

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.

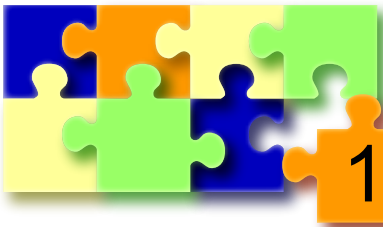
3. Remember: in every situation, it is not what happens to us, but how we let it affect us that determines our success or failure in life. Learn and practice the principles of creative thinking and problem solving. The skills we'll cover in the Daily Heart/Mind-Storming and The Golden Bridge Exercise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

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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!