

**STRATEGIES**



# THE PROPER WAY OF

# GROWTH



## IN 3 STEPS

**1**

HAVE A **CLEAR PICTURE** IN YOUR MIND OF **EXACTLY** WHAT IT IS YOU WANT FROM LIFE. BE IT BETTER HEALTH, INCREASED HAPPINESS, FINANCIAL FREEDOM OR ANYTHING ELSE.

**2**

CREATE A **SIMPLE** PLAN THAT CONTAINS **TINY STEPS** YOU CAN TAKE **EVERYDAY** TO REACH THOSE **VALUES** YOU AIM TO ACHIEVE. IT'S OKAY TO CHANGE PLANS, BUT IT'S NOT OKAY TO AVOID PLANS.

**3**

MAKE AN **UNBREAKABLE, INDESTRUCTIBLE** COMMITMENT TO YOURSELF THAT ABSOLUTELY GUARANTEES YOU WILL TAKE **ACTION** UPON THOSE **TINY STEPS EVERYDAY**. THIS IS YOUR CONTRACT OF EXCELLENCE. AVOID ANY TEMPTATIONS TO DEVIATE FROM YOUR PLANS. MOVE WITH ALL YOUR STRENGTH.

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THIS SIMPLE ORGANIZE METHOD OF GROWTH WILL HELP ENSURE YOUR CONSISTENCY AND COMMITMENT TO SUCCESS AND PROSPERITY.

# HOW TO READ PEOPLE'S

# ACTIONS

## IN 4 STEPS



**1**

OBSERVE AND ANALYZE THEIR ACTIONS, WHAT THEY'RE DOING ON REGULAR OR OCCASIONAL BASES. **LOOK CLOSELY.** **LISTEN** TO WHAT THEY'RE SAYING OR **NOT SAYING.**

**2**

EXPLAIN IT TO YOURSELF AS IF YOU'RE EXPLAINING IT TO A LITTLE CHILD. **WHAT** DID HE/SHE **DO**, OR STILL **DOING** ?

**3**

BEHIND EVERY ACTION A PERSON TAKE OR AVOID, THEIR IS A REASON. THAT REASON IS BACKED BY MOTIVES. LISTEN TO THEIR MOTIVES & STORY, THEN CONSIDER THE EXACT OPPOSITE STORY OF THE ONE THEY WANT YOU TO BELIEVE. **TRUTH IS EITHER BLACK OR WHITE.** THEY MAYBE **COLORING** THE TRUTH.

**4**

BASED ON WHAT YOU'VE **JUSTLY** OBSERVED, ANALYZED, AND LEARNED; YOUR **COMMON SENSE** SHOULD ARRIVE AT A LOGICAL CONCLUSION WHICH CLEARLY EXPLAINS THE REAL REASON(S) **BEHIND** SOMEONE'S WORDS AND ACTIONS (OR INACTIONS).

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A PLANNED, WELL-CALCULATED, AND SUITABLE COURSE OF ACTION ON YOUR PART WILL THEN BE WAY MORE EFFECTIVE AND POWERFUL.





# **SUCCESS SUPERIORITY**

## **IN 3 STEPS**

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**1**

GET YOUR MIND ACCUSTOMED TO HARDSHIPS. THIS GIVES YOU THE UPPER HAND IN SUCCESS. WITHOUT MENTAL STRENGTH TO WITHSTAND LOSSES AND DEFEATS, YOU CANNOT SUSTAIN A CONTINUES GROWTH CYCLE TO OBTAIN THE SUCCESS YOU ARE SEEKING. SOLID MENTAL FITNESS IS A VITAL STEP. YOU CAN DO THIS BY, FAMILIARIZING YOURSELF WITH NEW IDEAS AND INFORMATION ABOUT CHALLENGES & HARDSHIPS FACED BY GREAT HISTORICAL FIGURES, AND HOW THEY'VE MANAGED TO OVERCOME THEM. MAKE TIME TO READ, LEARN AND EXPLORE.

**2**

STAY PHYSICALLY FIT. WITHOUT PHYSICAL FITNESS, YOU CANNOT STAY FOCUSED AND ENDURE REPETITIVE ACTIONS THAT YOU MUST REGULARLY PERFORM "EVERY DAY" FOR YEARS TO COME. INCREASED PHYSICAL STRENGTH, PROMOTES & ENHANCES YOUR MENTAL ENERGY AND CREATIVITY. DO NOT FIND THE TIME, "MAKE THE TIME TO 'GET & STAY STRONG' YOUR SUCCESS DEPENDS ON IT."

**3**

MAINTAIN THIS CYCLE AND YOU WILL GAIN THE UPPER HAND IN SUCCESS. YOUR CONSISTENT EFFORTS AND ENDURANCE WILL PAY OFF IN THE SHORT AND LONG RUN. REMEMBER, SUCCESS IS A JOURNEY "NOT A DESTINATION."



**SIMPLE**



**LOGICAL**

# THINKING

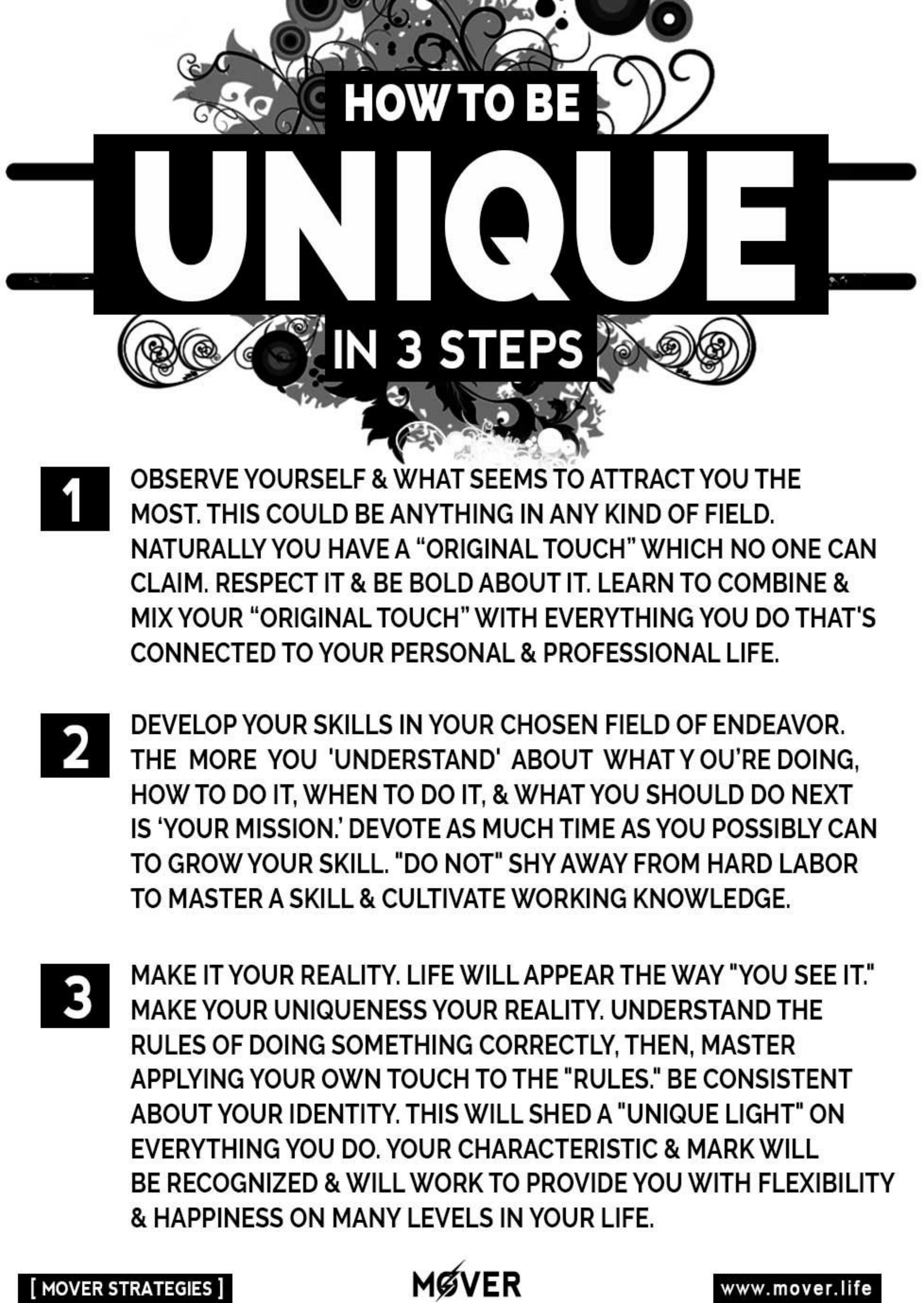
## IN 3 STEPS

- 1** IDENTIFY AND SEPARATE THE USEFUL FROM USELESS, THE TRUTH FROM LIES, THE CONSTRUCTIVE FROM DESTRUCTIVE, THE IMPORTANT FROM UNIMPORTANT. ISOLATE AND KEEP AWAY ALL INSIGNIFICANT THOUGHTS/IDEAS THAT ARE NOT REALISTIC OR WORKABLE IN YOUR CURRENT SITUATION.
- 2** STRUCTURE AND ORGANIZE YOUR COLLECTED FACTS INTO AN 'EASY TO UNDERSTAND' SIMPLE LIST (*USE THE LIST TO STAY ON TRACK AND IN-LINE WITH REALITY*). REMEMBER TO KEEP IT "SIMPLE AND BRIEF."
- 3** ARRIVE AT PRACTICAL OPTIONS/SOLUTIONS BORN FROM YOUR ORGANIZED THINKING AND FINDINGS. YOUR CONCLUSIONS WILL HOLD LOGICAL BASES WHICH YOU CAN USE TO EXECUTE SOLID ACTIONS WITH CONFIDENCE TO SUCCESSFULLY SOLVE PROBLEMS.

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WHENEVER YOU'RE FACED WITH A DIFFICULT PROBLEM OR CHALLENGE REFER BACK TO THE ABOVE LIST TO MAINTAIN YOUR FOCUS AND STAY ON TRACK WITH YOUR OVERALL VISION. IT'S EASY TO GET SIDETRACKED, THEREFORE, CONCENTRATE YOUR THOUGHTS AND ENERGY ONLY ON "THE IMPORTANT THINGS."





# **HOW TO BE UNIQUE IN 3 STEPS**

- 1** OBSERVE YOURSELF & WHAT SEEMS TO ATTRACT YOU THE MOST. THIS COULD BE ANYTHING IN ANY KIND OF FIELD. NATURALLY YOU HAVE A "ORIGINAL TOUCH" WHICH NO ONE CAN CLAIM. RESPECT IT & BE BOLD ABOUT IT. LEARN TO COMBINE & MIX YOUR "ORIGINAL TOUCH" WITH EVERYTHING YOU DO THAT'S CONNECTED TO YOUR PERSONAL & PROFESSIONAL LIFE.
- 2** DEVELOP YOUR SKILLS IN YOUR CHOSEN FIELD OF ENDEAVOR. THE MORE YOU 'UNDERSTAND' ABOUT WHAT YOU'RE DOING, HOW TO DO IT, WHEN TO DO IT, & WHAT YOU SHOULD DO NEXT IS 'YOUR MISSION.' DEVOTE AS MUCH TIME AS YOU POSSIBLY CAN TO GROW YOUR SKILL. "DO NOT" SHY AWAY FROM HARD LABOR TO MASTER A SKILL & CULTIVATE WORKING KNOWLEDGE.
- 3** MAKE IT YOUR REALITY. LIFE WILL APPEAR THE WAY "YOU SEE IT." MAKE YOUR UNIQUENESS YOUR REALITY. UNDERSTAND THE RULES OF DOING SOMETHING CORRECTLY, THEN, MASTER APPLYING YOUR OWN TOUCH TO THE "RULES." BE CONSISTENT ABOUT YOUR IDENTITY. THIS WILL SHED A "UNIQUE LIGHT" ON EVERYTHING YOU DO. YOUR CHARACTERISTIC & MARK WILL BE RECOGNIZED & WILL WORK TO PROVIDE YOU WITH FLEXIBILITY & HAPPINESS ON MANY LEVELS IN YOUR LIFE.

# HOW TO GAIN & RETAIN **CONFIDENCE**

## IN 3 STEPS

**1** BEGIN BY **RESEARCHING & LEARNING** AS MUCH AS POSSIBLE ABOUT YOUR SUBJECT/FIELD, TO OBTAIN **VAST KNOWLEDGE**.

**2** **EXTRACT** AS MANY FACTS AS YOU CAN. **AVOID** BECOMING LOST IN THE MASSIVE OCEAN OF INFORMATION. **ABSORB** WHAT'S **NEEDED, IMPORTANT, AND KEEP** YOUR **FOCUS**.

**3** **UTILIZE** WHAT YOU'VE LEARNED AS A **BASE FOUNDATION** FOR YOUR ACTIONS. YOUR **CONFIDENCE** WILL THEN BE **BACKED** BY CONCRETE REALISTIC INFORMATION. YOUR ACTIONS WILL THEN BE **IN-LINE** WITH **REALITY**, YOU'LL HAVE NOTHING TO FEAR OR BE SCEPTICAL & DOUBTFUL ABOUT.

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AS SIMPLE AS 1-2-3. THE MORE YOU KNOW THE LESS YOU WILL WORRY ABOUT ANY FAILURES. ARM YOURSELF WITH PRACTICAL KNOWLEDGE TO GAIN AND MAINTAIN CONFIDENCE. THEN MOVE AHEAD.



# BUILDING AN EFFECTIVE **PLAN**

## IN 5 STEPS

- 1** PEN & PAPER. WORD PROGRAM OR ANYTHING YOU CAN USE TO SKETCH OUT AND ORGANIZE YOUR PLAN.
- 2** GIVE YOUR PLAN A "NAME." BELOW THAT NAME, WRITE DOWN A SHORT DESCRIPTION OF "HOW YOUR PLAN WILL SERVE YOU & OTHERS?" KEEP IT BRIEF & SIMPLE. THIS IS YOUR MAIN REASON.
- 3** WRITE DOWN THE "CONDITIONS" OF YOUR PLAN (WHAT MUST BE DONE STEP-BY-STEP? HOW & WHEN IT WILL BE DONE?) OTHER "CONDITIONS" MAY COME UP LATER. WRITE WHAT YOU LEARN.
- 4** TRANSFORM YOUR PLAN INTO DAILY 1-2-3 EASY TO FOLLOW SCHEDULED TASKS. TAKE "ON TIME" AFFIRMATIVE ACTION.
- 5** MAKE YOUR PLAN EXTREMELY VISIBLE. PRINT IT, PLACE IT ON YOUR WALL. PHONE/DESKTOP BACKGROUND. MAKE ANY NEEDED ADJUSTMENTS & CHANGES TO YOUR PLAN AS YOU MOVE AHEAD.

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THESE STEPS ARE THE SIMPLEST FORM OF BUILDING AN EFFECTIVE PLAN. REMEMBER, PLANS DO CHANGE. ADJUST, ADAPT & CHANGE AS NEEDED.