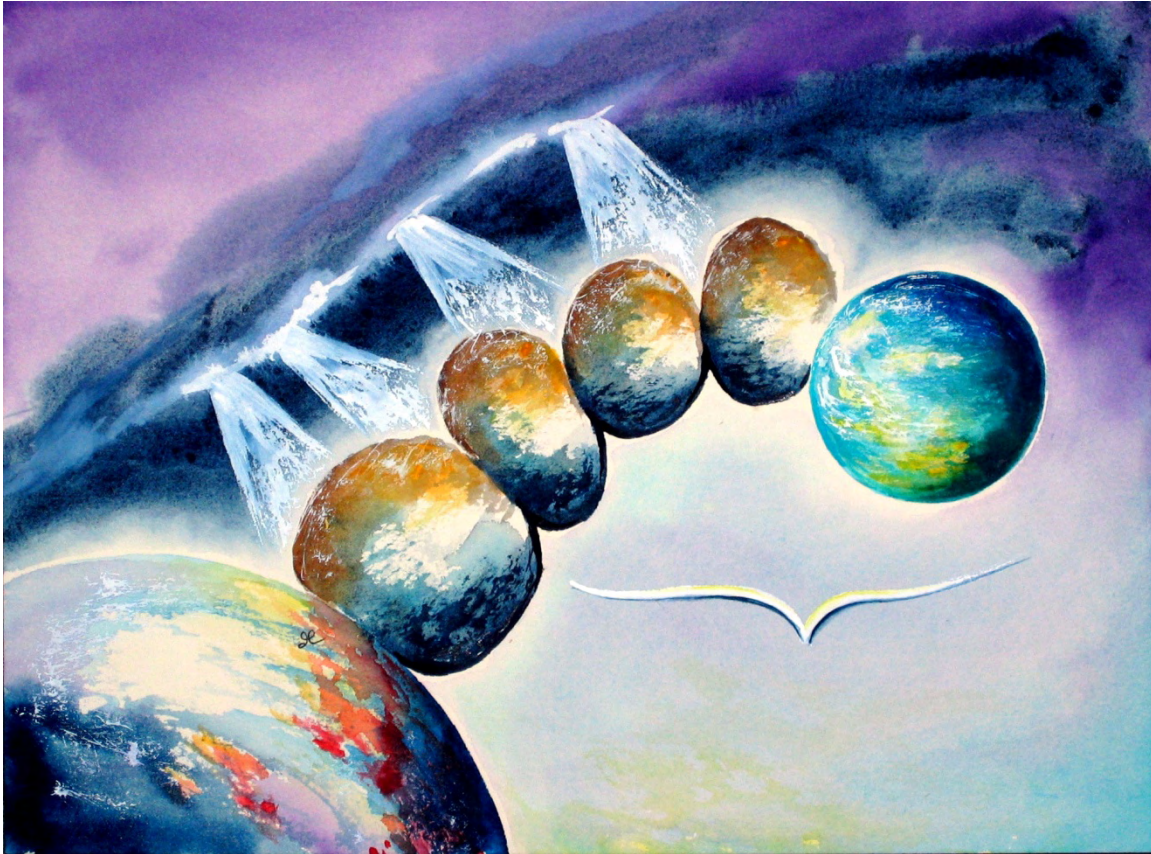


Chapter 6. Taking Action



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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

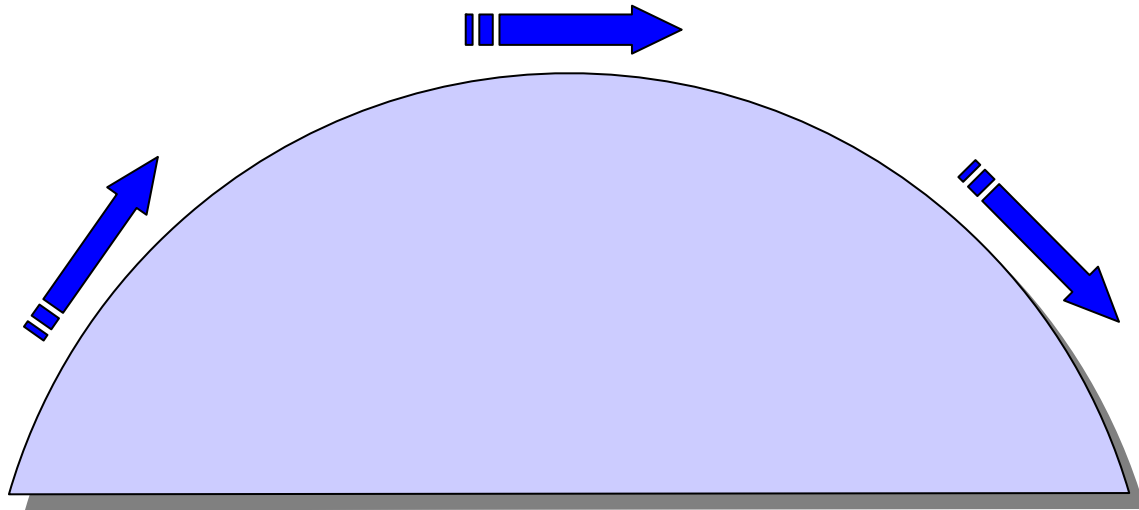
The “Golden Bridge” is a metaphor for what will get you from your present situation to your ultimate destination. That, of course, is more than a single accomplishment or position attained—it is rather a state of being, with many accomplishments and steps of growth along the way.

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

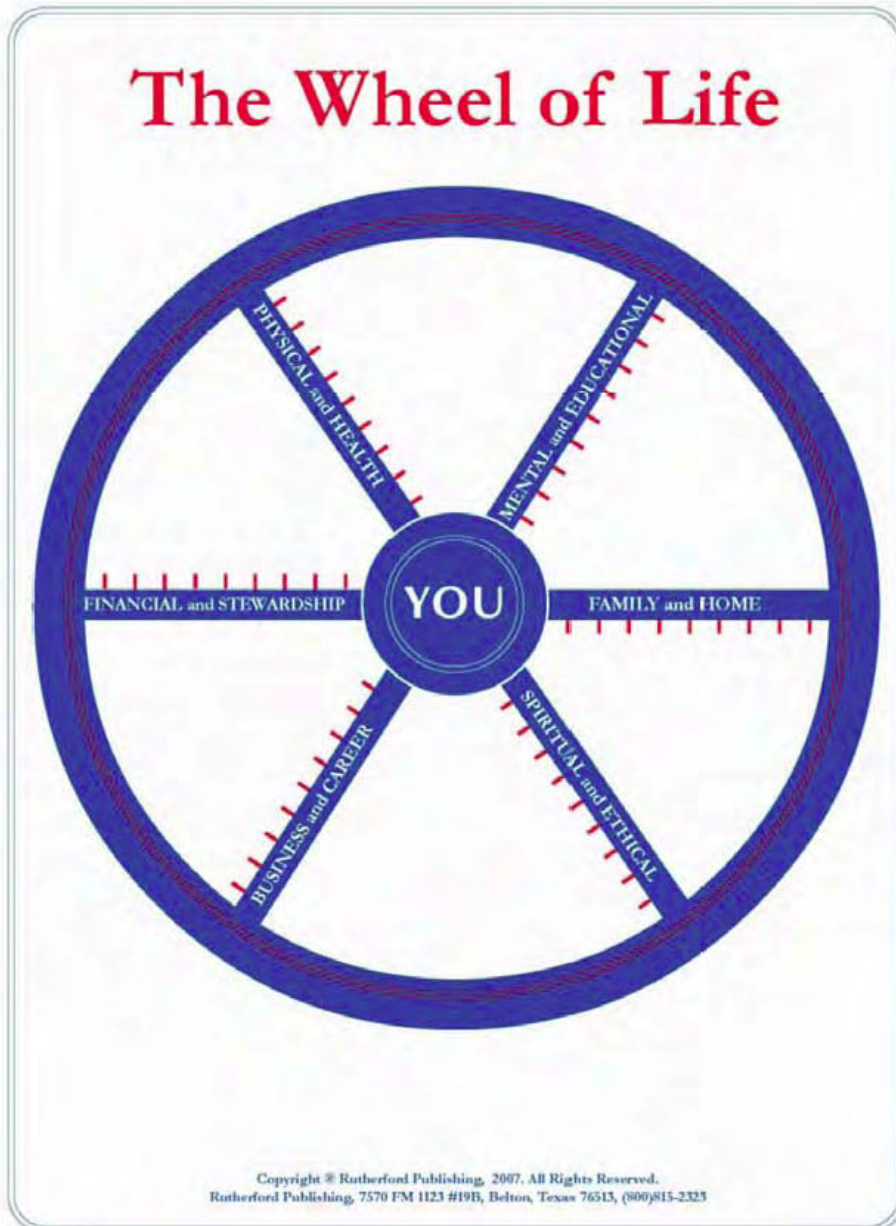
In Ultimate Destinyland™ we've broken down successful living into a dozen general areas. To be truly happy and fulfilled, you'll want to have mastery over each of these areas, but you can't tackle them all at once. Where do you start? In this exercise we will examine the six most vitally important areas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

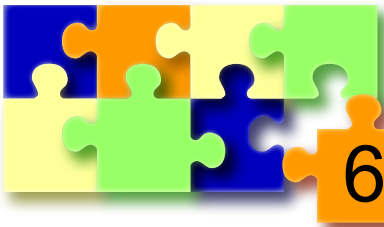
First, many of the more common tests were developed to help identify pathologies, attitudes, outlooks, etc. that are “out of the norm.” In a number of cases, processing past issues, coming to reconciliation with oneself or others, having better relationships, etc. have proven to lead to major changes 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!