

Day Three - Strategize

There are risks and costs to a program of action. But they are far less than the long-range risks and costs of comfortable inaction.

John F. Kennedy

For most, creating a wish list of desires and the reasons they want them is easy once they actually *focus* on them. Devising a strategy of “how” they can attain them is more difficult. Many give up or turn to other devices for the attainment of a goal. When people want to lose weight or change physically they may resort to fad diets or cosmetic surgery. To live the high life some will rely on the luck of lotteries, crime, or excessive debt. To provide mental escape people will abuse drugs or food. There will always be consequences to these actions that we don’t foresee as we engage in various behaviors to live our desired life.

The super-conscious has the answers we need to obtain true success in our lives. **The amount of trust we place in it delivers us to the right strategy and action.** The ratio of attention and trust given determines the level of our ability to receive what is a “*complete transmission*” from the super-conscious mind. There are several ways of how we can receive strategies of how to obtain our goals and dreams:

1. **Trial and Error** - Many people live in a “hit or miss” world. They have lofty goals and dreams but no defined plans for achievement. They are people of action (a good thing!) but will have many failures before they *stumble* into success. The “success or bust” mentality serves them well as they continue despite setbacks, until success is achieved. *This is one way to succeed, but it is the hardest way.*

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2. **Observation** - When it comes to achievement, "*imitation is the sincerest form of flattery*". Most of us will model what we see others do to achieve the things they have achieved. The libraries are full of examples of people who have done the things we wish to do. They chronicle their lives in such a way as to blaze a trail leaving breadcrumbs for anyone else to follow. Starting a business, creating better relationships, or losing weight...there is no topic that you can't find someone willing to share their recipe of success for you to observe, *and emulate*. Infomercials use graphic testimonials to excite us to buy their products as we observe the results of others who have used these products to seemingly great success. **Observation is available to everyone, regardless of their starting point, or desired ending point.**
3. **Intuition, Inspiration and Revelation** - There are some people who appear to be "guided" and when the *eureka* moment arrives, they are fearless in the pursuit of their desired objective. They may not be able to explain the process or why they are so resolute about an idea or course of action, but once prompted they begin, immediately, to "work their plan". They may not even have the entire strategy mapped, but trust that divine ideas will appear at the precise moment needed. They only need to see the next step and have supreme faith in their actions. Some fortunate people receive a flash of brilliance or a "*complete transmission*" of every element of their idea...the highest form of revelation.

The Question of How

To begin answering the question of "How" you will obtain all your desires, we must first look at a very important person – **You!** There is a specific "you" that you must become to manifest all the things you aspire for in life. **Inside each one of us is a seed of perfect completion ... *Our true self.*** For most, that perfect image is buried deep within what is today a much distorted self-image. Each of us has a divine destiny that can make us whole and entire.

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At birth, we are impregnated with whom we need to be to serve the world and fulfill ourselves. There is an Evolution to Completion that is fundamental to understanding “how” to get where you want to be. That Evolution to Completion begins with Thoughts and ends with Destiny. It consists of:

**Thoughts ~ Words ~ Actions ~ Habits ~ Character ~ Reputation ~
Destiny**

The Evolution to Completion

Regardless of your *intent*, there **will be** an Evolution to Completion that determines where you will end up – your destiny. **The things you are thinking about today will determine tomorrow’s destiny.** Positive thoughts will lead to a positive completion. Negative thoughts will lead to a negative completion. It is possible to change your course and re-direct your Evolution to Completion to match your goals and desires. You have to determine who you are today and if you are headed toward your perfect completion. If you are off course, then you must direct, or re-direct your Evolution to Completion in the Fab Five areas of your life.

Of the “how’s” described earlier, the only one that can bring consistent success and the one that you have complete access to is **Observation**. While you can never eliminate all trial and error, you can learn from the example of people who have come before you and achieved the level of greatness that you desire in each of the Fab Five. This type of modeling can accelerate your journey to completion if used effectively and purposefully.

People who have achieved similar levels of success to what you desire are the most powerful advantage you have in your quest for Money, Power, and Success. Modeling their **Thoughts to Destiny** gives you a compass that insures you make it to your perfect completion. Take the best attributes of all the people who represent your Fab Five desires and implement them in your life. You need to take a hard look at your life today, and compare it to the lives of others who

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have demonstrated an ability to perfectly complete their Evolution to Completion journey.

For most people, change brings discomfort. There is the fear of failure, the fear of the unknown. Most people prefer to travel the path of least resistance. Many people find that being forced into changes sometimes has a good result. Losing a job might force you into starting a business or finding the right career. The onset of a medical condition may prompt you to make dietary changes to lose weight and get into shape. Rather than being pushed into the pool, decide to jump in under your own terms. Create your own C.H.A.O.S to become who you need to become.

C. H. A. O. S - Changing Habits Affecting Outcomes

What do you think when you hear the word chaos? Disorder, frantic, out of control, or constantly changing to denote instability? Whenever change is introduced in your life you go through a pattern of *habit interruption*. You are going along, thinking everything is status quo and then...BAM! It feels as though everything changes in an instant, sending your life spiraling out of control. Realize now, that all change is not bad or a sign of imminent doom. In fact, for things to proceed and move forward **You. Change. Now!** is necessary...it is vital. CHAOS is good! CHAOS was designed to help you make the positive changes necessary and doing so in a structured manner. Sounds like a contradiction, but it is not.

Your Evolution to Completion is determined by your *thoughts, words, actions, habits, character, and reputation* and they become the drivers to your *destiny*. In order to get on track, we must create CHAOS in each one of the Fab Five to build the proper habits in our lives. Psychology has proven that new habits can be formed in as little as 18 days, but most of us need about 30 days for something to become part of our

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first nature and our daily life pattern. Remember the Transitive Property of Equality in mathematics? Don't be too impressed...*you know the one...*

*If **A=B** and **B=C** then **A=C***

The same rules apply to the progressive steps in the **Evolution to Completion**. If

Thoughts = Habits and Habits = Destiny then Thoughts = Destiny

What You Think Will Become Your Destiny

All thoughts are completely within your control. Negative thoughts are the default mode of life for many people. Negative thoughts may not be able to be destroyed completely, but can be brought into captivity in the mind and replaced with a new pattern of positive thought. **Positive thoughts have to be developed.** Thoughts are a form of visualization. Here is an example of a *negative* thought pattern:

The **conscious mind** (the five physical senses) gives the **sub-conscious mind** what it believes to be the facts about a given situation. The sub-conscious mind then creates a “movie” (imagination) with an **NEGATIVE** outcome based on these “facts”. The sub-conscious mind then delivers the “*moral of the story*” to the conscious mind. The conscious mind then has the permission **not to act** based on the transmission of failure from the sub-conscious. This then controls what is thought and ultimately **denies** destiny. **In this type of negative pattern the super-conscious is not consulted.** *The process is exact opposite when the thoughts are positive.*

Thoughts control what we visualize in our mind. As beings made after the “image” of God we have been given the powerful gift of imagination. The power of imagination creates the blueprint and nothing can be held back once the

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imagination is involved in a positive manner. *Imagination has the power to take us where our immediate situation tells us we can't go.* **There is no limitation to the imagination and therefore, no limits to what we can accomplish!**

You may be dreaming what you think is an impossible dream. **The universe has given you a unique and specific vision to focus on and manifest.** Even if you are in fear, *initially*, you can create a powerful vision to believe in and one in which to place all of your trust. Your vision has to be so vivid and consistent with positive imagery to create an anchor for your belief. Your vision can't depart from you even when circumstances (the facts as seen by your conscious mind) look bleak! Here are the requirements for visualizations in order for them to be effective:

1. **Focused** - Your visualizations should be based on your goals in the Fab Five areas from our previous exercises. *That is why it is vital that your goals be specific.* The more detail you can provide your sub-conscious, the better. Just saying I want a lot of money, a good husband, or a new car is not good enough. You have to be able to provide the exact details from your written goals so there is no ambiguity or vague half-hearted direction to your sub-conscious. There is no Hocus Pocus...only intense focus!
2. **Vivid** - *Even though you will be creating the images of the future with your sub-conscious mind,* you have to create imagery that is consistent with how the **conscious mind** processes information. For example, if you want a new car, you need to visit the showroom to see the car (sight), get in the car and enjoy that new car aroma (smell), take hold of the wheel (touch), and take a test drive and rev up the engine (sound). When you bombard your sub-conscious mind with these tangible aspects of your goal, it will incorporate them into the visualization and it will magnify and expound on the emotional “why” drivers, creating an intense “movie” that will get your juices flowing. Saturating your mind with

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specific details and real world facts can only accelerate your achievement of the desired goal!

3. **Consistent** - Once you have created a powerful vision, it is important to play it often. Treat your vision like a sitcom, better yet a sitcom in syndication...play it over and over and over. There are days when some cable stations play nothing but one show for 24 hours...*a marathon!* I love Seinfeld...I watch it when it runs twice a day on television, I have all the seasons on CD and on my iPod. Even though I can recite the lines with them, I still watch! I never get tired of watching. That is the way to treat your imaginings...play them over and over...*even though you know the script like the back of your hand.* **Aren't you a big enough fan of your own life to take time daily to visualize your success?**

Words Are A Reflection of What You Think

The words you speak are the next component of the Evolution to Completion. **You know yourself by your thoughts, the world gets to know you by your words.** If you continually speak negative fear-filled words, the world will get that image of you. The thoughts you think directly control the words you say – out of the abundance of the thoughts, the mouth speaks. Words tell the world where you are with your thoughts. You cannot speak one thing and do another. If your current pattern is negative, or against who you need to be, then you must empty your word container. You must replace all negative or destructive words with positive ones. Condition your mind (Pavlovian dogs – remember day one?) to accept new spoken representations for your outcomes. Remember it may take 18-30 days for your new habit to become first nature.

Structured words that are spoken consistently are affirmations. Your words will always be “affirmed” regardless of their content *or* intent. The world is full of people who say things they really don't want to happen. *Why?* **Speak only those things that you desire, and never speak against the desired outcome.**

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Affirmations become structured statements that are repeated constantly and confidently with power! **They** work best when begun with **I Am!** Statements such as I am Healthy, I am Wealthy, I am Happy are *first person* affirmations that convey power and resoluteness. The Triune Mind responds to these positive statements and works on avenues to bring them to pass.

Affirmations are also a form of prayer. The conscious mind gives the sub-conscious mind the facts (the what) around a desired outcome. The sub-conscious mind creates a “movie” with the desired outcome. It then delivers the desired outcome via imaginations back to the conscious mind. The conscious mind then thinks thoughts and speaks words in accordance with the outcome desired for the future. *The super-conscious “hears” the words spoken and “sees” the images portrayed.* Since they are in unison, the super-conscious mind sends answers (the how) to the sub-conscious mind. **The sub-conscious mind then incorporates these spiritually obtained answers into the next showing of the “movie” and the conscious mind receives new instructions on what to do and speak about to bring the desired results.**

Music is a powerful anchor for thoughts and affirmations. What song was your first slow dance in school? If you heard the song now, all the emotions and feelings come back, *right?* The memory can provide sensory connection to the time, the place, the sights, the sounds, and smells. You want to create the same powerful physiological connection to your visualizations, and to your affirmations. Incorporate music into your sessions.

Actions Speak Louder Than Words

Actions speak for themselves! Indeed, you can tell if someone is serious about doing something if they are ***doing something.*** Most people get caught up in daydreaming and only talking about what they want out of life. That’s a great start, since words are powerful, but what most people are missing is action! *Most people know*

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exactly what it is that they need to do to accomplish their goals in life. **What they leave out - is just to do it!**

As mentioned earlier, the thoughts you think and the words you speak will equal the actions you take. The thoughts must be of sufficient intensity to overcome the boundaries to action, such as fear or procrastination. Your words must support these thoughts or you will send your Triune Mind mixed messages and a double-minded man is unstable in all his ways. If your thoughts and words are right, your actions will be right! Action has many benefits that propel you forward and on your way to grand achievement:

1. **Acid Test of Faith** - Action demonstrates an outward show of your belief in your mission in life, your calling. It truly separates you from those who are *just talking*. Action demonstrates commitment to the goal and objective. The bible says in James 2:20, "Faith without corresponding action is dead". It goes on to say "show me a man who is acting appropriately, and I will show you a man of faith".
2. **Compresses Time** - The pursuit of goals gives super-natural energy to achieve thus giving the feeling of having more time or being more effective with the time you have. There are some people, who through indolence and procrastination, always complain of never having enough time. Then there are others, who use the energy of action to compress the precious commodity of time and get more done in a 24 hour day than others can fathom...they are the achievers!
3. **Turns On the Television** - Action fuels your imagination. When you first begin a series of actions, you are likely to dream of these actions at night, and think of them when you are in the car driving - you will think them all the time. You see yourself in the throws of that activity, *the kind of activity that is supposed to bring success*. Your action provides electricity

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or “excitement” to your visualizations. The more you act, the more vivid and real the imaginations...which lead you to more action...see the pattern?

Habits Are Actions On Automatic Pilot

Certainly, action is powerful, *but* if not done consistently, your actions will not yield the desired results. Action taken consistently equals a habit. *Habits are the highest form of action because they do not require conscious thought to be engaged in – they have become automatic!* For most people, habits are destructive, because they follow the path of least resistance. Smoking is an easier habit to keep than kick. Eating sweets is easier than eating healthy and exercising. Make no mistake, it will take proper habits to achieve your desired outcomes. Turning action into habits has many benefits:

1. Creates momentum - Habits are three times more effective than sporadic action. For example, if working out at the gym is a sporadic action, you may only go 3 times a week...every *other* week. While that is better action than not going at all, you will likely not achieve the body of your dreams. But if working out is a daily habit that is not subject to the whims of scheduling dilemmas (*you know what I mean!*) then you go 5 days a week without fail. It is a habit. Now, you are making gains weekly and can see the desired outcome...which spurs you to more activity in support of your goal.
2. Demonstrates High Commitment - A positive habit is one in which the super-conscious gets involved due to continuity of action and a “devout” commitment to your objective. It provides you with inspiration and revelation...things you may not have noticed in your environment before now “*jump out*” in support of your vision. You

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begin to truly believe you deserve success and your self-imagery is consistent with your God-given gifts.

3. **Compresses Time** - Once a habit is formed, there is no longer *conscious* awareness or thought to the activity. So time passes quickly versus if you deemed an activity arduous, making time move more slowly. You even begin to look forward to the opportunity to engage in the beneficial activity.
4. **Locks the Channel** - While sporadic action turns on the television (visualizations) the signal may still be fuzzy due to inconsistency. There is likely an influential book gathering dust on the shelf, or an unused piece of exercise equipment in the basement that hasn't seen use since you paid for it. Habits “hard wire” you into the proper station for your visualizations with a connection that cannot be distorted. **Habits demonstrate and create supreme focus!**

C.H.A.O.S - Putting It All Together

Here is a quick review of all the Evolution to Completion components that we have covered thus far- **Thoughts to Words to Actions to Habits.** These four components are the key drivers to your Self-Image. They create, change, and support the image you have of yourself. This inner representation is then reflected to the world, which responds to you in direct correlation to your own thoughts about yourself. That creates your reputation and that, of course, creates your destiny. Remember, the seed of that entire process is your thoughts!

Using the C.H.A.O.S method empowers you with the abilities necessary to create the proper image to yourself and, ultimately, to the world. Self-image takes time to change, but the possibilities and results will amaze you! When **You. Change. Now!** nothing will be out of your reach!