to reach enlightenment has intrigued people.

Some say it is understanding or knowledge. Others say it is wisdom. Some say it is the ability to heal others instantly. Others point to the Bible and say it is about creating miracles. Various groups define spiritual enlightenment as the ability to love, or maintain continuous peace of mind, or become a millionaire, or cast out devils.

Enlightenment itself is just what the word implies – to become light. Spiritual enlightenment is to reach the state of enlightenment by developing the deeply enfolded spirit that lives within you, bringing it to the surface and living from the center of that Spirit-Self.

This Spirit-Self is the eternal part of you that never dies, is always aware, and is the source of the expanded capacities mentioned above – deep knowledge, intuition, the ability to heal or create miracles, an encompassing love, extraordinary peace, and the capacity to transcend death.

Most people are familiar with Jesus, who was trying to teach the basics of enlightenment to a group of fishermen and holy women by demonstrating it in real time. There have been other great

teachers, but they are not abundant in today's world. Yet we are capable of figuring out much of what has been given to us and putting it into practice. Enlightenment is the end of suffering and the entry into peace and joy. It is the ability to move through the day with a watchful attentiveness, always present in the moment and watching to see what is needed in any given situation because there is an inner willingness to give.

Enlightenment is freedom – from the past, from old habits, from tradition, and from choices and decisions that result in sorrow or frustration. In Buddhist teaching, enlightenment is the ability to transcend one's ego, the body, and all attachments to the material world. This is often interpreted as being willing to be poor, but nothing could be further from the truth. Attachment to the material world results in continuous, grasping efforts to get more money, more power, bigger houses or cars, fancier clothing, etc.

Paradoxically, detaching from these things does not necessarily mean you can't have them. It just means that you are in a state of mind that has not closed down to everything except the thoughts and actions that will bring money, power, or cars and houses. When you open yourself, these things will come to you easily if you want them or need them.

Why? Because you are able to see a much broader palette of possibilities and opportunities and thus can gently and lovingly position yourself so that they unfold right in your lap – where you will typically use these gifts to make life better for all. When people are

not worried about where their next meal is coming from, they have the time and space to become aware of enlightenment and learn about the incredible Spirit that exists within them.

Contrary to what you may think, there are many paths to enlightenment. It is possible to touch the experience momentarily while doing the most ordinary things... from swimming, to sculpting, to driving, at the dinner table, or while making love. People often have difficulty describing the experience because it is so challenging to convey the extraordinary, transcendent love, peace, oneness, insight, and timelessness of the moment.

Even if the experience only lasts a few seconds, the power of it transforms you. Some people go through several years of chaos because the experience tips over their apple-cart and thoroughly uproots their life. Other people return quietly to their work, their families, and some of the activities they were formerly engaged in, but there is the perception that something is definitely different and a slow weeding-out process begins as the reasons for living take on a whole new perspective.

Whether this initiating experience happens spontaneously or in the midst of deep meditation, it is your signal that the eternal Spirit-Self hidden within you is beginning to make its presence known and you are on the path toward full enlightenment. The guidebook to *Attaining Spiritual Enlightenment* and the many other supports and resources offered by Ultimate Destiny can help you take the steps that will lead to your full unfolding. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Attaining Spiritual Enlightenment

While I continue to grow and seek deeper spiritual insights and experiences, I feel completely at peace with who I am and my level of spiritual understanding and perspective on life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a clear and definite set of values and principles by which I order my life and I live consistently by them.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
If involved in a religious institution, I am comfortable with my way of understanding its teachings (as in adequate harmony with my own internalized beliefs) and participating in its rituals and gatherings.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I understand the connections and also the differences between outward religious forms (dogmas, rituals, etc.) and inner spiritual values, experiences, and perspectives.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
If I felt wounded from either a lack of religious or spiritual training or the specific forms in which I received it, I have let go of and made peace with that, both internally and with any specific people involved.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have regular spiritual practices or "disciplines" that are sustaining and inspiring to me.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am open to the spirituality of different individuals and groups—able to see how they may parallel what I believe or do, even if very different in outward form.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I live my life effectively in the "now," attending to responsibilities, yet free and spontaneous, with a sense of enjoying the present moment fully.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have come to a balanced way of orienting to a power greater than myself (whatever you may label that) and knowing, feeling that power as also a part of me.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I see mystery in the world as a positive, and have no struggles with perplexing questions about the meaning of life, why certain things happen, etc.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Total Score _____

Whatever your present score in this area, Ultimate Destiny has programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.attainingspiritualenlightenment.com

Chapter 17. Fostering Personal and Planetary Sustainability



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FOSTERING PERSONAL AND PLANETARY SUSTAINABILITY

**WHAT PART CAN YOU PLAY TO KEEP THE WORLD, OUR CITIES AND TOWNS,
AND OUR PEOPLE CLEAN, HEALTHY, AND ALIVE?**

*“Collaboration is the key to understanding the problems,
their solutions, and who’s doing what and when.”*

Tracy Gary, Inspired Philanthropy

Fostering Personal and Planetary Sustainability

If you live in the United States or any of the developed countries of the world today, you are probably surrounded by media spouting questions about climate change, renewable energy, organic foods, resource depletion, and warnings about the coming shortages of fresh water and food. We are living in extraordinary times simply because it is now necessary for us to become more aware of our relationship with our planet, Earth.

Since Mother Earth is “our nest” and her gifts of soil, rain, oil, plants, animals, and minerals are what make life possible as we know it, the biggest decision we need to make is whether life as we know it is worth continuing. We all agree that life itself is worth continuing, but there is a great deal of disagreement and confusion about the difference between life and life-style.

Many people want changes, and are willing to take steps to make those changes happen. However, with all of the flap and fuss about sustainability, no one has yet painted a good picture of what a truly sustainable world would look like. What would this new world sound like? How would we get around – or would we need to get around? How would we produce what we need, or would our needs be completely different?

In our current society, we all get up each morning and go to work to make the money we need to buy the things that support our

life – food, shelter, clothing, transportation, communication, and hopefully a few luxuries. If we stop tearing up the land to build cities and feed people, where will we live or work, and how will we eat? If we run out of oil, how will we drive or fly around to visit family or see with our own eyes what is happening in that new manufacturing division? If coal and nuclear-generated electrical power is reduced, how will we stay warm, cool, run our kitchens, or our computers?

The truth of our situation is that we, especially in America, have carried the concept of individualism to an extreme, and now we must begin working our way back toward communalism. The days of the lone individual, pulling himself up by his bootstraps, amassing the power to dictate the course of others lives is over. It is time to develop our power as groups. In the face of climate change, droughts, floods, storms, and earthquakes, we cannot abandon one another. We must be there for each other in ways that we haven't been in the past.

Given the need for whole-system change, it is not useful to make a few changes here and there. If a power plant, a grocery store, or small manufacturing company closes, people's lives are severely disrupted. As disruption accumulates, there can be increasing chaos for all. Yet why go this route? Why not address the whole house of cards and institute the kinds of oversight and design changes that would allow us to design small cities and regions that are based on sustainability, renewables, organics, and other principles of common sense? The old cities may have developed in a chaotic, disorderly fashion, but that doesn't mean they have to devolve in that manner.

Look at the time, energy, money, brain-power, and resources that are pulled into play to design and build a car or a sports stadium. Should we do any less when designing our future?

It is imperative that we stop looking for the government or someone else to save us. The government is only a small piece of one institution. We may as well expect the dentists of the medical world to save us. Rather, we must come together in groups and tackle the issues that must be dealt with. Is there enough water in your region to support the number of people who live there? Can you produce enough food for everyone? Do you need to abandon the idea of “jobs” and instead focus on discerning the “work that must be done,” then go about getting that work completed? What neighboring region may have resources you need, and what could you exchange in return? It is far too late for uncoordinated, piecemeal changes, or for fooling ourselves into thinking that we can change a few lightbulbs and keep everything else the same.

The future is in our hands. It is ours to envision and create. Where are the people who will take on the job of pulling together a new view of what is possible? If we can create the vision, we can certainly set the goals, create action plans, put together educational movements that will get others on board, and begin raising the money that will fund the kinds of places we would all love to live. *Fostering Personal and Planetary Sustainability* will provide the resources to start you moving in the direction that we all must eventually go. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Fostering Personal and Planetary Sustainability

I proactively seek out ways to be a better steward over the earthly resources I touch and use.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I do all the recycling I reasonably can.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I do little things to use fossil fuels more efficiently such as combining errands, carpooling, setting thermostats conservatively, driving a fuel efficient vehicle, etc.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am part of one or more organizations that are involved in planetary sustainability.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I support companies and causes that seek to bring sustainable and appropriate technology here or to developing countries.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I believe science and technology are important in sustainability efforts, but that the real key is personal awareness and commitment to action.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I seek to educate myself and raise my consciousness about what else I can do to improve environmental and social conditions around the world.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Knowing that local action widens out toward planetary transformation, I actively support local initiatives of environmental care.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am willing to pay a bit more for products or services, such as "green" electricity, that help the earth's environment.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
When I am in a position of influence, I am willing to take some personal risk in trying to get others to support sustainability efforts.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Total Score _____

Whatever your present score in this area, Ultimate Destiny has programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.fosteringpersonalandplanetarysustainability.com

Chapter 18. Making A Difference, Leaving A Legacy



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MAKING A DIFFERENCE, LEAVING A LEGACY

WHAT WILL BE THE RESULTS OF YOUR LIFE AND WORK?

*“We’ve gone too far down the road we’re traveling.
The time has come to search the map for better
possibilities, to strike out in new directions.”*

Bill McKibben, Deep Economy

Making a Difference, Leaving a Legacy

If you have been floating along in your life, perhaps raising your children, doing your work, being a good neighbor, running your business, or trying to be a good community member, you may begin to think that your life is nothing special and never will be... but that just isn't true. It may be time to ask yourself what kind of difference you would like to make in the world. What are the stories you would like to have told about you? What are the gifts you would like to be remembered for?

Most of us are so busy we only think about getting through the day or the week. However, we all have moments – in the car, on the plane, in the shower, doing dishes, brushing our teeth – when we could ask ourselves, “What is it all about? What is the point?”

When you find yourself thinking like this, it's time to survey your natural qualities and gifts, then think about what you could do to make a difference using these qualities and gifts. You don't have to create a global event; you can begin in small ways to make a difference in one individual's life – a human, or even an animal – and decide you're going to do something to make a difference every week.

Perhaps you could start with a big, warm smile. Or the decision to lend a hand the next time you see someone trying to lift something heavy. You could listen for signs of distress – the battery in

someone's car is dead and you are parked in the same lot, or they need a good plumber and you know one you could recommend.

Maybe you want to do something bigger, like invite your crew to dinner, or sponsor and organize a neighborhood cookout. If you have the resources, you might offer to buy a ticket for someone who really wants to visit their sister in another city, or offer your cottage to a colleague who needs to get away for a while. If you're a craftsman you could offer to repair the swings at the local school.

If you're a farmer, you could donate eggs to a local church breakfast or invite schoolchildren to visit for a morning. If you have a considerable amount of money, you might want to organize a repair team to go in and fix up the houses in a neighborhood, making arrangements for any teenagers who live there to help out and learn while doing.

Surprisingly, some people don't think about making a difference because they worry others will see them as a "big-shot-wanna-be." Let go of this and just be humble. If you worry about how others will judge you, you'll never accomplish anything. Only you can honestly gauge your reasons for doing something. If it brings you attention, be gracious. If it brings more requests for your time and energy, be honest about what you can do, and be gracious in that honesty.

If you have the time, money, and connections to create a global event, don't hesitate to do so. Even if it's just a dream at this point, start talking about it. There is an old saying that goes, "In the

beginning was the word...!!” As people hear you talk about your dream, you will be surprised at who responds, how the energy builds, and how the people and resources suddenly come together. Before you know it, the event can become a reality.

Perhaps you are putting together a will and have a bit of money you want to do something good with. If this is the case, think both about the people who might benefit from your gift and the organizations that might be helped.

We are at a time and place in this world where a great deal of help will be needed to bring people together in new ways in order to make the changes needed to resolve the growing crises of energy, food, climate changes, and numerous other issues. You could organize some of the collaborative work that is needed, find someone else who wants to do the work and support them, or leave money to an individual, group, or organization that is working hard to bring about the needed changes.

There are many creative ways to make a difference in our world and in the lives of people around you. If you have some money and time, but feel like you don't have enough resources to do what you'd like or what you think is necessary, get online and find a partner or two in the same position. Together you could make a huge difference.

Sometimes joining a group of like-minded people is the spark that ignites a passion for service. It's in the coming together, the conversations, the laughter, the problem-solving, and the feeling that

we are not alone that magic happens. If you can't find a group, start one, and use *Making a Difference, Leaving a Legacy* as a tool to explore what you can do – together or separately. ♦

The next section of *Solving Your Ultimate Destiny Success Puzzle* calls for a look at obstacles and how to anticipate them in order to minimize their disruptive effects. If you are going to succeed in reaching your Ultimate Destiny you have to think “outside of the box” and not be tripped up by the usual challenges, complaints, and difficulties.

You must learn to take pre-existing responsibilities and turn them into resources, keep your goals first on your To Do List, and develop new habits. If you can make a new habit a permanent habit, you will have a foundation upon which you can build other habits that eventually will add up to a new you. When you have learned how easy it is to set goals goals and create systems of behavior to cement them in place, you will then be able to share your accomplishments with the world and have no regrets!

“Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men of talent. Genius will not, unrewarded genius is almost a proverb. Education will not, the world is full of educated derelicts. Persistence and determination alone are omnipotent.”

—Calvin Coolidge

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

Making A Difference and Leaving A Legacy

My life is heavily oriented to serving others, and I think constantly about ways of doing that better, while taking care of my own needs as well.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have invested the time and energy needed to be an effective steward over resources entrusted to me, using them to bring sustenance and joy to those close to me, and proportionately to others in more distant circles.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
My life and activities are closely tied to making a difference in lives around me and the world in general.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I regularly revisit my stewardship of resources which I may suddenly no longer have control over, in terms of updating insurance policies, my will, medical directives, my living trust, or other pertinent instruments.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I intend that at the end of my life, I will have done all I could to reach my highest potential and leave a legacy of positive actions, attitudes and impact on as many people as possible, as well as on the earth and the environment.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am careful to follow practical sequencing toward leaving a legacy, first achieving personal and family stability, building on that to strong success, and finally attaining real significance in impact and/or resources, rather than trying to "change the world" immediately, without a proper foundation upon which to manage resources, influence, etc.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have made careful inventory of my skills, attitudes, accomplishments and resources and have written goals with time frames to guide my progression toward leaving the most positive, impacting legacy I can.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I approach every day with the attitude of seeing how I can best serve others and improve the planet.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
The legacy I am building is oriented to the <i>way</i> I have conducted myself and positively impacted people (my <i>character</i>), more than pure accomplishments or leaving of material wealth.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
If my life should end suddenly, I feel prepared in the sense that I "have my affairs in order" and am currently giving fully of myself to the people and causes of highest priority to me.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Total Score _____

www.makingadifferenceleavingalegacy.com

Chapter 19. Anticipating and Overcoming Obstacles



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ANTICIPATING AND OVERCOMING OBSTACLES

WHAT CAN I DO WHEN THE GOING GETS TOUGH?

“Your circumstances may be uncongenial, but they shall not long remain so if you but perceive an Ideal and strive to reach it. You can not travel within and stand still without.”

James Allen

Plan for Obstacles *Before They Arrive*

“Your destiny is to fulfill those things upon which you focus most intently. So choose to keep your focus on what is truly magnificent, beautiful, uplifting and joyful. Your life is always moving toward something. Make it something that’s absolutely great.”

Ralph Marston

Earlier in the processes of this playbook, when you were constructing action plans, you wrote down possible obstacles you might encounter. Now is another good time to identify (but not focus on) obstacles that may get in the way of direct and rapid progress. These are things that may make it more difficult to complete the necessary action steps or potentially derail you altogether.

By anticipating obstacles, you are able to plan to proactively deal with them before they become a problem. You will also not be shocked and thrown off course if some appear that you were not able to specifically anticipate and prepare for.

One type of obstacle that is almost certain to come into play is distractions. They are numerous—daily matters of interest enticing us to watch an hour of TV not in our schedule, for example. They are sometimes subtle or “disguised,” which we realize only after the fact. Something may come along while we are constructing or executing our action plans that seem as if it might actually seem to enhance them.

Upon getting into it a ways, we see that actually it has taken us off our “definite chief aim,” as Napoleon Hill called it in *Think and Grow Rich*. (If you don’t own this classic, you can get it from www.UltimateDestinyUniversity.com/tagr.htm).

It takes constant discernment to properly weigh out what may be a “devilish distraction” vs. a “divine appointment.” So don’t beat yourself up, or stay frustrated too long if you find you’ve discerned poorly. Most important is continued belief, enthusiasm, and forward movement.

Another type of obstacle is current responsibilities, sometimes appearing as “the rut” we’re in. First, don’t curse the rut! Find ways to appreciate the good things about it and focus on those as you work to create greater freedom and expansion. If family obligations take a lot of your time and seem to be an obstacle to progress, two things are important. One is to step back and get perspective. Remember to enjoy the present—be in the moment with your children (or spouse, aging parents)—that’s one of the big ways they help us!

Another way to help family be a greater asset is to look from a fresh perspective at your work in relation to your family life. Are there ways of working that would allow you to incorporate them in your work life, ways they might really enjoy? If you have a place of work where it is at all possible to take them, do so—if for no other reason than to enhance their knowledge of you and how you spend your “away” time.

If you work from home, part or all the time, set and explain reasonable boundaries for work time and work space—giving family members acceptable ways to “interrupt” you, or check in on occasion. (Of course, very small children don’t understand such distinctions, so other solutions may be necessary.) Keep re-balancing between business focus and personal focus. You may be amazed to see that your kids may ask for less of your time if the time you do spend with them is totally focused on them, their interests and needs, etc., and not with a divided mind or heart.

Transforming Responsibilities into Assets

“Let us act on what we have, since we have not what we wish.”

Cardinal Newman

You may also be able to pull off a real coup, and actually incorporate your family, even small children, into some of what your job requires. This is more likely if your job, or an “Ultimate Destiny” project aside from your job, is your own business. Involving family in one’s own business or livelihood was almost a given in years past—whether it was a family farm, a trade to be learned, or life-supporting skills that parents would pass along to their children. These days it is often more possible than we tend to think and Howard has a couple of examples from his business coaching.

“Most of my clients were real estate agents and mortgage lenders. The training company I worked with encouraged them to cultivate a variety of contacts with their clients after the sale as a way of getting referrals. Sometimes I could convince an agent or lender, if

they had small or pre-teen children, to take one or more of the children along, or a spouse, when they did quick drop-by visits to their warmest clients who were usually non-active at the time.

The purpose of the visit was to re-connect or re-activate the client by bring a small item of value or interest as a gift to them—although I encouraged them not to leave one of their children! Rather than being a problem or distraction, most of the time the child or spouse was an enhancement to the visit. It was often fun for the children too, and certainly good training in how to build business while having fun. And a third benefit was that these clients were spending time with family while making more money or preparing to.”

“Another example, more common but still often overlooked by business owners or people in some types of sales is to have children help with certain clerical or other low-skill tasks. Actually, your children may be more skilled than you—or quickly trainable—in certain computer applications that may be very helpful to your business, such as promotion, organization, etc.

One specific task my clients’ children would often help with was addressing, folding, inserting and mailing monthly contact letters, newsletters, or materials of interest. Children from age 7 or 8 on up were very helpful while older ones often handled these tasks entirely. Even if the person decided to pay the going hourly wage for such work, it was well worth the investment because keeping it in the family helped! “

Now, let's take the same concept a step further: How much is your personal working time worth? Few people in business know this. Either they don't know how many hours they actually work, or they don't know what their net income is for a given period. If you are in business, you should be able to at least come up with a reasonable estimate. Let's say you made about \$75,000 last year, working an average of 50 hours a week, with two weeks off. Did you realize your working time is worth \$30 an hour? At \$100,000 and 40 hours a week, you are earning \$50 an hour.

Suppose you are at \$30/hour and you have clerical or other work that can be done by someone else, perhaps faster or better than you can do it. Because paperwork may be spread here and there throughout the day, or left to catch up on at the end of the week, month, or year, it may be taking more of your time than you realize. And even worse than taking your valuable time, these tasks may be draining your energy and positive mood, -- either because you don't like it, you worry about it, or you feel guilty for putting some of it off.

You probably know where we're going with this. Even if you have to pay as much as \$15 to \$20/hour to get someone trustworthy and appropriately skilled, if rightly managed, that investment will more than pay for itself. If you delegate the right work to your help, and use the extra time and sharper focus this will provide to do the things that you love to do and do best, your own hourly value will rise. For example, if your business depends on promotion, getting leads, finding the best advertising outlets and similar activities, you are probably the best

(or perhaps the only) one to do it. And I'd bet my bottom dollar that you are not putting as much time into it as you know you should.

Regarding hiring help and delegating some of your work to others, be aware of an encouragement and a caution. The encouragement: it rarely, if ever, seems the perfect time to bring in help, as far as feeling financially ready.

Do be sensible and wise in how you do it, but if you're always frazzled and "behind," and do have a good business flow, go for it! Start with just a few hours a week, if necessary. The caution: be sure you have a plan on how to use your freed-up time to bring in more business before you bring in help. Make a firm commitment to revise your habits and your schedule before the help arrives and continue to do so regularly afterward.

Putting First Things First

"Set priorities for your goals.... A major part of successful living lies in the ability to put first things first. Indeed, the reason most major goals are not achieved is that we spend our time doing second things first."

Robert J. McKain

For many commission-based sales jobs, the most valuable activity besides doing the actual sale and the direct lead-up to it, is generating leads. You can never have too many leads, especially if they are referred and interested clients or customers. If you have too many to personally serve them all, they are probably still worth a lot to you to pass along or to give to an intern or agent working under

you. So with an assistant keeping your schedule and office affairs moving smoother and largely without you, your \$30/hour time that once included all that office time, time lost to interruptions, etc., now becomes \$40 or \$50/hour time—as long as you discipline yourself to lay out the lead-generating work and do it!

An important principle to interject here, for everyone, regardless of their type of work, applies to home activities as well: “Work expands to fill the time available.” In other words, if we have a project that we decide to give ourselves all day to accomplish, it is likely to take us all day, even if it could have easily been done in 3 or 4 hours. Except for some naturally very fast, hard-driving people, who may need to purposely schedule less and slow down, it is generally best to schedule things fairly tightly, yet allow for breaks and possible adjustments if certain tasks prove to legitimately take longer than anticipated.

A good example of work expanding to fill the time available is filing taxes. If we say, “I’ve got until April 15 to file,” when do we usually file? Sometime late on the evening of April 15 right? Many people have been caught in that dreary cycle for years. However, it is possible to finally “get it” that from about Feb. 1 to April 1 of each year they spend more time dreading their taxes than it would actually take to work on them. You, too, can wise up and discover how great it is to get your tax returns done late in January or early February and drop the dread and procrastination. It may not be painless, but at least it’s over quickly.

If work will always expand to fill the time you make available for it, the corollary to this law is that there are always more than enough other activities to fill out any unused and unscheduled time. So you have to do careful “time blocking,” with high priority given to activities, done regularly, that you know will lead to bringing in more business. Whatever is of highest priority, do that thing first!

Notice, that we didn’t say, you should do whatever is most urgent, first. There will be time to do the urgent as well—after all, since you’ve labeled it urgent, it will keep tugging at you. However, do keep a running and up-to-date “to do” list. Without a “to do” list, some things may be overlooked and then become time-consuming problems. Again, in the interest of keeping a good balance—keeping the “wheel of life” round, so that it rolls—remember that many relationships, especially with immediate family, are both important (top priority) and urgent. Thus, they should be in your schedule along with high-priority business and activities that serve others.

We include the “serving others” category because for some people, such as those in social service or ministry work, or people doing heavy doses of volunteer work, family can become neglected due to the constant sense of urgency coming from the needs or demands of that service or ministry. Sometimes too much of the person’s self-worth is wrapped up in “the need to be needed,” and they have trouble just “being” with family or with themselves. A recommendation for anyone identifying with this situation: Experiment with enduring a bit of guilt

for what you're not doing and schedule some extra time just to be with your family, doing something fun and relaxing.

You will probably find that you return to your people-helping duties with greater energy and enthusiasm, thus better serving people, and alleviating any sense of guilt you may have had. Another reminder given often to those very giving, serving, loving people in business who would care for everyone but themselves is, "What will happen to all the people you feel responsible for if you burn yourself out (which is all too frequent), and none of them get any of your help?" We often let an inflated sense of our importance cloud our logic, and forget that we can do the most when we take the time necessary to nurture and rejuvenate ourselves. We are best for others and ourselves when we run, in a relaxed way, at peak efficiency—in balance, not on that razor's edge of over-exertion and too much of one thing.

Making It a Habit

"We are what we repeatedly do. Excellence, then, is not an act but a habit."

Aristotle

One very helpful thing we can do for ourselves, in moving toward this kind of balanced, guilt-free, unhurried efficiency is to create systems for getting everything possible done as naturally as possible. This involves forming habits, but it goes beyond that.

An example that nearly everyone can relate to is brushing your teeth. You probably do that on at least a daily basis. How do you get

it done so consistently? “It’s a habit,” you may say, which indeed it is. But to make the habit work, you probably have some kind of system: a place you keep your brush at all times, a specific time you go to brush, even a fairly uniform length of time you do it.

You may have systems within your overall brushing system, such as a favorite type of brush or tooth paste you use to help make it appealing so you don’t skip too many times. You may have an order in which you do your upper and lower, left-side and right-side teeth, etc. These are to help make sure you get the job done, without having to think about it, freeing your mind for other decisions or planning.

One of the key points here about the value of systems is that making decisions takes time and mental energy. The fewer we have to make, the better. So we don’t want to be thinking, “Should I use the stiff or the medium brush today, or the mint or plain toothpaste?” We intuitively put most of that on automatic by developing our personal system.

We may take that a bit further with other tasks that are generally routine and necessary, such as driving via the quickest route to work, doing the laundry, etc. The trouble is we often don’t extend that system-creation to things that are less critical, at least in an immediate sense. In terms of our discussion here, that might include setting and reviewing goals on a regular basis, spending time meditating and connecting with our guidance, writing and using affirmations, or expressing our gratitude (to be discussed shortly).

So how can we make these critical, but seemingly more optional, activities automatic? First, we have to truly want to do them. For that, either we must believe they are highly valuable and will bring us what we want, including joy, fulfillment, etc., or we must at least be interested in finding out if the activity will work for us. In the latter case, we may be interested in experimenting for a while to see what the results may be. We brush our teeth, a task not very pleasant in itself, because we want the benefits of healthier teeth, fresher breath, etc. We don't doubt the results, so we just do it. We figure out the best times and method to help us remember and get it done quickly, and off we go.

The process is very similar for anything we want to be sure we do regularly and finish without a mental battle over whether to do it or not at a given time. Just decide on the best time and method, and play whatever reward games or other mental gymnastics needed to begin doing it consistently for 30 or 40 days. By insisting on total consistency for a shorter period of time, you have a good chance of getting a long-term habit formed that will then take less effort. It may even become a "positive addiction," which you try hard not to miss!

Just as with a tooth-brushing, there may be a need for systems *within* your system for doing a given thing. Suppose you want to meditate daily for 15 minutes. That's the broadest "system." Systems within that would be a regular time of day, a specific quiet place, a comfortable chair, an approach to the meditation (basic practices of

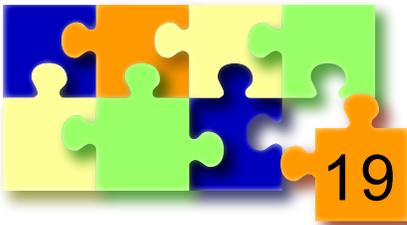
how you'll do it), perhaps some journaling afterward, and a simple chart or calendar to check off each time it's done.

Another aspect of a system to make sure something gets done might be to enroll an accountability partner. This may be your spouse, or another family member or a friend you ask to check with you on it. You might also tie the timing to another thing you always remember to do, do, such as your evening tooth brushing!

The Inspiration to Follow Through

If you have done a good job of identifying your strongest desires and have gotten in touch with dreams and things you are passionate about, following your action plans should be fairly easy. The effort you put in should seem effortless.

Yes, it will take some consistency, and diligence to create new behaviors and turn them into habits—to put them on auto-pilot. But if you are inspired from within, or motivated by the attitudes and perspectives you have chosen, it should take little outside motivation to get you going. By learning to quiet yourself and get in touch with the deeper parts of you, and respond to the inspiration from within, what you do will be effortless and full of joy! ♦



Chapter Summary

19 Anticipating and Overcoming Obstacles

Ultimate Destiny Success Puzzle

"Your circumstances may be uncongenial, but they shall not long remain so if you but perceive an Ideal and strive to reach it. You can not travel within and stand still without."

James Allen

Quiet yourself.

Get in touch with your inner being.

Respond to the inspiration from within and then what we do is effortless and Full of Joy!

"Your destiny is to fulfill those things upon which you focus most intently. So choose to keep your focus on what is truly magnificent, beautiful, uplifting and joyful. Your life is always moving toward something. Make it something that's absolutely great."

Ralph Marston

Have Fun!

Express Your Inner Child



*"Let us act on what we have, since we have not what we wish."
Cardinal Newman*

1. Identify (but don't focus on) obstacles you know may get in the way of direct and rapid progress.
2. Anticipate obstacles, and plan to proactively deal with them before they become a problem.
3. Don't beat yourself up, or stay frustrated too long. Most important is continued belief, enthusiasm, and forward movement.
4. Step back and get perspective. Remember to enjoy the present and be in the moment.
5. Look from a fresh perspective at your work in relation to your family life.
6. Set priorities for your goals by putting first things first.
7. Keep a running and up-to-date "To Do" list.
8. Be passionate and take interest in finding out what you love to do, are passionate about, and what brings you fulfillment.
9. Identify and develop the inspiration to follow through.
10. Get in touch with your dreams.
11. Create new behaviors and habits.

"We are what we repeatedly do. Excellence, then, is not an act but a habit."

Aristotle

Realize More of Your Potential, Fulfill Your Life Purpose and Co-create Your Ultimate Destiny!

Chapter 20. Share It With the World



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SHARE IT WITH THE WORLD

HOW CAN I SHARE WHAT I KNOW?

“It is the task of a good man to help those in misfortune.”

Sophocles

Living Your Ultimate Destiny and Giving Your Best to the World

"The acquisition of wealth is no longer the driving force in the 24th century. We work to better ourselves and better all of humanity."

Captain Picard in *First Contact* (Star Trek)

Although you may think you're just getting started, the act of reading this book will have a greater impact on you than you might think. Once you begin implementing these practices, you will change in subtle ways – and that will affect everyone around you. As each person awakens to the journey to find the true self, the entire population of the world benefits.

Once you're on your way, you will begin to see the world through a new lens. You can share what you're learning by keeping your eyes open for appropriate ways to introduce some of the concepts and ideas that have been helpful to you. However, the best way to share is simply by being open and honest, while maintaining a good sense of humor.

Think of yourself as an explorer traveling through a new land with all new people, customs, and behaviors. That way you will be able to see your life as an adventure – which it is! As you learn to listen to your own heart, enjoy your life, and express your deepest desires in healthy ways, you will find people coming to you to ask for help or advice.

You may discover that you are coaching or mentoring someone else who was inspired by something you did or said! It has been said that the gift of awakened wisdom demands that you pass it on to others. When this happens, be grateful to those who seek you out for it means you are growing beautifully.

Feel Grateful and Appreciative

"I am a part of all that I have met."
Alfred, Lord Tennyson

One of the most powerful tools to increase your capacity for living revolves around showing gratitude and appreciation. The ability to move into the heart and generate feelings of gratitude, then radiate those feelings into the world around you is one of the healthiest and most positive things an individual can do for the Self, and for others.

Practice gratitude daily, even if only for a few moments, simply because it feels so good to find things to give thanks for. It creates a sense of awe and wonder as the act of looking through our daily collection of experiences keeps us aware of the many gifts, coincidences, and synchronicities that occur.

Feeling grateful and appreciative for the small and large things of life also surrounds you with an energy that draws more and more things to be grateful for. You will discover life was meant to be full and abundant.

An Introduction To HeartMath®

Research by The Institute of Heart Math has shown that when you move into a state of appreciation, gratitude, or love in your heart, your metabolic and physiological state changes. It moves you into a state of congruence that allows the body to regulate itself in a natural, yet healthy way. To achieve your Ultimate Destiny, appreciation and gratitude are vital components for you in living an honorable, integrity-filled life that honors life and all those who share it.

You may have seen HeartMath and their Freeze Framer® technique featured on ABC's Good Morning America, World News Tonight, CNN, and Inside Edition. HeartMath has become one of the most talked about new approaches to personal and organizational development in America today. It is a recognized and highly respected name in the fields of psychology, mind/body medicine, business, and among people from all areas of society who are interested in the new understandings of human development.

HeartMath is the world's leader in providing research-based solutions that increase productivity, improve health and provide a sense of well-being. HeartMath techniques, concepts and technologies are being used by hundreds of thousands of individuals interested in increasing their quality of life. Many Fortune 100 companies use it to increase performance while reducing stress. And health care systems are using it to reduce staff turnover and improve patient satisfaction.

The HeartMath experience is an energizing and uplifting event that incorporates HeartMath's innovative understanding about this era of accelerating change, break-through research on new intelligence, and techniques for expanding the awareness needed to achieve balance, success and fulfillment in today's world. Working with the simple Freeze-Framer[®] device, HeartMath provides a powerful source of intelligence that can lift you beyond many of your problems into a new experience of fulfillment. Here are some of the powerful results that are not difficult to achieve and are enjoyable to experience:

- Better control of emotions
- Enhanced reativity
- Better decision-making
- Increased personal productivity
- Reduced high blood pressure
- Slowing of the aging process

The secret? Something we have subtly recognized, as reflected in many languages for centuries: our heart has a special type of "intelligence" which has more impact on our emotions, our mind, and our physical health than has been thought possible in the era of modern science.

Listen to one of the senior researchers with Heartmath, Howard Martin, "New discoveries now reveal that within each of us there exists an organizing and central intelligence that can lift us beyond our problems and into a new experience of fulfillment even in

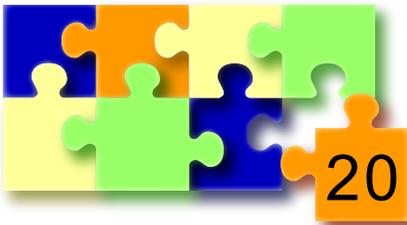
the midst of chaos. It's a high-speed, intuitive source of wisdom and clear perception, an intelligence that embraces and fosters both mental and emotional intelligence.” (From The HeartMath Solution).

Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom* says, “Nearly every disease or illness I've seen or treated in two decades of medical practice could have been improved or even cured had my patients or I known how to access the physical power of our heart's intelligence.”

What is fascinating and revealed in a multi-sensory way by the Freeze-Framer® is how the brain and heart interact and will move into coherence under our control—a kind of control we can learn to exercise increasingly. This coherence is the mechanism by which our physical heart affects our thinking and our thinking and emotions affect our heart.

“A loving person lives in a loving world. A hostile person lives in a hostile world: everyone you meet is your mirror.”

– Ken Keyes, Jr.



Chapter Summary

20 Share It With The World



"I am a part of all that I have met."

Alfred, Lord Tennyson

"New discoveries now reveal that within each of us there exists an organizing and central intelligence that can lift us beyond our problems and into a new experience of fulfillment even in the midst of chaos. It's a high-speed, intuitive source of wisdom and clear perception, an intelligence that embraces and fosters both mental and emotional intelligence."

(From The HeartMath Solution)

"The acquisition of wealth is no longer the driving force in the 24th century. We work to better ourselves and better all of humanity."

Captain Picard in First Contact (Star Trek)

*Share Your Heart
Give Your Best*



Enjoy your life.

Learn to listen to your own heart.

Express your deepest desires in healthy ways.

1. Give your best to the world.
2. Increase your capacity for living by showing and moving into a state of gratitude and appreciation. Love in your heart changes your metabolic and physiological states. It moves you into a state of congruence that allows the body to regulate itself in a natural, yet healthy way. Experience the HeartMath Solution.
3. Look forward to the rest of your life.
4. Continue to discover, advance and master the art and science of successful living as the Master and Commander of Your Ultimate Destiny.
5. Learn to access the physical power of your heart's intelligence.

Experience some of the *Powerful, Achievable and Enjoyable* results of



- ♥ Better control of emotions
- ♥ Increased personal productivity
- ♥ Slowing of the aging process
- ♥ Reduced high blood pressure
- ♥ Better decision-making
- ♥ Enhanced creativity



INSTITUTE OF HEARTMATH®
Empowering Heart-Based Living

Realize More of Your Potential, Fulfill Your Life Purpose and Co-create Your Ultimate Destiny!

Chapter 21. Have No Regrets!



Painting © 2007 by Madeleine Tuttle. All rights reserved.

Have No Regrets!

What will make each day worth the journey?

“The whole world, from the least to the greatest, must know the truth, so that man may understand the great laws that govern his life. He must learn to control his own destiny, to heal his own body, and bring happiness to his own soul.”

Ernest Holmes, from *Creative Thought*

Have No Regrets!

How would you like to look back from the future as you near the end of your life and have no regrets about how you lived your life? What if you waited too long to discover your life purpose? Would you have regrets like the seniors whose answers to a survey are provided in ***Have No Regrets?***

Have No Regrets (Survey of 4,000 Retired Executives) Conducted by Gerald Bell, Professor of Organizational Behavior and Management, University of North Carolina at Chapel Hill. The executives surveyed were an average of 70 years of age and were asked this question:

“If you could live your life over, what would you do differently?”

Their responses were as follows:

“I would have carved out life goals and owned my life. Life was not just practice, it was the real thing. I should have taken charge of my life with goal-setting.”

Note: The information within parenthesis below each response offers the type of resources available from Ultimate Destiny that are directly related to each area of life.

(Ultimate Destiny University provides the best selling goals program of all time. The Dynamics of Personal Goal Setting by Paul J. Meyer, along with several other powerful programs by Brian Tracy, Jim Rohn, Les Brown, Mark Victor Hansen, Jack Canfield, Bob Proctor, T. Harv Eker, etc.)

“I would have taken better care of my health. I threw away health as though it were trash.”

(Ultimate Destiny University is coalescing the world’s best, tested and proven resources for taking better care of our members’ health, including programs and products from experts such as Deepak Chopra, Dr. Andrew Weil, Covert Bailey, and nutritional food products from well-established companies.)

“I would have managed my money a lot more effectively.”

(Ultimate Destiny University provides some of the world’s best resource people for generating and managing wealth from experts including Robert Kiyosaki and Paul J. Meyer, T. Harv Eker, Loral Langemeier, Robert Allen, Catherine Ponder, Edwene Gaines, Lynne Twist, and Mark Victor Hansen.)

“I would have worked on quality family goals a lot more.”

(**Ultimate Destiny University** features best-selling programs from Family Motivation Inc., Barry Spilchuk, John Gray, and others.)

“I would have spent more time on personal development.”

(**Ultimate Destiny University** specializes in bringing you the best programs on personal growth and development including hundreds of seminars and workshops from the University for Successful Living.)

“I would have had a lot more fun in my life.”

(Okay, we admit it...*Maybe* this is an area where we could use a little balance. Developing our company is about the most fun any of us involved have ever enjoyed.)

“I would have planned my career.”

(In addition to coaching and mentoring programs, **Ultimate Destiny University** presents Successful Living Skills, the MyTyme Personal Success Planner and Personal Management Workshops which are the most effective we have ever experienced.

“I would have lived in oneness with my God and given more back to my community.”

(Through our strategic alliance with CENTER SPACE and other nonprofit organizations involved in fostering spiritual growth, **Ultimate Destiny University** offers a treasure chest of resources for spiritual enlightenment and prosperity, including books, tapes, seminars, and workshops based on the classic works of Ernest Homes, Dr. Joseph Murphy, Rev. Catherine Ponder, Dr. Norman Vincent Peale, Sir John Marks Templeton, Paul J. Meyer, Joel Osteen, Rick Warren, and others.)

Think about it... these retired executives clearly felt that their lives would have been far more productive and meaningful if they'd had access to, and taken advantage of, the wealth of resources available to you today from Ultimate Destiny University.

Just consider for a moment how many millions of people in America alone don't have nearly as much access to these types of development and transformational resources as executives do.

This is part of the reason we created Ultimate Destiny University, published *Manifesting Your Ultimate Destiny*, and launched our *Expanding the Circle of Success* project to donate Empowerment Training and Mentoring Systems through local nonprofit organizations.

**“Go confidently in the direction of your dreams.
Live the life you have imagined.”**

Find Somewhere You Can Dream

“Find somewhere you can dream. It may be in a church; it may be along the banks of a stream or at a park. Find someplace where you can dare to dream big dreams; a place where your faith will be elevated. Get out of any negative environment and get into an atmosphere of victory, where people build you up rather than tear you down. Find a place where people will encourage you and challenge you to be the best you can be.

Find a place where people inspire you to reach for new heights. Friend, you will have to envision good things happening to you before they ever will.”

Joel Osteen, Your Best Life Now: 7 Steps To Living At Your Full Potential

We hope that you are beginning to be excited about discovering the depths of who you really are. We can't imagine a better way to describe what we are offering to you through Ultimate Destiny University and ***Manifesting Your Ultimate Destiny*** than "Find Someplace You Can Dream." After all, we know that your dreams are waiting for ***you to come true to yourself...*** Imagine That!

Looking Forward to the Rest of Your Life

By now, you should have a clearer understanding of yourself, who you are, why you are here, what you want to accomplish in life, and what goals you plan to achieve. Through the exercises you have completed in this book, you have made many important discoveries.

You have considered which of the facets of fulfilling your ultimate destiny are most meaningful to you. To learn how well are you doing in each area, please continue to explore the Ultimate Destiny Success System. It will help you discover for yourself the answers to these questions as you continue to advance and master the art and science of successful living as the Master and Commander of Your Ultimate Destiny.

In fact, we encourage you to revisit the answers you discovered in The Wheel of Life exercises and start in the area most important to you right now . . . Ask your heart to guide you and it surely will!

The secret of success in ***Solving Your Ultimate Destiny Success Puzzle*** is simply to RUB Your Own Lamp! You are a creative genius. You are the architect of your future and the creator of your ultimate destiny.

Rrealize your true identity as the architect and creator of your ultimate destiny.

Understand the secret of how to use universal laws.

Believe in your dreams, in yourself, and in the rich talents and treasures within you They are waiting for you to be true to yourself and your dreams.

“Inherently, each one of us has the substance within to achieve whatever our goals and dreams define. What is missing from each of us is the training, education, knowledge, and insight to utilize what we already have.”

Mark Twain

My Ultimate Destiny Exercise

My ultimate destiny is to be...

My ultimate destiny is to do...

My ultimate destiny is to have ...

My ultimate destiny is to share ...

My ultimate destiny is to give ...

My ultimate destiny is to serve ...

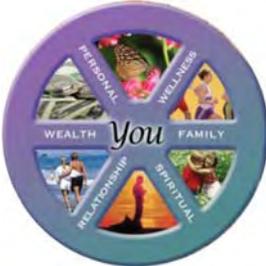
My ultimate destiny is to teach ...

My ultimate destiny is to learn ...

My ultimate destiny is to leave a legacy of ...

Welcome to Ultimate Destinyland!

Which Pieces of *Solving Your Ultimate Destiny Success Puzzle* Are Most Meaningful To You?

<p>Manifesting Your Ultimate Destiny</p> 	<p>Solving Your Ultimate Destiny Success Puzzle</p>  <p>Which Pieces of Solving Your Ultimate Destiny Success Puzzle Are Most Important to You?</p> <p>The Ultimate Destiny Success System™</p> <p>By Charles Betterton, Penny Kelly, Howard Pepper and Kimberley Jace</p>	<p>Realizing Your Ultimate Potential</p> 	<p>Enjoying Financial Freedom and Prosperity</p> 	<p>Achieving Ultimate Business and Career Success</p> 
<p>Enjoying Ultimate Health and Fitness</p> 	<p>Enjoying Loving Relationships</p> 	<p>What's Your Ultimate Destiny?</p>  <p>Ultimate Destiny?</p>	<p>Fulfilling Your Life Purpose and Mission</p> 	<p>Enjoying Peace and Balance</p> 
<p>Harnessing Your Creative Mind Power</p> 	<p>Attaining Spiritual Enlightenment</p> 	<p>Raising Your Level of Consciousness</p> 	<p>Making A Difference Leaving A Legacy</p> 	<p>Fostering Personal and Planetary Sustainability</p> 

Whatever ultimate destiny means to you, we have created programs and services that will help you discover your dreams, realize more of your potential, and know how to manifest your ultimate destiny!

All of the digital books in the Ultimate Destiny Success System are now available for \$-.97 each except Solving Your Ultimate Destiny Success Puzzle, which is \$14.97. The print books will be available for \$14.95 to \$24.95 beginning in 2012. Advance orders are being taken.

www.UltimateDestinyUniverse.com

Realize More of Your Potential and Co-Create Your Ultimate Destiny with the Ultimate Destiny Success System Library™.

 <p style="text-align: center;">Manifesting Your Ultimate Destiny</p>	<p style="text-align: center;">Manifesting Your Ultimate Destiny</p> <p style="text-align: center;">E-book, Book or CD</p>	 <p style="text-align: center;">Solving Your Ultimate Destiny Success Puzzle</p> <p style="text-align: center;">E-book, Book or CD</p>	<p style="text-align: center;">Solving Your Ultimate Destiny Success Puzzle</p> <p style="text-align: center;">E-book, Book or CD</p>
<p>Are you living the life you know you should be living – the live you always dreamed of? Do you know where you're heading and how you'll get there?</p> <p><i>"Manifesting Your Ultimate Destiny"</i> was designed to help you discover the person you were really meant to be and the life you were meant to live. Your Ultimate Destiny is the highest and best possible outcome for your life, using your talents, your passions, and your ability to learn and grow.</p> <p><i>"Manifesting Your Ultimate Destiny"</i> means pointing your life in the right direction—and this book will help you define exactly what that means to you. You'll develop a mental picture of a perfect life and learn the mental skills needed to make that picture manifest.</p> <p>Whether you're already on the path or still wondering how to take the first step, <i>"Manifesting Your Ultimate Destiny"</i> will help you understand what you were born to do, through self-discovery tests and exercises. You'll learn to set goals, develop action plans, and assemble the support team to help you reach your heart's desires. You'll be able to apply these successful living skills to every area of your life.</p> <p><i>"Manifesting Your Ultimate Destiny"</i> is one of 14 interactive programs contained within the <i>"Ultimate Destiny Success System"</i> from Ultimate Destiny University. If you're ready to discover the featured resources, exercises, and other tools to help you manifest your ultimate success, click on the link below to get started today:</p> <p style="text-align: center;">http://www.manifestingyourultimatedestiny.com/</p>		<p>What if you could live every <i>moment</i> of your life in the highest possible state of mind, enjoying peace, tranquility, and self-assurance as you follow your vision?</p> <p>How would it feel to know you are fulfilling your mission in life?</p> <p>Imagine being able to soar through life, being fully present as you enjoy happiness, fulfillment, and satisfaction in every area of life.</p> <p>Envision being able to clearly see, believe, and achieve your unlimited potential. As the co-creator of your life and your ultimate destiny, <i>it truly is possible—if you know how.</i> Once you align your mind with your goals, nothing can prevent you from fulfilling them.</p> <p>This brand new digital program, <i>"Solving Your Ultimate Destiny Success Puzzle,"</i> is not like any other book you've ever read. This material is filled with tested and proven strategies for realizing your inherent potential.</p> <p>More than 40 years of research and development and tens of thousands of dollars have been invested in discovering, creating, and preparing these concepts, tools, and techniques. You will enjoy applying them as they help you discover—or rediscover—what you really want in life and how to get it. You'll find out who you are, why you are here, where you are going, and what you need to do to make those dreams reality.</p> <p>If you're ready to discover the real secrets to solving the success puzzle we call life and enjoy ultimate success in every area of life, click the link below :</p> <p style="text-align: center;">http://www.solvingyourultimatedestynsuccesspuzzle.com/</p>	

 <p>Realizing Your Ultimate Potential</p>	<p>Realizing Your Ultimate Potential</p> <p>E-book, Book or CD</p>	 <p>Enjoying Financial Freedom and Prosperity</p>	<p>Enjoying Financial Freedom and Prosperity</p> <p>E-book, Book or CD</p>
<p>What is your potential?</p> <p>Potential is like an acorn—it might seem insignificant to us, but the acorn knows exactly what is possible for itself. Just put it in the right environment, give it a little water and sunshine, and it starts its journey without hesitation. A few years later, it may be a towering giant oak tree.</p> <p><i>“Realizing Your Ultimate Potential”</i> will help you provide the right environment to become the <i>You</i> you’ve always wanted to be. This digital program provides a window into your soul that helps you see yourself differently, think about your life in new ways, face the things you may have been avoiding, and understand who you really are. It helps you find the hidden greatness standing in the shadows inside yourself, and slowly coaxed those possibilities out into the light of day.</p> <p><i>“Realizing Your Ultimate Potential”</i> nurtures your ability to create a vision of your life as you would like it to be, using fun and insightful self-discovery tests and exercises. It then guides you to set goals, create action plans, and surround yourself with the people who will support your vision of a new life.</p> <p><i>“Realizing Your Ultimate Potential”</i> is one of 14 interactive programs contained within the <i>“Ultimate Destiny Success System”</i> from Ultimate Destiny University. It includes featured resources, application exercises, and other tools.</p> <p>Are you ready to discover your ultimate potential and turn that potential into reality? Click the link below to find out how:</p> <p>http://www.realizingyourultimatepotential.com/</p>		<p>Are you satisfied with the money you have and the way you manage and spend it?</p> <p>Whatever your situation, <i>“Enjoying Financial Freedom and Prosperity”</i> will help you discover your personal path to abundance. It will help reveal your financial habits as well as your limiting beliefs about money. You will uncover your fears and discover possibilities for success.</p> <p><i>“Enjoying Financial Freedom and Prosperity”</i> will help you <i>define</i> what financial freedom actually means to you. Regardless of your present circumstances, you are only a certain number of ideas and actions away from financial freedom!</p> <p><i>“Enjoying Financial Freedom and Prosperity”</i> will help you become more effective at creating financial abundance using visualizations, affirmations, support teams, and other important tools. You’ll be able to apply these skills to every part of your life.</p> <p><i>“Enjoying Financial Freedom and Prosperity”</i> is one of 14 interactive programs contained within the <i>“Ultimate Destiny Success System”</i> from Ultimate Destiny University. It includes featured resources, exercises, and other tools to help you achieve your ultimate success in this area of successful living.</p> <p>Is it time to stop worrying about money the economy and start living in the flow of unlimited abundance?</p> <p>Click the link below to start enjoying greater financial freedom and prosperity today:</p> <p>http://www.enjoyingfinancialfreedom.com/</p>	

Enjoying Ultimate Health and Fitness



Enjoying Ultimate Health and Fitness

E-book, Book or CD

Enjoying Loving Relationships



Enjoying Loving Relationships

E-book, Book or CD

Has your energy been running lower with each successive year? Have you gained weight, noticed small disabilities like allergies, or struggled with bigger issues like heart disease or cancer? If so, perhaps it is time for you to educate yourself on how your thinking affects your health.

“Enjoying Ultimate Health and Fitness” reminds you that both awareness and deliberate action are needed to keep you healthy and fit. And it shows that the process can be relatively easy and definitely fun!

Perhaps the most important thing about *“Enjoying Ultimate Health and Fitness”* is its emphasis on putting *yourself* back in charge of your health. You won't find recommendations for supplements, diets, or exercises listed here. Instead, you'll discover intriguing advice on realigning your thoughts

“Enjoying Ultimate Health and Fitness” takes a systematic approach that works on multiple levels so success is much easier to attain. It will provide you with a path to ultimate health and well-being that starts with what you believe about yourself and your body. It's all here, from creating a new vision of yourself to goal-setting, action plans, and support networks.

“Enjoying Ultimate Health and Fitness” is one of 14 interactive programs contained within the *“Ultimate Destiny Success System”* from Ultimate Destiny University. It includes self-assessment quizzes, featured resources, and other tools to help you achieve a healthy frame of mind that will last a lifetime.

To start living as the fit and healthy person you were meant to be, click the link below:

<http://www.enjoyingultimatehealthandfitness.com/>

Have you ever stopped to consider that, regardless of what you are doing in life, it's all about your relationships with other people? Consider how much your relationships with friends, family, partners, and your spouse impact your life. Loving, positive relationships can make your life more enjoyable and harmonious—and they start inside your own heart.

“Enjoying Loving Relationships” reminds you that you can enjoy peace and harmony in all your relationships by implementing simple, yet profound, principles. You won't find a more comprehensive guide to improving every relationship in your life.

You'll discover in this book how to take the mystery and negative drama out of relationships. You'll learn how making yourself to *feel* better is a key to building the kind of relationships you want, and how those relationships will affect every area of your life.

“Enjoying Loving Relationships” will guide you to re-envision your relationships and draw people you would love to have in your life. When you align your beliefs about love with what you truly desire, you'll be amazed at how love appears in your life, in the ways that mean the most to you.

“Enjoying Loving, Supportive Relationships” is one of 14 interactive programs contained within the *“Ultimate Destiny Success System”* from Ultimate Destiny University. It includes self-assessment quizzes, featured resources, and other tools to help you find and feel the loving relationships that make your life worthwhile. **Are you ready to discover how to manifest all the love you have always needed? Click here to get started:**

<http://www.enjoyinglovingrelationships.com/>

Raising Your Level of Consciousness



Raising Your Level of Consciousness

E-book, Book or CD

Attaining Spiritual Enlightenment



Attaining Spiritual Enlightenment

E-book, Book or CD

Who am I? How can I become more aware of my true purpose in life and the meaning of all I experience? Answering these questions can elevate your consciousness, changing the way you see yourself and the world around you.

“Raising Your Level of Consciousness” focuses on personal issues, particularly issues surrounding the tremendous inner power we all have to create our own destinies. By aligning your thoughts, you can raise your consciousness to a level that makes you more aware of the important and joyful aspects of your inner and outer worlds.

Consciousness grows out of our perceptions.

This book explores the interaction between your perceptions and your level of consciousness. Fine-tuning your perceptions can help produce powerful new insights about your potential to become a fully-realized and self-actualized human being.

“Raising Your Level of Consciousness” will help you to better understand what you believe about yourself and how it affects every area of your life. When we are conscious of our true nature, love, joy, and wisdom can fill our lives and guide our actions.

“Raising Your Level of Consciousness” is one of 14 interactive programs contained within the **“Ultimate Destiny Success System”** from Ultimate Destiny University. It includes self-assessment quizzes, featured resources, and other tools for taking the first steps on the path to achieving your ultimate success in this area of life.

Would you like to enjoy the benefits of elevating your consciousness? Click the link to learn more:

<http://www.raisingconsciousnesslevels.com/>

Are you secure in your identity as a spiritual being? Do you think of yourself as a human being struggling for enlightenment, or as a spiritual being wrestling with the experience of being human?

“Attaining Spiritual Enlightenment” will help you answer many such thought-provoking questions so you can enjoy your spirituality and the ways in which this understanding affects all areas of your life.

“Attaining Spiritual Enlightenment” will examine the source of enlightenment and teach you to use the power of your will to change your attitudes, outlook, and perceptions about the true nature of the universe. Through enlightenment, you will become completely free to experience ongoing peace, joy, compassion, and unconditional love—and to let these positive feelings govern your decisions.

The focus of **“Attaining Spiritual Enlightenment”** is on spiritual, not religious, development, including our sense of purpose, our divinity, and our interaction and communication with a higher creative power. Practical exercises and advice will help you to see, know, and develop a working relationship with the eternal Spirit-Self that exists within you.

“Attaining Spiritual Enlightenment” is one of 14 interactive programs contained within the **“Ultimate Destiny Success System”** from Ultimate Destiny University. It includes self-assessment quizzes, featured resources, and other tools for choosing priority action steps to take the first steps on the path to enlightenment.

Are you ready to discover the spiritual being you have always been? Click below for more details:

<http://www.attainingspiritualenlightenment.com/>

**Fostering
Personal and
Planetary
Sustainability**



**Fostering
Personal and
Planetary
Sustainability**

**E-book, Book
or CD**

**Harnessing
Your Creative
Mind Power**



**Harnessing Your
Creative Mind
Power**

**E-book, Book
or CD**

What kind of world are we leaving for those who come after us? What kind of life are we creating for ourselves, right now? The life we lead, the talents we have been given, and the material possessions we enjoy all factor into our stewardship for both the world and our personal lives.

“Fostering Personal and Planetary Sustainability” will start you moving in the direction of re-inventing your way of living on the planet. You will get a clear picture of where your thoughts and actions are sustainable and healthy, and where you may want to make changes. You will develop a workable plan to enjoyably cooperate with nature and gain the satisfaction of both thinking about sustainability and acting on it as well.

This digital program will show you how to create the vision of a life lived responsibly and then set the goals, develop action plans, and assemble the teams of like-minded people to help create a better world.

“Fostering Personal and Planetary Sustainability” will help you find real sustainability. Develop a healthy recognition of local and global resources. Taking good care of yourself and your planet will become an automatic and joyful part of your life.

“Fostering Personal and Planetary Sustainability” is one of 14 interactive programs contained within the ***“Ultimate Destiny Success System”*** from Ultimate Destiny University. It includes self-assessment quizzes, featured resources, and other tools for taking the first steps toward sustainability.

To discover more ways to foster conscious, sustainable living, click the link below:

<http://www.fosteringpersonalandplanetarysustainability.com/>

What would you like to create or re-create in your life? A new career? A better body? A new skill? Adventure? Romance? Time for travel? Freedom? New friends?

“Harnessing Your Creative Mind Power” is a guide to understanding and utilizing the incredible power of your mind. This unique book deals with both the conscious part of the mind and the “higher” mind that is not fully available to our consciousness. Your mind holds the key to creating anything you want. The Law of Attraction says, give energy to your dreams, and they’ll grow strong enough strength manifest.

In ***“Harnessing Your Creative Mind Power”*** you’ll learn how to practice holding a grander vision of your future until you can see, hear, and feel every detail. This book will show you how to set goals, develop action plans, and assemble a team of like-minded individuals to help you manifest whatever you desire. The creative power of your mind can bring you anything you have ever wanted. Here is a complete guide to the best of life and greatest of accomplishments—from conception to fulfillment.

“Harnessing Your Creative Mind Power” is one of 14 interactive programs contained within the ***“Ultimate Destiny Success System”*** from Ultimate Destiny University. It includes self-assessment quizzes, featured resources, and other tools for choosing where you’ll begin on the path to achieving your ultimate success in this important area of life.

You can have anything you ever wanted! Order this program and discover how:

<http://www.harnessingcreativepower.com>

**Fulfilling
Your Life
Purpose and
Mission**



**Fulfilling Your Life
Purpose and
Mission**

**E-book, Book
or CD**

**Achieving
Ultimate
Business and
Career Success**



**Achieving Ultimate
Success in Your
Business or Career**

**E-book, Book
or CD**

What happened to the dreams you once had? Are you steadily working toward that destiny, or did it get lost somewhere amid your family obligations, life challenges, and fears? If you once had a sense of passion about life, you can resurrect it now!

“Fulfilling Your Life Purpose, Mission, and Goals” will help you rediscover how to find and follow your passion. You’ll learn to develop a thorough, grand vision of who you were truly meant to become as you leave your limiting beliefs behind.

This new digital program will take you into the depths of yourself, tapping into a wealth of insight that you may never have known existed. You’ll learn to use this energy to form specific goals and action plans, as well as enlisting the help of like-minded people. You’ll refine and nurture your purpose and mission until you know exactly where your life is headed.

Life is different when you know what you were meant to do and be. **“Fulfilling Your Life Purpose, Mission, and Goals”** will help you align your thinking with your mission. Surprising stores of energy will emerge, and remarkable resources will manifest in your life-- everything you require to live a life full of positive self-expression, joy, and satisfaction.

“Fulfilling Your Life Purpose, Mission, and Goals” is one of 14 interactive programs contained within the **“Ultimate Destiny Success System”** from Ultimate Destiny University. It includes self-assessment tests, featured resources, and other valuable tools.

Remember your dream? It remembers you, and it’s waiting for you to find your way back. Find out how by clicking the link below:

<http://www.fulfillingyourlifepurpose.com/>

Do you love to go to work every morning? Are you satisfied, fulfilled, and on track with your chosen vocation? Or have you found yourself wishing your job brought you more money or prestige?

“Achieving Ultimate Success in Your Business or Career” will help you find the answers to these questions and more as it guides you in discovering the type of occupation that will bring you everything you desire in life. You’ll begin by asking, are you perfectly suited for your job, and is it a perfect match for you?

If you are *not* in a career that lets you use your highest talents and skills, **“Achieving Ultimate Success in Your Business or Career”** will provide insight into the reasons behind your dissatisfaction and will give you the guidance and inspiration to help you find out where you truly belong in the world of business.

If you are fortunate to have already found a career that fully uses your gifts and financially rewards you for doing what you love, **“Achieving Ultimate Success in Your Business or Career”** will help you maximize your efforts and go beyond what you may have thought possible. This book’s 12 categories of thought and action that are most important in achieving and maintaining your ultimate career or business.

“Achieving Ultimate Success in Your Business or Career” is one of 14 interactive programs contained within the **“Ultimate Destiny Success System”** from Ultimate Destiny University. It includes self-assessment tests, featured resources, and other valuable tools.

Don’t waste another day at a job that doesn’t make your dreams come true! Click below to learn more:

<http://www.achievingultimatesuccess.com>

**Enjoying
Peace and
Balance**



**Enjoying Peace
and Balance in
Life**

**E-book, Book
or CD**

In your view, is the world basically a safe, beautiful, and peaceful place, or are you weary from the stress of daily life? Is your life joyful, or do you often feel that it is out of control? Do you have peace of mind?

In ***“Enjoying Peace and Balance”*** you will identify areas of your life that are out of balance and you’ll find the tools and resources you need to bring everything back into balance. Peace grows out of knowing who we really are at the core, and balance gives us the ability to handle anything life sends our way. You’ll learn to work hard and play joyfully, to go at full speed when you need to and relax totally when you want to.

You’ll begin with written goals, affirmations, plans, and a support team that enlists the help of others. In ***“Enjoying Peace and Balance”*** you will be guided through the practical steps that lead to creating a wonderful balance in your life, even in the midst of challenging circumstances. You will learn your true identity and begin to embrace your own power as you create a beautiful, stress-free environment.

“Enjoying Peace and Balance” will encourage you to begin your journey toward enjoying a life filled with peace and balance by envisioning your best life and aligning your thoughts with bringing that vision to life, creating a reality where you feel relaxed and free.

“Enjoying Peace and Balance” is one of 14 interactive programs contained within the ***“Ultimate Destiny Success System”*** from Ultimate Destiny University. It includes featured resources, exercises, and other tools.

Find the peace that only comes with true balance in your life! Begin this program today:

<http://www.enjoyingpeaceandbalance.com/>

**Making A
Difference
Leaving A
Legacy**



**Making a Difference
and Leaving
a Legacy**

**E-book, Book
or CD**

Have you ever asked yourself these questions: “Does what I do matter? What difference will I make in the world? What will be my legacy when I’m gone?”

Built into each of us is the desire to live a life that matters. And this is what we were meant to do – to discover our true purpose and make this world a better place. Yet many of us simply go through our days and years letting life “just happen” to us. ***“Making a Difference and Leaving a Legacy”*** will help you begin the journey to living a life that matters.

“Making a Difference and Leaving a Legacy” will help you decide the ways in which you want to make an impact on the world. You’ll learn to hold a vision of the kind of effect you’d like to have and work toward making that vision come true, using goals, action plans, and teams of like-minded individuals who will support you in this journey.

“Making a Difference and Leaving a Legacy” will encourage you to envision the legacy you’ll leave to future generations and to adjust the way you live and think now so you are remembered in the way that will be most satisfying. You will be energized by identifying your areas of passion and you’ll find yourself empowered as you begin to attract to yourself what you truly desire.

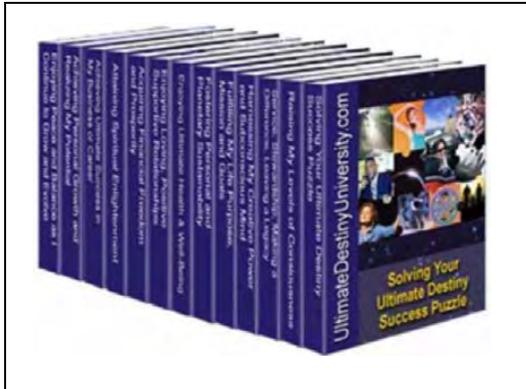
“Making a Difference and Leaving a Legacy” is one of 14 interactive programs contained within the ***“Ultimate Destiny Success System”*** from Ultimate Destiny University. It includes featured resources, exercises, and other tools.

Are you ready to live a life that really matters? Find out how to begin by clicking below:

<http://www.makingadifferenceleavingalegacy.com/>

The Ultimate Destiny Success System

Whatever ultimate destiny means to you, we have created programs and services that will help you discover your dreams, realize more of your potential, and know how to manifest your ultimate destiny!



The complete Ultimate Destiny Success System Library containing 1,000+ pages in 14 interactive digital programs and hundreds of dollars worth of valuable bonuses is only \$77. This special prelaunch price is only available for a limited time, so get your system NOW!

www.UltimateDestinySuccessSystem.com

What if you could live **every moment** of your life in the highest possible state of mind, enjoying peace, tranquility, and self-assurance as you follow your vision? How would it feel to know you are fulfilling your mission in life?

Imagine being able to soar through life, being fully present. Enjoy happiness, fulfillment, and satisfaction as you set, prioritize, and realize your goals in every moment. Envision being able to clearly see, believe, and achieve your unlimited potential. As the co-creator of your life and your Ultimate Destiny, *it is truly possible—if you know how.*

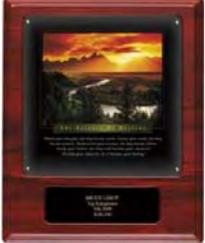
The brand new "**Ultimate Destiny Success System**" will help you do just that. It's not like any other system you may have tried. With more than 40 years of research and development and an investment of tens of thousands of dollars, this comprehensive system is filled with tested and proven strategies for manifesting your ultimate success.

The "**Ultimate Destiny Success System**" is comprised of 14 interactive digital programs that cover every facet of successful living. Each of the digital programs features an insightful self-assessment quiz, application exercises, goal-setting templates, action plans, featured resources, and a 10-day plan for maximizing your success and effectiveness in applying all of the system's powerful methods and technology. The system's 101 exercises, tools, and techniques will help you realize what you really want in life and how to get it. You'll uncover your heart's deepest desires. You'll discover who you are, why you are here, and where you are going. Then you will learn what you need to do to achieve the richest results in the fastest time possible, as you turn your dreams into reality, Imagine That!

Are you ready to discover the real secrets to enjoying ultimate success?

Activate your ultimate destiny now while the Ultimate Destiny Success System is still available on a pre-launch discount basis for only \$77.

How Would Participating In Ultimate Destinyland Best Serve You?

	<p>Get Started with the <u>Ultimate Destiny Success System</u></p> <p>Buy an advance copy of the Ultimate Destiny Success System at the special Pre-launch tuition of only \$77 or buy any of the 14 individual digital programs for only \$14.97 to \$24.97.</p> <p>www.UltimateDestinySuccessSystem.com</p>
	<p><u>Ultimate Destiny University Charter Membership</u></p> <p>Enjoy the empowering transformational benefits as a <u>Charter Member of the Ultimate Destiny University!</u></p> <p>The pre-launch tuition is only \$20 a month or \$197 for an entire year. Money back satisfaction guarantee!</p>
	<p>Participate in the <u>Ultimate Destiny Hall of Fame Award</u></p> <p>Nominate someone (maybe even yourself), companies, service clubs and other non-profit organizations that are helping others realize more of their potential for the Ultimate Destiny Hall of Fame Award.</p> <p>www.UltimateDestinyHallOfFame.com</p>
<p>Fundraising Programs for Non-Profits from Ultimate Destiny</p> 	<p><u>Help Your Service Club, Church or Non-Profit Prosper</u></p> <p>Discover how just letting members and supporters know about the resources available from Ultimate Destiny can earn non-profit organizations a donation of 50% up to 110%.</p> <p>www.UltimateFundraisingPrograms.com</p>
<p>Earn While You Learn! Ultimate Destiny Success Systems</p> 	<p><u>Earn While You Learn!</u></p> <p>Join Ultimate Destiny Network as an Affiliate, Strategic Alliance Partner, Featured Resource Provider, Licensed Trainer or Facilitator, or perhaps even become part of the Company itself. Accredited investors are invited to ask for a copy of our Investment Marketing Memorandum.</p> <p>www.UltimateEarnWhileYouLearn.com</p>
	<p><u>Help Expand the Circle of Success™</u></p> <p>Participate in our campaign to facilitate the donation of 100 million dollars worth of free development training resources to and through non-profit organizations to reach and help empower underserved populations.</p> <p>www.ExpandingTheCircleOfSuccess.org</p>
<p>Solving Our Personal, Community and Global Success Puzzles</p> 	<p><u>Solve Personal, Community and Global Success Puzzles</u></p> <p>Help establish an international network of Empowerment Resource Centers™ and Empowerment Training Mentoring Systems™ that empower residents to learn successful living skills that will help them realize more of their potential. As a result, we will enjoy an expanded capacity to address global challenges and opportunities.</p> <p>www.UltimateSuccessPuzzle.com</p>

For more information, write to Ultimate Destiny, PO Box 20072, Sedona, AZ 86341
 Call 760-212-9931 or send an email to ultimatedestinyuniversity@gmail.com

Solving Your Ultimate Destiny Success Puzzle

Which Pieces Are Most Important to You?

What if you could live *every moment* of your life in the highest possible state of mind, enjoying peace, tranquility, and self-assurance as you follow your vision? How would it feel to know you are fulfilling your mission in life? Imagine being able to soar through life, being fully present. Enjoy happiness, fulfillment, and satisfaction as you set, prioritize, and realize your goals in every area of life. Envision being able to clearly see, believe, and achieve your unlimited potential. As the co-creator of your life and your ultimate destiny, *it truly is possible — if you know how. This book will help you do just that.* It's not like any other book you've ever read. Over 40 years of research and development and tens of thousands of dollars has been invested in discovering, creating, and preparing these concepts, tools, and techniques. You will enjoy applying them in your life as you discover and manifest your ultimate destiny. Inside you'll find exercises that will help you discover—or rediscover—what you really want in life and how to get it. You'll uncover your deepest desires. You'll find out who you are, why you are here, and where you are going. You will learn what you need to do to realize the richest results in the fastest time possible.

Which Pieces of Solving Your Ultimate Destiny Success Puzzle Are Most Important to You?

<p>Solving Your Ultimate Destiny Success Puzzle</p> 	<p>Manifesting Your Ultimate Destiny</p> 	<p>Realizing Your Ultimate Potential</p> 	<p>Fulfilling Your Life Purpose</p> 	<p>Enjoying Loving Relationships</p> 
<p>Enjoying Financial Freedom</p> 	<p>Harnessing Your Creative Power</p> 	<p>What's Your Ultimate Destiny?</p>  <p>Ultimate Destiny?</p>	<p>Achieving Ultimate Success in Business</p> 	<p>Enjoying Ultimate Health and Fitness</p> 
<p>Enjoying Peace and Balance</p> 	<p>Attaining Spiritual Enlightenment</p> 	<p>Raising Your Consciousness Level</p> 	<p>Making a Difference Leaving a Legacy</p> 	<p>Fostering Personal and Planetary Sustainability</p> 

Solving Your Ultimate Destiny Success Puzzle
www.SolvingYourUltimateDestinySuccessPuzzle.com

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