

# CHALLENGE

A person wearing a blue life vest and a white helmet is paddling a kayak through turbulent white-water rapids. The water is splashing and churning around the kayak. The person is holding a red paddle.

*The Fast Track*

*To*

*Goal Achievement*

*Dr. Darlene Treese*

All your dreams can come true...if you have the courage to pursue them

# The Magic Moment

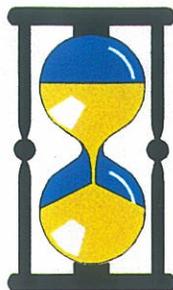
Within each moment  
Is the seed of eternity  
Deep within you  
Is the answer to all mystery.

Much indifference about your life  
Quickly you would like to change.  
First accept all that you are  
Then seek more and you will gain.

Reject any part of you  
And advancement is in vain  
For you'll miss the lesson of that part  
And have to learn it again.

If your life is lacking  
Let your acceptance abound  
Pain will then meet its death  
And success will then be found.

Your potential knows no limits  
You were truly born to WIN  
At the horizon of your moment  
An eternity begins.



# "Being, Having, Living"

## *How to Change Your Life Experience From the Inside Out*

Welcome to the most incredible trip of your life -- the path of self discovery. This calendar is different from any others -- it lets you immediately put insights into action.

Your first step is to read *The Greatest Thing in the World* and *The Goal Planning Outline* on pages six through eleven. Start thinking about how you want your life to be. No one begins constructing a building without a blueprint or takes a trip without a destination. Pages twelve and thirteen offer you the opportunity to clearly identify where you want to be in one year, in five years, and in ten years. Dream big and aim high!

The calendar has twenty theme cycles -- each cycle is two weeks long. This equals ten months and takes you through the conception and birth of new ideas. What a perfect re-creation for new thoughts, ideas and attitudes. Think of this calendar as a circle -- there are twenty different starting points that circle around and spiral you to higher levels. You don't have to wait until January 1 -- your new year can begin at any time!

Each theme has the same basic format. First is a page setting goals for the next fourteen days. Next is an information page regarding the Theme. The following two pages are your chance to put ideas into action. The box in the middle contains Just For Today - an affirmation to read aloud three times a day. It also has a place for you to note changes in your belief system and issues/resolutions to bring into focus. Days are numbered 1 to 14 (you can pencil in the calendar date if you like). They move in a circle, counter-clockwise.

Each day offers something different in working with your insights and new awareness.



# “Being, Having, Living”

Monday	Day 1	Receive It!
Tuesday	Day 2	Stabilize It!
Wednesday	Day 3	Activate It!
Thursday	Day 4	Define It!
Friday	Day 5	Empower It!
Saturday	Day 6	Flow With It!
Sunday	Day 7	Relax and Reflect
Monday	Day 8	Merge With It!
Tuesday	Day 9	Harmonize It!
Wednesday	Day 10	Mobilize It!
Thursday	Day 11	Manifest It!
Friday	Day 12	Integrate It!
Saturday	Day 13	Understand It!
Sunday	Day 14	Live It!



Also, on each day is a self-evaluation score card. On line one (Read JFT ) mark how many times you read Just For Today. Three is recommended -- more is encouraged whenever possible (it's like giving yourself "extra credit"! ) Applied (1-5) allows you to score yourself on how well you applied the Just For Today thoughts in your actions. One = not much; three = 50/50; five = right on! Note your total for the day and any significant events that affected your total. Also note your mood and energy level. This is a powerful but simple diary that lets you see exactly where you are and where you're going.

When this fourteen day theme is completed, turn the page and move on to the next theme. Set your goals for the next fourteen days. Read the information page for your new theme. Turn the page for your next fourteen day calendar.

Continue this until you have been through all twenty themes. Compare your goals with where you are now and make any necessary adjustments. Begin the cycle again, this time sharing it with a friend that you have invited to join you on the most incredible trip of life!

# The Greatest Thing in the World

Henry Drummond, born in Scotland, wrote this essay in 1874. It still greatly influences people today.

Drummond reminds us that everything we seek or covet will eventually end - the new and exciting will grow old and tarnished. The only thing that will endure is love. If we love abundantly, then we shall live abundantly.

Love has nine characteristics:

**Patience** - waiting to begin, but remaining calm and not in a hurry. Always ready to do what is needed when the time comes.

**Kindness** - easily doing the simple things to make people happy. Knowing the difference between trying to please (manipulation) and giving pleasure (love).

**Generosity** - giving up envy or any ill-will to those we compete against; being magnanimous.

**Humility** - putting a seal on your lips and forgetting what you've done after you have been patient, kind, and generous.

**Courtesy** - being a gentle man (or woman) means it is against your nature to do an ungentle thing. The ungentle, the inconsiderate, the unsympathetic nature cannot be courteous.

**Unselfishness** - happiness never comes through having or getting or being served by others. It comes through giving and being of service.

**Good temper** - being free from jealousy, anger, pride, cruelty, self-righteousness, touchiness, sullenness, pouting, and a short temper.

**Guilelessness** - believing in others, seeing the bright side, putting the best construction on every action. When we respect another it is the first step in restoring the lack of self-respect.

**Sincerity** - striving to get the facts, searching for the truth with a humble and unbiased mind and cherishing whatever is found at any sacrifice.

The business of our lives is to have these things fitted into our character. The one eternal lesson for us all is how better can we love in every aspect of our lives. Keep love in the midst of life -- among people and things and troubles and obstacles and difficulties. And then you will find to love abundantly is to live abundantly.

# Applying the Greatest Thing in the World in My Life

*Ways I Can Show:*

More patience \_\_\_\_\_

\_\_\_\_\_

More kindness \_\_\_\_\_

\_\_\_\_\_

More generosity \_\_\_\_\_

\_\_\_\_\_

More humility \_\_\_\_\_

\_\_\_\_\_

More courtesy \_\_\_\_\_

\_\_\_\_\_

More unselfishness \_\_\_\_\_

\_\_\_\_\_

More good temper \_\_\_\_\_

\_\_\_\_\_

More guilelessness \_\_\_\_\_

\_\_\_\_\_

More sincerity \_\_\_\_\_

\_\_\_\_\_

(Do this in pencil -- you'll modify it throughout the year)

# **Vision Statement**

(Where I want to be in five years -- put in one sentence)

# **Mission Statement**

(Mode of operation -- how I will behave in the next year -- put in one sentence)

# Core Values

(The foundations upon which these statements are grounded -- Belief Systems that I have or am establishing.)

# Guiding Principles

(Guidelines of how I will behave.)



**Who I Am Now**

**Who I Am Becoming**



# Goal Planning Outline

In order that my self image can be improved and my life's potential can be achieved, it is necessary for me to set goals for each compartment of my life. By categorizing my goals, I am not attempting to separate them, but rather to connect them in a harmonious, supporting network, so that all of my goals become inter-related--each a part of all others working together. This is the "whole" person concept.

1. **Career:** Includes all the desires or dreams of my chosen pursuit, my life's work; for example, establishing levels of accomplishment; advancing my career position, developing the skills needed to be effective.
2. **Financial:** Goals such as getting a raise; getting out of debt; building a certain net worth by a specified time, or retiring at a pre-established time with a given net worth; saving money effectively for traveling, etc.
3. **Spiritual:** Goals such as becoming part of a Master Mind group; developing a prayer consciousness; tithing effectively by supporting causes I believe in; learning how to practice nine characteristics of love in all of my affairs.
4. **Physical:** Goals such as eating with more selectivity, losing or gaining weight; improving my physical appearance by means of a new wardrobe; learning how to use make-up, taking up exercising, jogging or joining a health spa; giving up smoking.
5. **Mental:** Would include such goals as enhancing my capacity for learning and remembering (including names); eliminating certain erroneous mental attitudes; taking additional classes or courses that could be used for my advancement.
6. **Family:** Includes changing or clarifying roles in my family such as my relationships with my children, with my brother and/or sisters or with my parents; improving communications within my family, educating my children.
7. **Personal Relationships:** Goals such as developing a better relationship with a member of the opposite sex; acquiring new friends, releasing old relationships.
8. **"Things I Want To Do---":** Things such as taking a course or a trip; visiting the Grand Canyon; climbing a mountain; writing a book; going deep sea fishing.
9. **"Things I Want to Have---":** Like...a dream house, new furniture, a new car, etc.
10. **Miscellaneous:** This includes whatever doesn't yet fit into any of the above.
11. **"Things I Want To Be---":** Here, I describe to myself my total concept of the kind of person I want to be.
12. **Feelings:** Includes goals which reflect positive attitudes and emotional changes such as experiencing joy each day no matter what is happening, feeling good, being excited, awake, alert, alive, enthusiastic; surrendering resentments, irritability, anger, blame and guilt. The progress I make with feelings will determine the success in all my other goal categories.

# Strategic Goals

*One Year*

Career	
Financial	
Spiritual	
Physical	
Mental	
Family	
Personal Relationships	
Things I Want to Do	
Things I Want to Have	
Miscellaneous	
Things I Want to Be	
Feelings	



# Goals For The Next 14 Days

Career

Financial

Spiritual

Physical

Mental

Family

Personal Relationships

Things I Want to Do

Things I Want to Have

Miscellaneous

Things I Want to Be

Feelings

# Achievements of Last 14 Days

# How To Make An Image Book

*“Being comes before having”  
“First within, then without”*

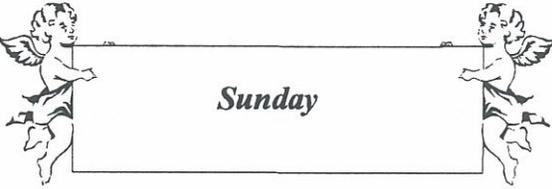
My outer world and all that it contains is but the visible duplicate of my inner mind state. If I want to change my life experience, then I must change my mind (thinking and feeling).

My “self-image” determines my life experiences. My experiences on a moment-to-moment basis can be no higher or lower than the invisible image I have of myself. My “self-image” is comprised of my thoughts and feelings about myself, whether these are conscious or sub-conscious.

Mind (thinking and feeling) = self-image. Self image = me, the visible duplicate of my mind state.

A very powerful and effective method of changing one’s self-image is through the use of an Image Book or I AM Book - a book that describes the real me in pictures and words.

1. I cut out words and pictures which are descriptive of the real me - my highest self. I may not feel them or believe them now, but they describe how I intend to feel about myself. I reach so far beyond my present concepts about myself and my life that my new ideas almost embarrass me. The pictures that I choose will not include the face, so that I can more easily identify with the new image.
2. I create one page or several pages on various aspects of my life that I want to have changed, developed, or expanded. I will create pages describing my spiritual nature. I will create pages describing the outer or visible part of me and my life such as my surroundings, my physical appearance, clothes and being an effective and loving spouse, or parent.
3. If I have a problem area as a lack of order or lack of organization, I create a page affirming the order in my life - “I am becoming organized in all things,” etc.
4. I will read my pages each day and really feel that I am this person with these qualities until dramatic changes take place in my life.
5. The purpose of this exercise is to call forth qualities which already exist in me, but perhaps have not been seen, felt or experienced. I am not trying to be like someone else, but am calling forth the highest and best that I already am.

<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>It's the set of the sail that determines the direction of the boat.</i></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You need to see yourself as already being and achieving your objective.</i></p>	<p style="text-align: right;"><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You cannot make it as a wandering generality. You must become a meaningful specific.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>There's a vast difference between standard of living and quality of life.</i></p>	<p style="text-align: center;"><b>JUST FOR TODAY</b></p> <p>Without judgement, criticism or excuses I evaluate where I am and where I want to be. I select my goals as destinations of an exciting journey. Just as I would gather travel brochures about places I want to visit, I gather pictures and words to describe where I want to be in every aspect of my life. I create my life to be all that I desire.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Fear keeps a lot of people from setting goals.</i></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>A goal properly set is half way reached.</i></p>	<p style="text-align: center;"><b>Sunday</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;">Relax and Reflect          On where you've come from,          Where you are,          And          Where you're going.</p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You'll see it when you believe it.</i></p>	<p><i>Saturday</i></p> <p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Where you go from here is entirely up to you.</i></p> <p><i>Friday</i></p> <p><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Effort is the key, but direction and loyalty are paramount.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - To become free from feelings of rejection, often from parents.</p> <p><i>Resolutions</i> - Creating something that is all you!</p>	<p><i>Thursday</i></p> <p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Fix your thoughts on what is true and good and right.</i></p>
<p><i>Monday</i></p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Be favorable to bold beginnings.</i></p>	<p><i>Tuesday</i></p> <p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>We make a living by what we get; we make a life by what we give.</i></p> <p><i>Wednesday</i></p> <p><b>9. Mobilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You can't make a hit if you have no aim in life.</i></p>

# Goals For The Next 14 Days

Career

Financial

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Things I Want to Do

Things I Want to Have

Miscellaneous

Things I Want to Be

Feeling

# Achievements of Last 14 Days

# Personal Purpose

## *Defining The Meaning Of Your Life*

Personal Purpose has many uses on a day-to-day basis. If we ask ourselves how what we are about to do aligns with our personal purpose, we can make decisions so much simpler and improve the quality of life as well. An event has either little or great meaning to us depending on how we see it in relation to our purpose. Thus we can eliminate certain things we do, and do other things in ways that bring great joy and satisfaction.

To define your purpose first identify three of your strong, unique personal qualities (humor, creativity, warmth, communication skills, etc.). Then decide upon two ways you enjoy using those skills when you're interacting with others (help, support, encourage). Now make a statement in the present tense describing how to use those qualities in a perfect world - a fun place to be.

Example: My purpose is to use my humor, kindness and communication skills to support and encourage others to express their unique talents in a world of love and harmony.

Keeping in mind your purpose, your life can become an expression of you doing what you love to do. This is the specific way that you express who you really are, and its expression may come in a variety of ways and occupations. In this way, too, you see yourself as part of the universal scheme - on the winning team. Each play is a fun challenge and just part of the game. And since the game never ends, you never lose. Instead, you improve your skill and enjoy the benefit of steady improvement. And you encourage and support others as you see their improvement too.

The simplest way to free ourselves is to see life from the highest vantage point. Seeing life in universal terms inspires us to participate in inspiring ways. Having a specific purpose and feeling the inner need to express it is essential to having a life of high quality.

My personal purpose is \_\_\_\_\_

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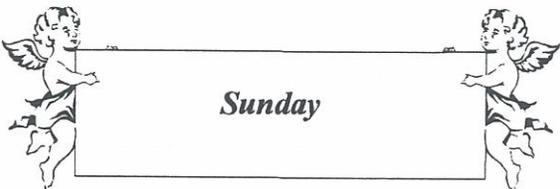
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<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>Wednesday</b></p> <p style="text-align: center;"><i>The purpose of life is a life of purpose.</i></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: center;"><i>Integrity has always determined the difference between winners and losers.</i></p>	<p style="text-align: right;"><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: center;"><i>Success is getting what you want.          Happiness is liking what you get.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: center;"><i>Focus on the contribution that you can make.</i></p>	<p style="text-align: center;"><b>JUST FOR TODAY</b></p> <p>I have a game plan and a purpose. My purpose is the engine that fires my life. I know what I stand for and what I want people to know about me. My written goals are the tools to make my purpose achievable. I create an image of who I am and enjoy spending time reviewing it daily. I have a plan to make it happen. I do what's necessary to get what I want, and I enjoy each step on the way to achievement.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: center;"><i>If you can't be a star in the sky,          be a candle.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: center;"><i>If you don't live by your own standards you will live the whims of others.</i></p>	<div style="text-align: center;">  <p style="font-size: 1.5em; margin: 0;"><b>Sunday</b></p> </div> <p style="text-align: center; margin-top: 20px;"> <b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.       </p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>Hindsight is good.  Foresight is better.  Insight is best of all.</i></p>	<p><i>Saturday</i></p> <p><b>12. Understand it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>What you commit  yourself to become  determines what  you are.</i></p> <p><i>Friday</i></p> <p><b>11. Integrate it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>What you are speaks so loudly I  can't hear what you're saying.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - Complex and entangled human relationships.</p> <p><i>Resolutions</i> - Release relationships that do not serve your highest purpose.</p>	<p><i>Thursday</i></p> <p><b>10. Manifest it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>Too much of a good thing  can be wonderful.</i></p>
<p><i>Monday</i></p> <p><b>7. Merge with it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>"Worse than being blind would be to be  able to see but not have any vision."  --Helen Keller</i></p>	<p><i>Tuesday</i></p> <p><b>8. Harmonize it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>Don't be afraid that your life will end.  Be afraid that it will never begin.</i></p> <p><i>Wednesday</i></p> <p><b>9. Mobilize it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>It's OK for you  to be who you  are and who  you are not.</i></p>

# Goals For The Next 14 Days

Career

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Things I Want to Do

Things I Want to Have

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Things I Want to Be

Feeling

# Achievements of Last 14 Days

# Building Self-Esteem

## *Things To Say About Yourself*

Although I always work to improve myself and I get better every day, I like who I am today.

I wanted to be somebody - and now I know I am.

I would rather be me than anyone else in the world.

I am full of life. I like life and I'm glad to be alive.

I am a very special person, living at a very special time.

I have many beautiful qualities about me. I have talents and skills and abilities that are unique. I even have talents that I don't know about yet! I am discovering new talents inside myself all the time.

I have a lot of energy and enthusiasm and vitality.

I am exciting and I really enjoy being me.

I am intelligent. My mind is quick and alert and clever and fun. I think good thoughts, and my mind makes things work right for me.

Ideas are now coming to me that will help me achieve my goals.

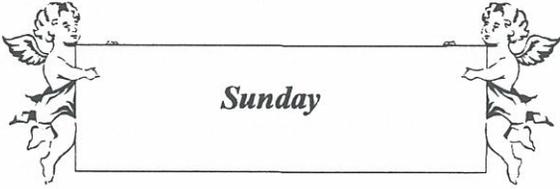
I thankfully and gratefully accept them.

I am perfectly healthy mentally and physically.

I do all things to properly maintain my health.

I spend my money and time wisely and with maturity. I like money and I use it creatively and constructively. I release money with joy and it returns to me a thousand-fold.

In any adversity, I feel no failure or defeat. I look instead for the seed of an equivalent benefit, and I persistently move toward my goal, thankful for the lesson I have learned.

<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>I'd rather change my mind and succeed than have my own way and fail.</i></p> <p><i>The most excited people on this earth are those who are growing.</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Ten percent of life is what you make it. Ninety percent is how you take it.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>People who roll up their sleeves rarely lose their shirts.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I dress and look my very best. I give my name first in every telephone call and whenever I meet someone new. I accept compliments with a simple and courteous "thank you". I sit up front at meetings and conferences. I walk erectly and briskly, confident of where I am going. I set my own internal standards rather than compare myself to others. Each person is unique, so there's no one I can be compared to. I seek out the winners in life as friends. I smile in a way that says "I'm OK - and you're OK, too!"</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Man is engineered for success.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Reason often makes mistakes, but conscience never does.</i></p>	<p><b>Sunday</b></p> <p></p> <p><b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.</p>

<p><b>Sunday</b></p> <p><b>13. Live it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Self-acceptance is the acid that dissolves self-doubt.</i></p>	<p><b>Saturday</b></p> <p><b>12. Understand it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>"We are what we think about all day long." -- Ralph Waldo Emerson.</i></p> <p><b>11. Integrate it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Knowledge is the information you've got; wisdom is what you do with it.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><b>Issues</b> - Get a handle on the contradictory needs of personal freedom and relationship security.</p> <p><b>Resolutions</b> - Be comfortable with your own individuality, no matter how unique it may be.</p>	<p><b>Thursday</b></p> <p><b>10. Manifest it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>A life of doing right is the wisest life there is.</i></p>
<p><b>Monday</b></p> <p><b>7. Merge with it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>The only thing you need for mental and emotional survival is excitement.</i></p>	<p><b>Tuesday</b></p> <p><b>8. Harmonize it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Real optimism has a reason to complain, but prefers to smile.</i></p> <p><b>Wednesday</b></p> <p><b>9. Mobilize it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Success is hanging on after others have let go.</i></p>

# Goals For The Next 14 Days

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Physical

Mental

Family

Personal Relationships

Things I Want to Do

Things I Want to Have

Miscellaneous

Things I Want to Be

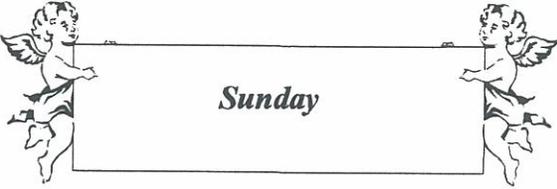
Feeling

# Achievements of Last 14 Days

# Ten Commandments Of Human Relations

1. **Speak To People.** There is nothing so nice as a cheerful word of greeting.
2. **Smile At People.** It takes 72 muscles to frown, only 14 to smile.
3. **Call People By Name.** The sweetest music to anyone's ears is the sound of his own name.
4. **Be Friendly And Helpful.** If you would have friends, be a friend.
5. **Be Cordial.** Speak and act as if everything you do is a genuine pleasure.
6. **Be Genuinely Interested In People.** You can like almost everybody if you try.
7. **Be Generous With Praise -- cautious with criticism.**
8. **Be Considerate With The Feelings Of Others.** There are usually three sides to a controversy: yours, the other fellow's and the right side.
9. **Be Alert To Give Service.** What counts most in life is what we do for others.
10. **Add To This A Good Sense Of Humor.** A big dose of patience and a dash of humility and you will be rewarded many-fold.



<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>Watch out for half truths--it may be the wrong half.</i></p> <p><i>What you send out comes back.</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>The way you see people is the way you treat them.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>Love is the language understood everywhere.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I realize that other people are another version of me. I acknowledge that we share the same basic needs no matter who we are, where we live, what we do, what we have (or don't have). I know how good it makes me feel to be acknowledged and valued and so today I treat others in the way I like to be treated.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>Become a good finder.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>Treat people in terms of potential rather than just performance.</i></p>	<p><b>Sunday</b></p> <p></p> <p><b>Relax and Reflect</b>  On where you've come from,  Where you are,  And  Where you're going.</p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>To knock a chip off someone's shoulder--help him take a bow.</i></p>	<p style="text-align: right;"><i>Saturday</i></p> <p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>America is not a melting pot--it's a mosaic.</i></p> <p style="text-align: right;"><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: right;"><i>A small town is a place where you lend out a cup of sugar and get back a pie.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - Handling disappointments due to unrealistic expectations.</p> <p><i>Resolutions</i> - Be a good friend and keep life simple.</p>	<p style="text-align: right;"><i>Thursday</i></p> <p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: right;"><i>Conceit is a weird disease. It makes everyone sick except the one who has it.</i></p>
<p><i>Monday</i></p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>How much we can learn from those who apparently have nothing to teach.</i></p>	<p style="text-align: right;"><i>Wednesday</i></p> <p style="text-align: left;"><i>Tuesday</i></p> <p><b>9. Mobilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: right;"><i>Take time for those you love.</i></p> <p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>How happy you are depends to a very large degree on your relationship with other people.</i></p>

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# How To Hypnotize Yourself Into Failure

Your behavior is largely determined by the words you use. You think in words and you tend to be governed by the words you use when you talk to yourself. A hypnotist can control a subject's physical reactions merely by words. You are really doing the same to yourself. You have spent your entire life hypnotizing yourself. Every word you repeat and believe tends to shape what you become.

Let's look at words that may be having a negative effect on your life. They are really negative affirmations. We will call them limitations. The words you feed into your mind shape your attitudes and once you plant these limitations into your mind, they become fact. The mind is like a garden and it will grow any kinds of seeds you plant in it.

Which of these limitations may be planted in your mind?

"I can't quit smoking."

"I can't remember people's names."

"I just can't seem to get going in the morning."

"I've got too much work to do."

"I get nervous around strangers."

"I'm too old to change."

"I always get a cold when I get chilled."

"I just can't seem to save money."

"I've just got to have eight hours of sleep."

"I can't lose weight no matter how hard I try."

"Children get on my nerves."

"Oysters make me gag."

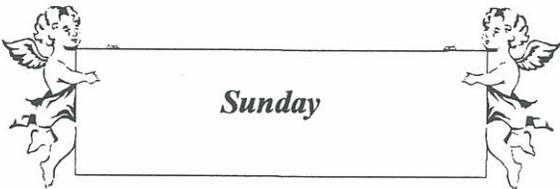
Now think of positive affirmations you may want to use to eliminate limitations in your mind.

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<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>You can choose to be enthusiastic.</i></p> <p><b>3. Activate it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>Attitudes are contagious -- is yours worth catching?</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>If you encounter difficulty, don't change your decision to go. Change your direction to get there.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>What you get by reaching your goal is not nearly as important as what you will become by reaching it.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I eliminate the words "can't," "try," "should," and "have to." I use the words "choose to" or "choose not to." I forget about the consequences of failure. I identify something I've wanted to do but have been afraid (anything from hang gliding to starting a business). I personally talk with someone who is doing what I want to do and doing it well. I find out all I can about that field and I generate excitement by mentally seeing myself enjoying the reward of that achievement. I'm in the habit of saying "I want to - I can" for every one of my goals.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>By the yard, life is hard; By the inch, life's a cinch.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>It takes guts to leave the ruts.</i></p>	<p><b>Sunday</b></p>  <p><b>Relax and Reflect</b>  On where you've come from,  Where you are,  And  Where you're going.</p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>"I have not failed 10,000 times,          I have successfully found 10,000          ways that will not work."--          Thomas Edison</i></p>	<p><i>Saturday</i></p> <p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Excuses are your          lack of faith in your          own power.</i></p> <p><i>Friday</i></p> <p><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Getting on is getting up each          time you're down.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - Not to be opinionated, to loosen          up rigid attitudes.</p> <p><i>Resolutions</i> - Cultivate knowledge of          human nature and develop good social          skills.</p>	<p><i>Thursday</i></p> <p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Don't be an "if" thinker -          be a "how" thinker.</i></p>
<p><i>Monday</i></p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Sow an action-reap a habit.          Sow a habit-reap a character.          Sow a character-reap a destiny.</i></p>	<p><i>Tuesday</i></p> <p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>It's the most unhappy people          who most fear change.</i></p> <p><i>Wednesday</i></p> <p><b>9. Mobilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Hoping and          wishing are          excuses for not          having.</i></p>

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# Reframing The Pictures Of The Past

The single most important technique that allows a human being to become a new person is the technique of Self-Observation.

Self-Observation is definitely not self-centered mental absorption. It's exactly the opposite. Self-observation is an act of watching everything that goes on, both within yourself and outside. You do not react or personalize or form an opinion about anything you observe.

You judge nothing as good or bad, pleasurable or painful, favorable or unfavorable. You simply watch, just as if you have no personal connection with whatever you observe. Think of yourself as standing on a sidewalk, watching passing cars. Some of the cars are bright with lights and color, others are drab and dreary; but what has either to do with you? You have no connection with either the brightness or dreariness -- you are merely watching them come and go.

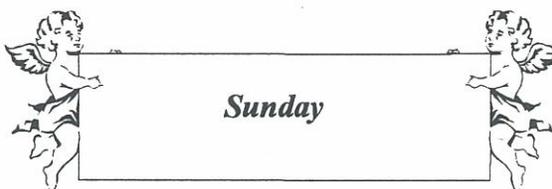
Self-observation means passive detachment. You do not try to change things you see in yourself; you interfere with nothing. Without attitude and without comment, you simply look.

In this way, you discover that it's not the events of the past that have brought pain -- it's what you told yourself about those events.

Bring to mind an event that has caused feelings of embarrassment. Get a clear mental picture of it. Now change that picture from color to black and white and from black and white to color. Change the picture from large to small or from small to large. See the picture and play circus music in the background. Put yourself in the picture or put yourself on the outside observing what is happening. Bring to mind a previous embarrassing event that you were not able to laugh at. Notice the change!

It's a remarkable experience to stand aside and watch a fear, or depression, or a passion pass through you without personalizing it. It is sheer magic that eventually changes things effortlessly and correctly.



<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You'll never be licked as long as you know what it is you lacked.</i></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Make failure your teacher not your undertaker.</i></p>	<p style="text-align: right;"><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Life's under no obligation to give us what we expect.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Life is the process of getting used to the unexpected.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I take the responsibility and credit for my position in life. In every transaction I know my rewards reflect my service and contribution. Instead of using external stimulants and depressants, I relax naturally mentally and physically. I initiate action letters and calls on my own behalf, rather than wait for someone to do it for me. I list positive alternatives to habits I want to replace. I give my maximum effort to my job, my company, my services to others and to myself. I spend time on priorities that are important to me. I give up pleasing others and become the person I want to be.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>If you want the rainbow you gotta' put up with the rain.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>We can all learn valuable lessons and techniques from unlikely people.</i></p>	<div style="text-align: center;">  <p><b>Sunday</b></p> </div> <p style="text-align: center;"> <b>Relax and Reflect</b>  <b>On where you've come from,</b>  <b>Where you are,</b>  <b>And</b>  <b>Where you're going.</b> </p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>What you are is a result of what you have been. What you will be is a result of what you are doing now.</i></p>	<p><i>Saturday</i></p> <p><b>12. Understand it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>Letting go of what was makes room for what is.</i></p> <p><b>11. Integrate it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>Never look at what you've lost - look at what you have left.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - Having faith, not being a victim.</p> <p><i>Resolutions</i> - Give meaning to life by making contributions to society.</p>	<p><i>Thursday</i></p> <p><b>10. Manifest it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>"When evil times prevail, take care to preserve the serenity of your heart."  -- Horace</i></p>
<p><i>Monday</i></p> <p><b>7. Merge with it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>As important as your past is, it is not as important as the way you see your future.</i></p>	<p><i>Tuesday</i></p> <p><b>8. Harmonize it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>Letting go of what was makes room for what is.</i></p> <p><i>You can't be brave if you've only had wonderful things happen to you.</i></p> <p><i>Wednesday</i></p> <p><b>9. Mobilize it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p>

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# Help for What's Bugging You;

## *Lessons from Nature*

Peonies are amazing flowers that bud in little round hard balls. The only way these buds can open is by little ants coming to eat away the outer shell. The flowers cannot open by themselves. Their protection must be gnawed away by bugs; then the most colorful flowers can blossom.

Those flowers and ants give us insights into the gift that challenges bring. They give us perspective on the aspects of life that bug us. Every little bite the world takes out of our ego makes a bit more of an opening for the flower of our true selves to emerge.

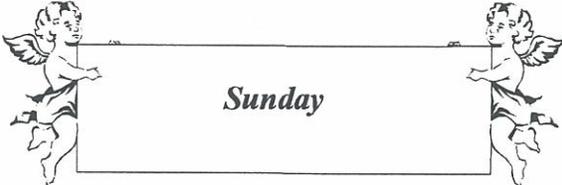
We won't do it by ourselves. We really need each other to rub off our rough edges. If we run away from challenges, we only prevent ourselves from growing. We may think we've resisted pain. Pain does not come from a person or event; it is created in the mind. As long as we run from the thing we resist, the pain stays in the mind. When we face the object of our difficulty, only then do we have an opportunity to free ourselves. There's a time for retreat and renewal, but there is also a time to stand up with courage to the monsters of the mind. And then we find these monsters are not real. They have no power except our fear.

The monsters (or big bugs) come exactly at the moment we're ready to benefit from the strength we gain by handling them. We're never given a challenge beyond our ability to master it. The adversities arise according to the level of personal growth we've achieved, and they're exactly what we need to grow to the next level of understanding. As with the peonies, the ants appeared just at the moment the flowers were ready to open.

The Chinese word for crisis is **Danger Plus Opportunity!**

As our old world crumbles, we need not fall into insecurity, fear and confusion. Nothing is ever taken without something better coming into its place. There is never any loss without greater gain. The only way to deal with change is to expand our idea of what is being transformed around us. There's a bright world waiting for us to claim it as we open like peonies to celebrate the sunshine.



<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>Wednesday</b></p> <p><i>Worry is the misuse of imagination.</i></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Money has never made anyone rich.</i></p>	<p style="text-align: right;"><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>A person often meets their destiny on the road they took to avoid it.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>The easiest way to get to the top is to get to the bottom of things.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I wake up happy, sing in the shower and celebrate the gift of life. I use positive self-talk and always find the good in myself and others. I look at problems as opportunities to use my creativity and ingenuity - that's why they're there! I stay relaxed and friendly even when under stress. I resign from group griping and focus on solutions. I am realistic in examining facts and optimistic in my ability to contribute to solutions. I cure what's curable, prevent what's preventable and enjoy the rest.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>The problem that can't be solved doesn't exist.</i></p> <p style="text-align: right;"><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Choose to be happy in spite of it all!</i></p>	<div style="text-align: center;">  <p><b>Sunday</b></p> </div> <p style="text-align: center;"> <b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.       </p>

<p><b>Sunday</b></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>I hear and I forget.          I see and I remember.          I do and I understand.          --Chinese Proverb</i></p>	<p style="text-align: right;"><b>Saturday</b></p> <p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Real optimism is exposed to the worst but expects the best.</i></p> <p style="text-align: right;"><b>Friday</b></p> <p><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>When you have a pressure put on you, benefit yourself with it.</i></p>
<p style="text-align: center;"><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues - Become a healer of others.</i></p> <p><i>Resolutions - Study teachings of the masters.</i></p>	<p style="text-align: right;"><b>Thursday</b></p> <p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>No one can make you feel inferior without your permission.</i></p>
<p><b>Monday</b></p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Cheer up! When it comes to troubles most of us are in the express line - eight items or less.</i></p>	<p style="text-align: right;"><b>Wednesday</b></p> <p style="text-align: left;"><b>Tuesday</b></p> <p><b>9. Mobilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Rise above worry.</i></p> <p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Sometimes adversity is what you need in order to become successful.</i></p>

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# To “Let Go” Takes Love

To “let go” does not mean to stop caring; it means I can’t do it for someone else.

To “let go” is not to cut myself off, it is the realization I can’t control another.

To “let go” is not to enable, but to allow learning from natural consequences.

To “let go” is to admit powerlessness, which means the outcome is not in my hands.

To “let go” is not to try to change or blame another, it is to make the most of myself.

To “let go” is not to care for, but to care about.

To “let go” is not to fix, but to be supportive.

To “let go” is not to judge, but to allow another to be a human being.

To “let go” is not to be in the middle arranging all the outcomes but to allow others to affect their own destinies.

To “let go” is not to be protective; it is to permit another to face reality.

To “let go” is not to deny, but to accept.

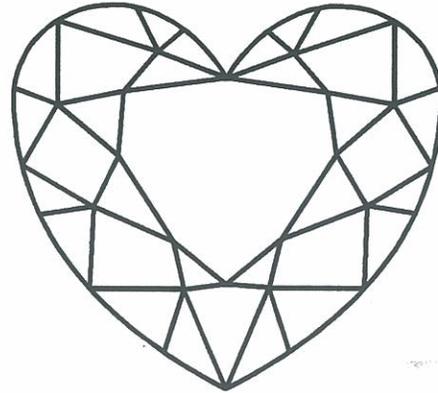
To “let go” is not to nag, scold, or argue, but instead to search out my own shortcomings and to correct them.

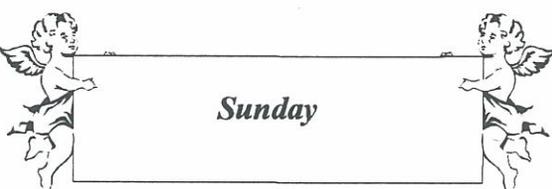
To “let go” is not to adjust everything to my desires but to take each day as it comes, and to cherish myself in it.

To “let go” is not to criticize and regulate anybody but to try to become what I dream I can be.

To “let go” is to not regret the past but to grow and to live for the future.

To “let go” is to fear less and to love more.



<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Children make up 100% of our future.</i></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Where there is great love there are always miracles.</i></p>	<p style="text-align: right;"><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: center;"><i>Life is a series of small decisions.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You can give without loving, but you cannot love without giving.</i></p>	<p style="text-align: center;"><b>JUST FOR TODAY</b></p> <p>I let go of unrealistic expectations that I have for myself and others. I find healthy ways to release anger and disappointment. I honestly express my thoughts and feelings in every situation. I honestly evaluate where I am, what I want and where I'm going and I let go of all that is not beneficial.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Love does not demand its own way.</i></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Sometimes we must understand that it is not necessary to understand.</i></p>	<p style="text-align: center;"><b>Sunday</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;"> <b>Relax and Reflect</b>  <b>On where you've come from,</b>  <b>Where you are,</b>  <b>And</b>  <b>Where you're going.</b> </p>

<p><b>Sunday</b></p> <p><b>13. Live it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>“What lies behind you and what lies before you pales insignificant when compared to what lies within you.”  -- Ralph Waldo Emerson</i></p>	<p><b>12. Understand it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>You cannot control without being controlled.</i></p> <p><b>11. Integrate it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>Children close their ears to advice, but open their eyes to examples.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><b>Issues</b> - Avoid poisoning yourself by suppressing anger.</p> <p><b>Resolutions</b> - Express feelings and foster purifying and healing actions.</p>	<p><b>10. Manifest it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>We all agree that forgiveness is a beautiful idea until we have to practice it.</i></p>
<p><b>Monday</b></p> <p><b>7. Merge with it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>Real love is when you do the things that are best for the person you love.</i></p>	<p><b>9. Mobilize it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><b>8. Harmonize it!</b>  Read JFT ____ (1-3)  Applied ____ (1-5)  Total ____</p> <p><i>Love is never haughty, selfish, or rude.</i></p> <p><i>If you love someone you will always believe in him.</i></p>

# Goals For The Next 14 Days

Career

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Things I Want to Do

Things I Want to Have

Miscellaneous

Things I Want to Be

Feeling

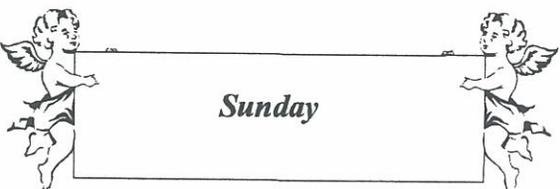
# Achievements of Last 14 Days

# Discerning Positive Qualities Through Negative Traits

Every negative trait is a positive quality misused. A person who is careless with money is misusing the quality of generosity. A person who is critical and judgmental is misusing the quality of discernment. Here is a further list of misuses.

<b>POSITIVE QUALITIES</b>	<b>POSITIVE QUALITIES MISUSED (NEGATIVE TRAITS)</b>
1. ALERTNESS	Jumpiness; quick criticism; presumptuous inquisitiveness
2. AMIABILITY	Gullible; status-seeking; socially preoccupied; spineless
3. ANALYTICAL	Pickiness; fussiness; pettiness; over-attention to detail
4. ASPIRATION	Selfish competition; vain ambition; scheming
5. COMPASSION	Gushy sentimentalism; undiscerning empathy; taking up offenses
6. CONFIDENCE	Conceited; cocky; overbearing
7. COOPERATIVENESS	Compromising; conniving; lacking initiative
8. COURAGE	Recklessness; brashness; brazenness
9. COURTESY	Self-consciousness; social stiffness; superficial flattery
10. CREATIVITY	Mischievous; crafty; day-dreaming; devious
11. DECISIVENESS	Inflexibility; ruthlessness; dominance
12. DILIGENCE	Slavishness; one-track mindedness; selfishly industrious
13. DISCERNMENT	Snoopiness; judgmental; critical; fault-finding
14. DISCIPLINE	Rigidity; harshness; overbearing; tyrannical
15. DISCRETION	Over-cautiousness; secretiveness; timidness; undue carefulness
16. EARNESTNESS	Nervous meticulousness; over-conscientiousness; over-seriousness
17. EFFICIENCY	Perfectionism fussiness; rigidity; impatience
18. ENTHUSIASM	Fanatical; over-bearing; over-wrought; aggressive
19. EXPRESSIVENESS	Wordy; glib; vociferous; melodramatic
20. FAIRMINDEDNESS	Indecisive; indiscriminate; undiscerning
21. FLEXIBILITY	Wishy-washiness; indecisiveness; spinelessness
22. FORGIVENESS	Irresponsible leniency; permissiveness; irresponsibility; weakness
23. FRANKNESS	Tactless; insensitive; undiplomatic; distrustful
24. FRUGALITY	Stingy; miserly; penny pinching
25. GENEROSITY	Extravagance; spend-thriftiness; wastefulness; squandering
26. GRATEFULNESS	Flattery; gushiness; extravagant generosity
27. HONESTY	Outspokenness; bluntness; brutality; indiscretion
28. HOSPITALITY	Ingratiating; social climbing; cliquish
29. HUMILITY	Self-abasement; extreme self-criticism; lack of self-confidence
30. LOYALTY	Possessiveness; idol worship;
31. NEATNESS	Perfectionism; over meticulousness; intolerance; stiffness
32. OBJECTIVITY	Insensitivity; cold calculation; unloving
33. PATIENCE	Indifferent; permissive; disinterested
34. PERSISTENCE	Stubbornness; inflexibility; self-willed; headstrong
35. PERSUASIVENESS	Smooth talking; high pressure tactics; stubbornness
36. PUNCTUALITY	Intolerance; impatience with tardiness
37. PURPOSEFULNESS	Single-mindedness; intolerance; inflexibility
38. RESPECTFULNESS	Idol worship; debilitating subservience
39. RESOLUTENESS	Hardheadedness; closed mindedness; stubbornness
40. RESOURCEFULNESS	Over-independence; manipulation; scheming calculation
41. SENSITIVITY	Touchiness; easily offended; emotional
42. SINCERITY	Gullibility; over seriousness; impulsiveness

Find your negative traits and bring your behavior back to a point where it is expressing a positive quality.

<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>When you bury the hatchet, don't do it in your enemy's back.</i></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Failure is a detour, not a dead-end street.</i></p>	<p style="text-align: right;"><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Real optimism is aware of problems but recognizes the solutions.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Pride leads to arguments.          Be humble - take advice - become wise.</i></p>	<p style="text-align: center;"><b>JUST FOR TODAY</b></p> <p>I honestly evaluate my behavior in all situations and listen to criticism that I have been denying. I know that my actions can always be refined and improved as part of naturally becoming more mature and wise. I celebrate who I am and who I am becoming. I am grateful for all that life teaches me.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>F.E.A.R.          False evidence appearing real.</i></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>When you throw dirt at people you lose ground.</i></p>	<p style="text-align: center;"><b>Sunday</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;"> <b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.       </p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Those people who look down on others are generally living on a bluff.</i></p>	<p><i>Saturday</i></p> <p><b>12. Understand it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Hardening of the attitudes is the most deadly disease.</i></p> <p><b>11. Integrate it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>"You'd be surprised how much it costs to look this cheap."          --Dolly Parton</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - Experience powerful transformations consciously.</p> <p><i>Resolutions</i> - Learn to accept changes in life as part of the learning process.</p>	<p><i>Thursday</i></p> <p><b>10. Manifest it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>The greatest good we can do for others is not just to share our riches with them, but to reveal theirs.</i></p>
<p><i>Monday</i></p> <p><b>7. Merge with it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Courage is fear that has said its prayers.</i></p>	<p><i>Tuesday</i></p> <p><b>8. Harmonize it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Negative people seldom persist.</i></p> <p><i>A person who is always up in the air harping on something is not necessarily an angel.</i></p>
	<p><i>Wednesday</i></p> <p><b>9. Mobilize it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p>

# Goals For The Next 14 Days

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Things I Want to Do

Things I Want to Have

Miscellaneous

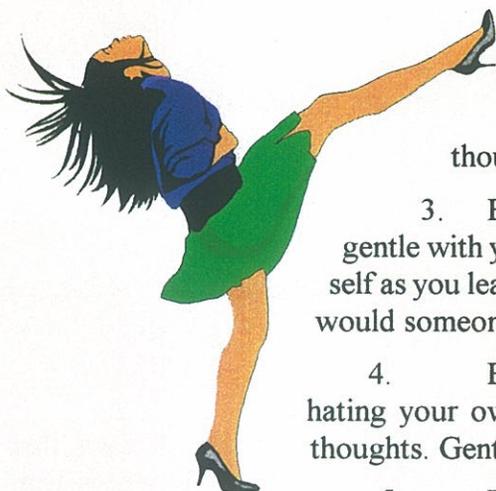
Things I Want to Be

Feeling

# Achievements of Last 14 Days

# How To Love Yourself

1. **STOP ALL CRITICISM.** Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everybody changes. When you criticize yourself, your changes are negative. When you approve of yourself, your changes are positive.



2. **DON'T SCARE YOURSELF.** Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure, and immediately swing your scary thought to a pleasure thought.

3. **BE GENTLE AND KIND AND PATIENT.** Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn the new ways of thinking. Treat yourself as you would someone you really loved.

4. **BE KIND TO YOUR MIND.** Self-hatred is only hating your own thoughts. Don't hate yourself for having the thoughts. Gently change your thoughts.

5. **PRAISE YOURSELF.** Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing every little thing.

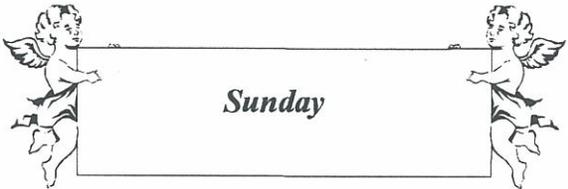
6. **SUPPORT YOURSELF.** Find ways to support yourself. Reach out to friends and allow them to help you. It is being strong to ask for help when you need it.

7. **BE LOVING TO YOUR NEGATIVES.** Acknowledge that you create them to fulfill a need. Now you are finding new, positive ways to fulfill those needs. So, lovingly release the old negative patterns.

8. **TAKE CARE OF YOUR BODY.** Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Learn about exercise. What kind of exercise can you enjoy? Cherish and revere the temple you live in.

9. **MIRROR WORK.** Look into your eyes often. Express the growing sense of love you have for yourself. Forgive yourself looking into the mirror. Talk to your parents looking into the mirror. Forgive them too. At least one a day say: "I love you, I really love you."

10. **LOVE YOURSELF...DO IT NOW.** Don't wait until you get well and lose the weight, or get the new job, or the new relationship. Begin now -- do the best you can.

<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>"Guilt is the gift that keeps on giving."          --Erma Bombeck</i></p> <p><i>Winners dwell on their desires,          not their limitations.</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>If we cannot love ourselves, where will we draw our love for anyone else?</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>A poor self image is caused by the absence of unconditional love.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I acknowledge the negative traps that all of us fall into. I let go of self criticism and substitute praise and encouragement. I am becoming my own best friend. I realize that I can only love and forgive others to the extent that I love and forgive myself. I enjoy experiencing and sharing the growing sense of love within me.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Life is a do-it-to-myself project.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Positive thinking will let you use the abilities you have.</i></p>	<p><b>Sunday</b></p> <p></p> <p><b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.</p>

<p><b>Sunday</b></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You are the only person on this earth who can use your ability.</i></p>	<p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>The great truths in life are the simple ones.</i></p> <p><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>"Shared joy is double joy.          Shared sorrow is half-sorrow."          --Swedish proverb</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><b>Issues</b> - Self-interest versus self-sacrifice.</p> <p><b>Resolutions</b> - Develop cooperation and sharing with others.</p>	<p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>The picture you have of yourself is exactly the way you will perform.</i></p>
<p><b>Monday</b></p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>When you quit getting better, you'll soon stop being good.</i></p>	<p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Hard or difficult doesn't spell impossible.</i></p> <p><i>For a good self image, choose your friends and associates carefully.</i></p>

# Goals For The Next 14 Days

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# Achievements of Last 14 Days

# How To Be Liked By Others

To have a friend, you must be one.

Don't try to impress others, let them impress you.

Be kind to people. You won't always love them, but you can be kind to them.

Learn to love yourself. Others will respond to you the way you respond to yourself.

Do things to make people feel important. Write a letter. Give a compliment. Say "Thank You". Praise. Encourage. Support. Cooperate.

Be a good listener. You can have a greater effect on others by the way you listen than by the way you talk.

Unless you can say something worthy about a person, say nothing.

Call a person by name. Use it often in your conversation.

Communicate cheerfulness. Smile. Be pleasant. Talk about the brighter things in life.

Remember that there is no right or wrong. What works for you may not work for someone else.

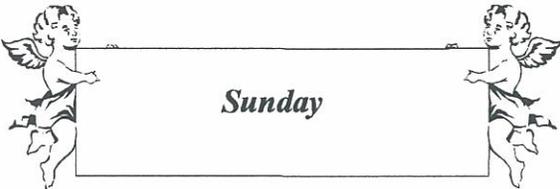
Don't judge or compare yourself to others.

Help people like themselves. The greatest compliment someone can give you is to say "I like myself better when I'm with you."

Be genuinely interested in others. Get them to talk about themselves and ask for their view and ideas.

Be sincere and honest and just be who you are!



<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Little things make a big difference.</i></p> <p><i>Telling all you know is as bad as believing all you hear.</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>The key in winning relationships is to let the other person feel important.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Kindness is one thing you cannot give away--it comes back to you.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I see how I fit in to my family, my profession, my community, my nation, my world. I treat people more like brothers and sisters. I treat animals and nature more carefully and tenderly. I tell those close to me how special and important they are to me. I listen and give encouragement to a child and to an elder. I anonymously do something for someone for which there is no direct pay off for me. I experiment with five to six hours sleep while being kind to my body with good nutrition and exercise. I taste an ethnic food, learn a foreign custom or language. I celebrate the oneness of all life.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You can't shake hands with a clenched fist.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Go easy on others; then they will do the same for you.</i></p>	<p><b>Sunday</b></p> <p></p> <p><b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.</p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You don't manage people--you manage things. You lead people.</i></p>	<p><i>Saturday</i></p> <p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>If you wouldn't write it and sign it, don't say it.</i></p> <p><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>It's never too late to have a positive effect in someone's life.</i></p> <p><i>Friday</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - To stay with one thing long enough to master it.</p> <p><i>Resolutions</i> - To have many creative outlets and active social life.</p>	<p><i>Thursday</i></p> <p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>True generosity is doing something nice for someone who'll never find out.</i></p>
<p><i>Monday</i></p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>There are billions of people who go to bed hungry for an honest word of appreciation.</i></p>	<p><i>Tuesday</i></p> <p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Sincere praise is effective. Insincere praise is manipulation.</i></p> <p><i>Wednesday</i></p> <p><b>9. Mobilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>To reach your goals you need to become a team player.</i></p>

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# Achievements of Last 14 Days

# Seek Excellence, Not Perfection

## **Perfectionists**

reach for impossible goals

value themselves by what they do

get depressed and give up

are devastated by failure

remember mistakes and dwell on them

can only live with being number one

hate criticism

have to win to keep high self-esteem

## **Pursuers of Excellence**

enjoy meeting high standards that are within reach

value themselves by who they are

may experience disappointment, but keep on going

learn from failure

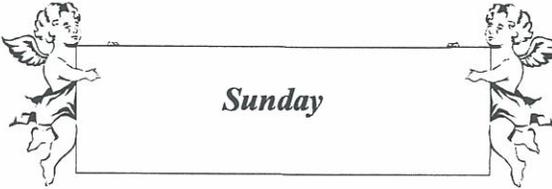
correct mistakes, then learn from them

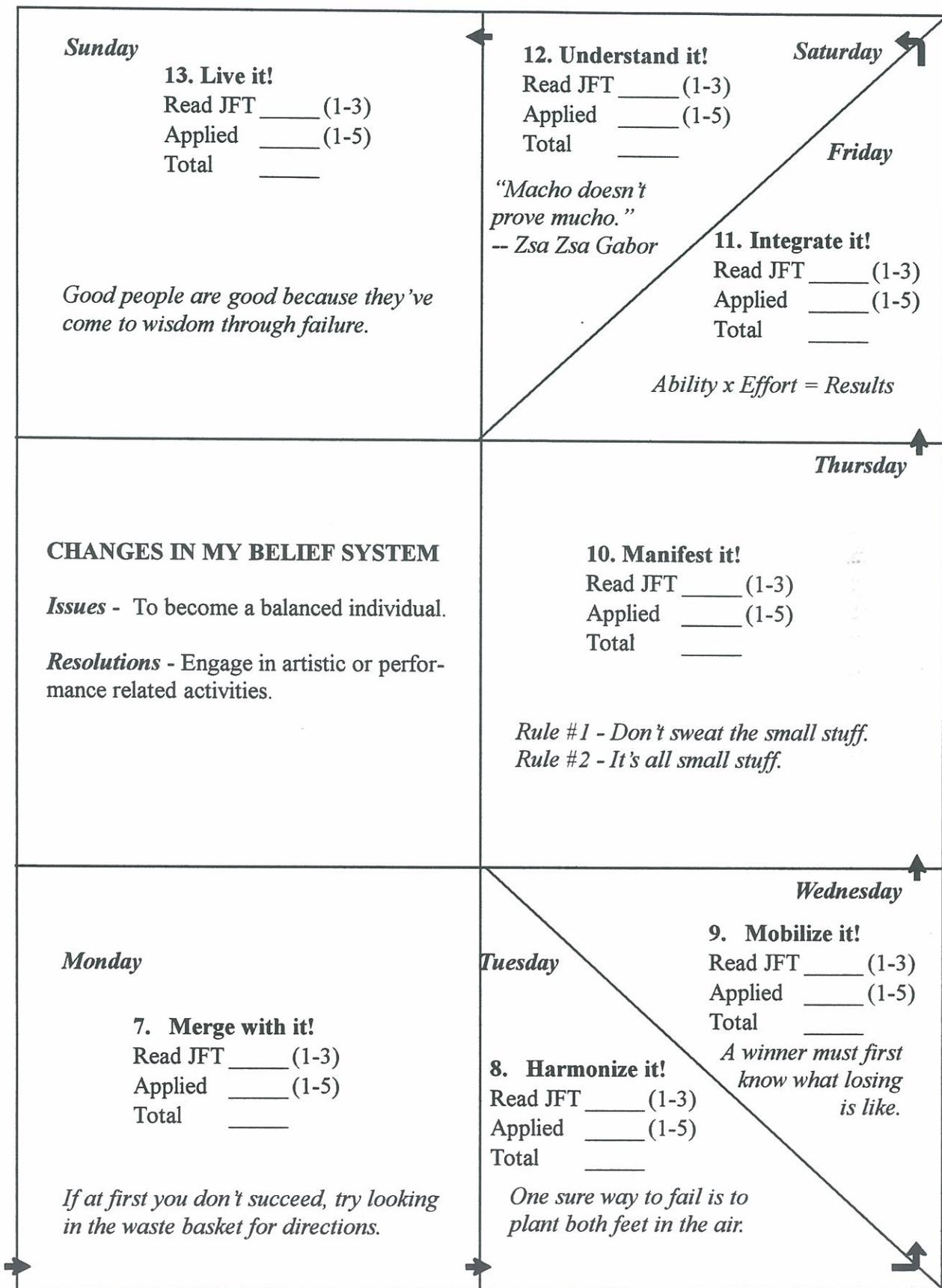
are happy with being number two, if they know they have tried their hardest

welcome criticism

finish second and still have a good self-image



<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>There's more to life than increasing its speed.</i></p> <p><i>You can learn from successful failures.</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Anything worth doing is worth doing poorly until you learn to do it well.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>A person who talks fast often says things he hasn't thought of yet.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I balance work and leisure. I let go of unrealistic expectations of myself and others and enjoy the human qualities in all of us. I allow myself to do something poorly and just enjoy the experience without feeling the need to master the activity. I enjoy a mediocre bike ride or an average walk in the park.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Some people find fault like there was a reward for it.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>The only people who never fail are those who never try.</i></p>	<p><b>Sunday</b></p> <p></p> <p>Relax and Reflect          On where you've come from,          Where you are,          And          Where you're going.</p>



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# Achievements of Last 14 Days

# Creative Visualization

A visualization is a mental picture of what you want to create in your life. It's a process of using your creativity and imagination and everyone can do it.

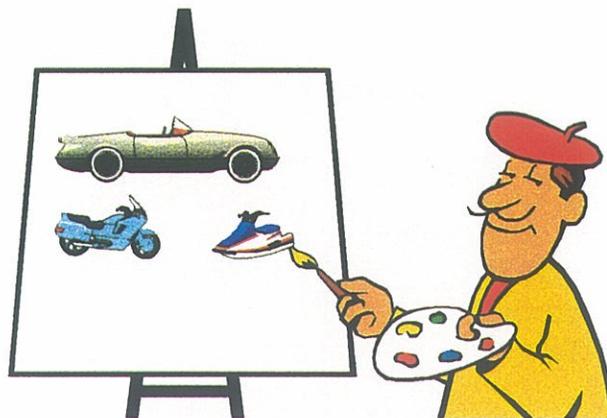
In order to visualize, you need to think of an image that represents the thing you want. If you want a new car, begin to think about what you want that car to look like. Sports car, sedan, coupe, 4-wheel drive, mini-van, RV vehicle? What color? What make? What year?

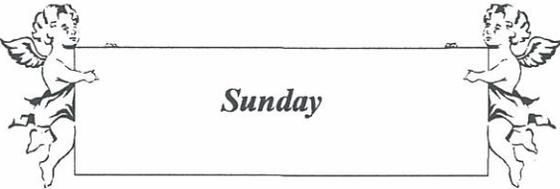
If what you want is more intangible (like peace of mind) you can again build the image slowly, detail by detail. You can create an image of yourself as more peaceful. How does your face and body look when you are more serene? How do you move, walk and talk when you are peaceful?

Until you can visualize something as being possible, that thing cannot begin to manifest. You must see the possibility clearly in order to move toward it. The more clearly you can visualize what it is you want, the more easily you can manifest it.

To have the greatest power to manifest your visualization will evoke feeling. The more emotionally appealing the picture, the more enthusiasm you will have to create it. If you want to lose weight, create an exciting mental image of your body the way you want it. Notice the details: the way a special outfit looks, what color it is, how it feels on, how healthy your body is, how good you feel. Feel the emotion start to build. It is this emotion and excitement that will be transferred into mental and physical action and make your dreams come true.

So now, relax and close your eyes and create your mental picture of life as you want it to be. When you focus entirely on what you want the how to get there becomes obvious.



<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>If you want to be enthusiastic, act enthusiastic.</i></p> <p><i>"If you think you can or think you can't you're right."--Henry Ford</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>A man will always reap just the kind of crop he sows.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You cannot perform in a manner inconsistent with the way you see yourself.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I keep track of my thoughts for I know thoughts are things. When negative ideas come to mind I immediately write "cancel" across the image and replace the picture with what I want to happen. I admire and appreciate the power of my mind to create my reality. And so to change my life I only have to change my mind.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>A person with imagination is never alone.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>When you learn how to set one goal, you'll know how to set all goals.</i></p>	<p><b>Sunday</b></p>  <p><b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.</p>

<p><b>Sunday</b></p> <p><b>13. Live it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>The more successful individuals we have, the more successful our nation will be.</i></p>	<p><b>12. Understand it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>There are many things I want and only a few things I need.</i></p> <p><b>11. Integrate it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>From the neck up there's absolutely no limit to what you can accomplish.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><b>Issues</b> - To hold one's life together according to a plan.</p> <p><b>Resolutions</b> - Become more flexible and patient.</p>	<p><b>10. Manifest it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Go as far as you can see, and when you get there, you will always be able to see further.</i></p>
<p><b>Monday</b></p> <p><b>7. Merge with it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>If you don't know what direction to take, you haven't acknowledged where you are.</i></p>	<p><b>8. Harmonize it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Imagination is the strongest nation on earth.</i></p> <p><i>"Life is what we make it; always has been, always will be."          --Grandma Moses</i></p>

# Goals For The Next 14 Days

Career

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Things I Want to Have

Miscellaneous

Things I Want to Be

Feeling

# Achievements of Last 14 Days

# Checklist For Integrity

Clean my house from top to bottom

Clean my office and keep it clean

Get my car clean and keep it clean

Throw or give away what I don't use or wear

Get up to date on all my correspondence and communication

Get rid of or fix anything that doesn't work

Return what I've borrowed or make an agreement about it

Get back what I've lent or make an agreement about it

Balance my checkbook and keep it balanced

Be up to date with all my creditors

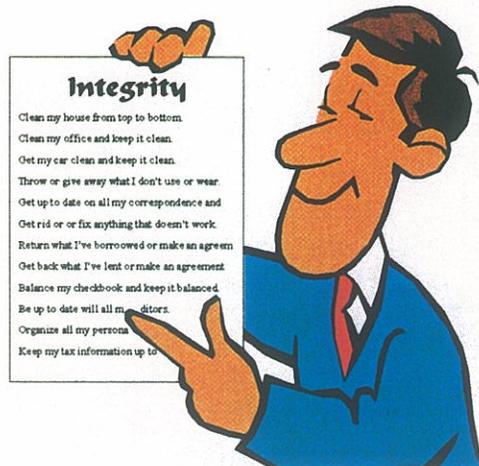
Organize all my personal records and files

Keep my tax information up to date

Get my body in shape and keep it that way

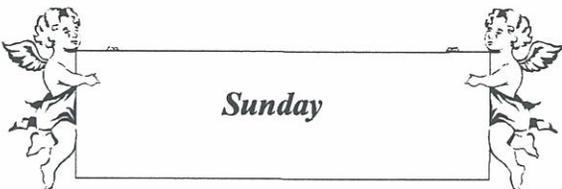
Get my wardrobe in shape and keep it that way

Get my health in shape and keep it that way



When you're feeling tired, drained of energy, or "just out of sorts" something on this list is wanting your attention.

Take care of it and watch your energy soar!

<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>More people rust out than wear out.</i></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>"Slaying the dragon of delay is no sport for the short-winded."          --Sandra Day O'Connor</i></p>	<p style="text-align: right;"><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>When you identify the problem you've taken a major step in solving it.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Actions don't always speak louder than words, but they tell fewer lies.</i></p>	<p style="text-align: center;"><b>JUST FOR TODAY</b></p> <p>I'm in control. I clean up all things that have been weighing me down. If I'm feeling overwhelmed I complete one small task to overcome inertia. I begin all things easily and effortlessly and enjoy finishing what I begin. I act rather than react. I am a person of action.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Every choice has an end result.</i></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>A clock watcher usually remains one of the hands.</i></p>	<p style="text-align: center;"><b>Sunday</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;"> <b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.       </p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>One person with commitment is worth more than 1,000 who only have an interest.</i></p>	<p style="text-align: right;"><i>Saturday</i></p> <p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>An easy task becomes difficult when you do it with reluctance.</i></p> <p style="text-align: right;"><i>Friday</i></p> <p><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: right;"><i>Thursday</i></p> <p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: right;"><i>Wednesday</i></p> <p><b>9. Mobilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: right;"><i>Tuesday</i></p> <p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - Emotional maturity and father-related/authority issues.</p> <p><i>Resolutions</i> - Acceptance of leadership when it is needed.</p>	<p><i>Monday</i></p> <p><i>Efficiency is doing things right.          Effectiveness is doing the right thing efficiently.</i></p> <p><i>Do not expect strangers to do for you what you can do for yourself.</i></p> <p><i>Placing blame on others prevents self-responsibility.</i></p> <p><i>Take your life in your own hands and what happens?          No one to blame!</i></p> <p><i>The sooner you start, the sooner you will finish.</i></p>

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# Achievements of Last 14 Days

# Building Blocks to Self-Esteem

Take conscious charge of your own life -- of everything you think, say and do. It is not the event that is important, it's your reaction to the event. You can control your reactions.

Recognize and accept your own authority to make the ultimate decision on everything you do. It is you who profits or suffers according to the consequences of your every choice.

Be kind and gentle with yourself and give your own basic needs top priority. The better you take care of your own needs, the more willing and able you are to contribute to the needs of others.

You are not your actions. Your actions are but the means that your awareness selects to satisfy your needs.

Have a meaningful life objective and conscientiously work towards its fulfillment.

Don't procrastinate. Generate the necessary motivation or dismiss the activity from the things you intend to do.

Keep in mind that you are always doing your best according to your current awareness and skills. Purge yourself of self condemnation, shame, blame, guilt or remorse.

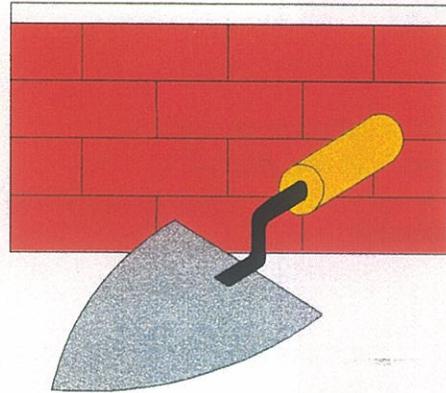
Allow yourself the freedom to make mistakes, or even fail, without self accusation and feelings of defeat. See mistakes as areas for further growth.

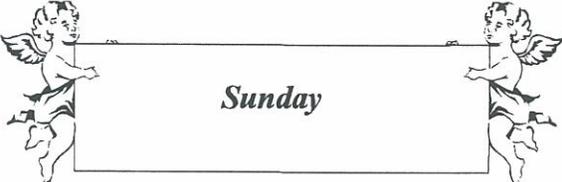
Do not be dependent on others for their permission, confirmation or agreement. Refer to your own inner basic values.

Do not try to prove anything through your achievements. You have nothing to prove.

Do first things first and live one day at a time.

If your life is not going the way you want, look to your inner self and make new choices.



<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Ability without honor has no value.</i></p> <p><i>No two people are alike - and both are glad of it.</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>No sooner said than done - so acts a man of worth.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>If you really want something you can figure out how to make it happen.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I set up a completion date for five necessary but unpleasant tasks that I have been putting off, and I follow thru with action to complete them. I rehearse important goal achievements over and over like a TV sports instant replay. If I perform well, I say "That's more like me." If I perform badly, I say "That's not like me. I perform better than that." Then in my mind I see my performance perfectly. I separate the worth of the performer from the performance I know that both winning and losing are nothing more than learned habits. Today I am a WINNER!</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Desire is the great equalizer.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Don't miss the silver lining because you're expecting gold.</i></p>	<p><b>Sunday</b></p> <p></p> <p><b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.</p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>“Things won are done--joy’s soul lies in the doing.”          --Shakespeare</i></p>	<p><i>Saturday</i></p> <p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Where you go from here is entirely up to you.</i></p> <p><i>Friday</i></p> <p><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Don’t confuse activity with accomplishment.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - Mental rigidity and problems with sharing.</p> <p><i>Resolutions</i> - Establish secure foundations and relax and remember the universe provides.</p>	<p><i>Thursday</i></p> <p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Be unafraid to show gentleness for that is where life’s greatest strength is found.</i></p>
<p><i>Monday</i></p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>It’s not what you’ve got, it’s what you use that makes the difference.</i></p>	<p><i>Tuesday</i></p> <p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Wednesday</i></p> <p><b>9. Mobilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Live each day as if it were FRIDAY.</i></p> <p><i>The most exhausting thing in life is being insincere.</i></p>

# Goals For The Next 14 Days

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Miscellaneous

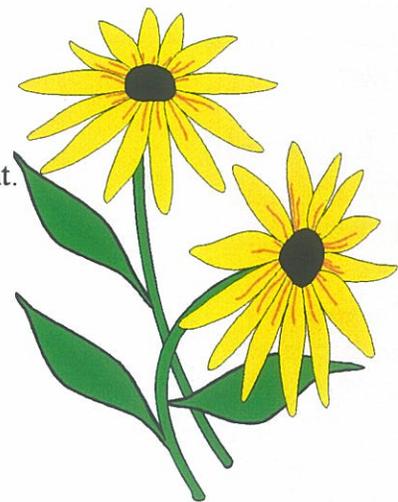
Things I Want to Be

Feeling

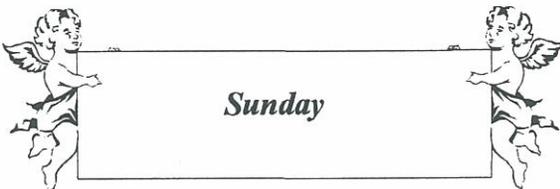
# Achievements of Last 14 Days

# I'd Pick More Daisies

If I had my life to live over,  
I'd try to make more mistakes next time.  
I would relax. I would limber up.  
I would be sillier than I have been on this trip.  
I know of very few things I would take seriously.  
I would be crazier. I would be less hygienic.  
I would take more chances. I would take more trips.  
I would climb more mountains, swim more rivers, and watch more sunsets.  
I would burn more gasoline.  
I would eat more ice cream and less beans.  
I would have more actual troubles and fewer imaginary ones.  
You see, I am one of those people who lives prophylactically and sensible and sanely,  
hour after hour, day after day.  
Oh, I have had my moments  
And, if I had it to do over again, I'd have more of them.  
In fact, I'd try to have nothing else.  
Just moments, one after another,  
Instead of living so many years ahead each day.  
I have been one of those people who never go anywhere without a thermometer, a  
hot water bottle, a gargle, a raincoat, and a parachute.  
If I had it to do over again, I would go places and do things.  
And travel lighter than I have.  
If I had my life to live over,  
I would start barefooted earlier in the spring.  
And stay that way later in the fall.  
I would play hooky more.  
I wouldn't make such good grades except by accident.  
I would ride merry-go-rounds.  
I'd pick more daisies.



Ray Lucht  
85 years old  
Commission on Aging for Senior Iowans

<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>When the outlook isn't good, try the uplook!</i></p> <p><i>Television opens many doors--mostly refrigerators.</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>If you are too busy to laugh, you are too busy.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>To expect life to be tailored to our specifications is to invite frustration.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I do solemnly swear to lighten up, to take myself and my problems lightly, and to give up my job as Director of the Universe. I will now and ever after find more joy in being alive and share that joy with others in my life, both a work and at home. I will laugh, love and be happy.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You may give out but never give up.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You never saw a fish on the wall with its mouth shut.</i></p>	<p><b>Sunday</b></p> <p></p> <p><b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.</p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Americans are the only people in the world who stand in front of a microwave and say "Hurry up!"</i></p>	<p style="text-align: right;"><i>Saturday</i></p> <p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Two feet on the ground is more valuable than one in the mouth.</i></p> <p style="text-align: right;"><i>Friday</i></p> <p><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>There is no better tranquilizer than a kite and a breeze.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - To overcome self-consciousness and personal insecurities.</p> <p><i>Resolutions</i> - Be comfortable with authority related issues.</p>	<p style="text-align: right;"><i>Thursday</i></p> <p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>You do not sing because you're happy.          You're happy because you sing.</i></p>
<p><i>Monday</i></p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>"Be bold. If you're going to make an error, make a doozy, and don't be afraid to hit the ball."--Billie Jean King</i></p>	<p style="text-align: right;"><i>Wednesday</i></p> <p><i>Tuesday</i></p> <p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Talk doesn't cook rice.          --Chinese Proverb</i></p> <p style="text-align: right;"><b>9. Mobilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Never judge a book by its movie.</i></p>

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# Achievements of Last 14 Days

# The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for the entire period this time around. The choice is yours.

2. You will learn lessons.

You are enrolled in a full time informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and hence choose to ignore them, no matter, keep reading.

3. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.

4. There are no mistakes, only lessons.

Growth is a process of trial and error experimentation. The "failed" experiments are as much a part of the process as the experiments that ultimately "work."

5. Learning lessons does not end.

There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

6. "There is no better than here."

When your "there" has become a "here" you will simply obtain another "there" that will again look better than "here."

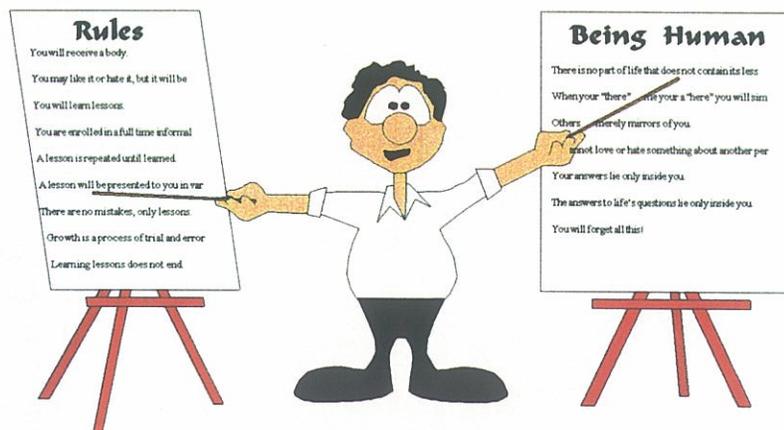
7. Others are merely mirrors of you.

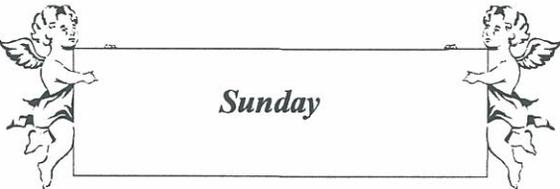
You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.

8. Your answers lie only inside you.

The answers to life's questions lie only inside you. All you need to do is look, listen and trust.

9. You will forget all this!



<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>"Life itself is the proper binge."          --Julia Child</i></p> <p><i>Narrow-minded people are usually thick headed.</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>If you're confused, notice what you've been avoiding.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Experience is the name everyone gives to their mistakes.</i></p>	<p><b>JUST FOR TODAY</b>          I look for and list the lessons I've been repeating. Without judgement, blame, guilt or remorse, I see the part that I have been playing and identify the learning that is there for me. I recognize what I love and hate about others and see how it reflects what I love and hate about myself. I listen, trust, and follow my inner intuition.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Pain is inevitable--suffering is optional.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>A person who refuses to admit his mistakes can never be successful.</i></p>	<p><b>Sunday</b></p> <p></p> <p><b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.</p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>What works for you may not work for someone else. So what makes you right?</i></p>	<p style="text-align: right;"><i>Saturday</i></p> <p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>If you have to be happy, you will always be unhappy.</i></p> <p style="text-align: right;"><i>Friday</i></p> <p><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: center;"><i>We don't see things as they are, we see them as we are.</i></p>
<p style="text-align: center;"><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - Self-control and responsibility.</p> <p><i>Resolutions</i> - Being consistent, persistent and intelligently responsive.</p>	<p style="text-align: right;"><i>Thursday</i></p> <p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: center;"><i>If the world doesn't agree with you, so what?          If the world does agree with you, so what?</i></p>
<p><i>Monday</i></p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: center;"><i>If you're looking for security, you're on the wrong planet.</i></p>	<p style="text-align: right;"><i>Wednesday</i></p> <p><i>Tuesday</i></p> <p><b>9. Mobilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: right;"><i>To teach is to learn.</i></p> <p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p style="text-align: center;"><i>Many people concern themselves with being normal rather than natural.</i></p>

# Goals For The Next 14 Days

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# Achievements of Last 14 Days

# How to Take Criticism

Since everyone is wrong sometimes, the thing to do is learn how to be wrong. If you don't, you're likely to start avoiding criticism. And as soon you start to avoid something, you also start to fear it. Fear or anger at criticism can stifle your friendships as well as deprive you of good advice and make you feel as if you must hide all of your faults.

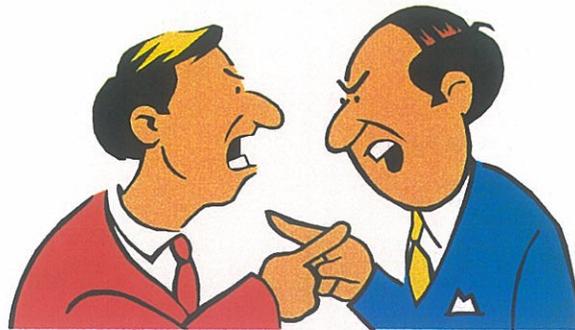
Learn to recognize the many ways you've developed of not listening. For example, do not shout at the critic, interrupt, leave, act catastrophic, blame someone else, rationalize, apologize when you don't mean it, jest or find fault with him. Think back to the last time anyone criticized you, and especially watch the next time. Make a rule not to use any of these avoidance tricks and use the following techniques instead. Remember that it may be hard at first to change your habits, but resisting the use of your own defenses will quickly make you feel stronger.

So from now on:

- Listen to what the critic says without speaking at first.
- Rephrase the criticism in your own mind and think of actions you can change next time if you want to.
- Whether you agree or not, let your critic know that you heard and understood.
- Detach yourself emotionally and put yourself in the other person's shoes.
- If you feel the criticism is unwarranted explain your view of the situation after you have heard him out.
- If you feel the criticism is accurate, admit your mistake and chart a different course of action for the next time.

If only a few people dare to criticize you, whether it's because you're a bigshot or because you've been known to be nasty, do what you can to encourage those few. Thank anyone who offers you honest criticism. These are the people who really care about you.

Once you find that criticism doesn't have to destroy your confidence, friendships, or career, you can go a long way toward improving all three.



<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>More people are run down by gossip than by cars.</i></p> <p><i>An apology is a good way to have the last word.</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Often people don't communicate, they just take turns talking.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>The goal of criticism is to leave the person feeling that they've been helped.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I listen without argument to those who criticize or compliment me. I notice what my defense mechanisms have been and take steps to let go of them. I notice how I talk to other people when I am criticizing or complimenting them. I speak and act in exactly the way I want to be treated.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Listening is the sincerest form of flattery.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>A fool is quick-tempered. A wise man stays cool when insulted.</i></p>	<p><b>Sunday</b></p> <p></p> <p><b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.</p>

<p><b>Sunday</b></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>If you always tell the truth you never have to remember what you said last time.</i></p>	<p><b>Saturday</b></p> <p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Our language is the best reflection of our thinking.</i></p> <p><b>Friday</b></p> <p><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>There is brutality and there is honesty. There is no such thing as brutal honesty.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><b>Issues</b> - Fears about responsibility, obligations, commitments, and decision-making.</p> <p><b>Resolutions</b> - Get an education, then feel the fear and do it anyway.</p>	<p><b>Thursday</b></p> <p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Some people like to make cutting remarks, but the words of the wise soothe and heal.</i></p>
<p><b>Monday</b></p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Confrontation doesn't always bring a solution to the problem, but until you confront the problem, there will be no solution.</i></p>	<p><b>Tuesday</b></p> <p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Many an argument is sound -- and only sound.</i></p> <p><b>Wednesday</b></p> <p><b>9. Mobilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Truth hurts is the biggest lie.</i></p>

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# The Trap of Goals and Achievement

Take a moment and review the goals you set. How have you done? Have you moved in directions toward those things? Have you made adjustments and redefined those things that are no longer important? Have you used goals to create suffering in your life to prove that you are inadequate and unworthy? Do your goals match your purpose in life?



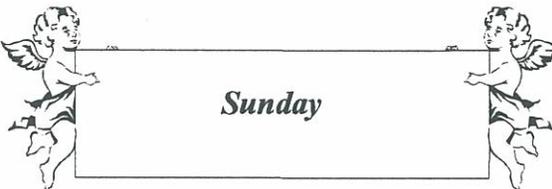
One of the major traps of goals is identification. Identification means that we mentally and emotionally lose ourselves in something. We become absorbed in a person, a place, our career, a hobby, our personal viewpoints, almost anything. We use these things in the hope of gaining an idea of who we are and to feel secure. We want to cling to something that seems permanent.

But these things give us no security; they create just the opposite. The moment we identify with anything, we become afraid of losing it. And since all things change, we get hurt when the object of our attachment is threatened or when it goes away.

Identification also means wrongly to take something as being a part of our essential selves. Take your name. You are not your name. That is merely a label attached to you. If you change your name, it doesn't make you any different. The same is true of your job, your body, your money, your home. You are something entirely different from these attachments.

We can certainly have a successful career and other externals, but we must not think they're part of the essential self. Then, and only then, will we really enjoy our personal possessions, for we will not fear their loss or change. This frees us also from the intense urge to accomplish and achieve things to prove our self worth. Instead the accomplishment comes as a result of doing what we love to do and by being who we really are.

If you have not enjoyed the last hour, you have wasted it!

<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>In times of trouble          remain cool, calm,          and corrected.</i></p> <p><i>Develop a swelled heart,          not a swelled head.</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>The darkest night since the beginning          of time did not turn out all the stars.</i></p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>What this country needs is not more          judges, but more judgement.</i></p>	<p><b>JUST FOR TODAY</b></p> <p>I observe the wonder and abundance in nature. I get that deep down feeling of my own worth. I make my own luck through preparation and positive action. I focus on the rewards of success and forget the penalties of failure. My enthusiasm is contagious. I write down my goals and share them with those who can help me achieve them. I complete the projects I start. I take good care of my body. I celebrate the gift of life.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Power is the          ability not to          have to          please.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Relaxing is a function          of trusting.</i></p>	<p><b>Sunday</b></p> <p></p> <p><b>Relax and Reflect</b>          On where you've come from,          Where you are,          And          Where you're going.</p>

<p><b>Sunday</b></p> <p><b>13. Live it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>If you find a good solution and become attached to it, that solution may be your next problem.</i></p>	<p><b>12. Understand it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Outstanding people have one thing in common: an absolute sense of mission.</i></p> <p><b>11. Integrate it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>We're still not where we're going but we're not where we were.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - Acceptance of unusual relationship patterns.</p> <p><i>Resolutions</i> - Cultivate friendships that place high value on personal freedom.</p>	<p><b>10. Manifest it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Our expectancies not only affect how we see reality, but also affect the reality itself.</i></p>
<p><b>Monday</b></p> <p><b>7. Merge with it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Attitudes are more important than facts.</i></p>	<p><b>Tuesday</b></p> <p><b>8. Harmonize it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Logic will not change an emotion, but action will.</i></p> <p><b>Wednesday</b></p> <p><b>9. Mobilize it!</b>          Read JFT ____ (1-3)          Applied ____ (1-5)          Total ____</p> <p><i>Success occurs when opportunity meets preparation.</i></p>

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# How to Smash Barriers and Speed Ahead

When two people meet, the prize always goes to the one with the most self-insight. He will be calmer, more confident, more at ease with the other.

Never permit the behavior of other people tell you how to feel. Look at your innermost motive for speaking and acting.

Any friendship requiring the submission of your original nature and dignity to another person is not appropriate for you.

All people are inter-connected through common values below our "see level". This is why we cannot hurt another without hurting ourselves nor help another without helping ourselves.

You take a giant step to maturity when you refuse to angrily defend yourself against all unjust slander. For one thing, resistance disturbs your own peace of mind.

Do not be afraid to fully experience everything that happens to you, especially the pains and disappointments. Do this, and everything will become clear at last.

The person who really knows what it means to love has no anxiety when his love is unseen or rejected.

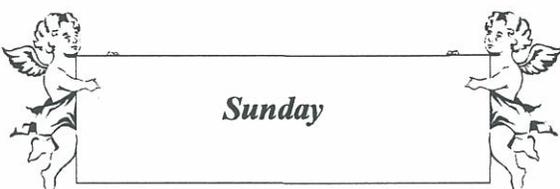
If you painfully lose a valuable friend, do not rush out at once for a replacement. Such action prevents you from examining your heartache and breaking free of it.

Every unpleasant experience with another person is an opportunity to see people as they are, not as we idealize them to be. The more unpleasant the other person is, the more he can teach you.

We cannot recognize a virtue in another person that we do not possess in ourselves. It takes a truly loving and patient person to recognize those virtues in others.

You understand others to the extent that you really understand yourself. Work for more self-knowledge. You can be so wonderfully free from a sense of injury and injustice!



<p><b>Tuesday</b></p> <p><b>2. Stabilize it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><b>Wednesday</b></p> <p><b>3. Activate it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>The greatest pleasure is doing what people say you cannot do.</i></p> <p><i>Life is change. Growth is optional. Choose wisely.</i></p>	<p><b>Monday</b></p> <p><b>1. Receive it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>"There's no great fun, satisfaction, or joy derived from doing something that is easy."</i>  --Coach John Wooden</p>
<p><b>Thursday</b></p> <p><b>4. Define it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>To build a healthy self image, finish the job.</i></p>	<p><b>JUST FOR TODAY</b>  I am more curious about everything. I break daily routines by driving different routes and changing my order of doing things. I list my ten best assets (I am good at) and my ten worst liabilities (I need improvement in). I relish and dwell on my assets, knowing that they'll take me anywhere I want to go in life. I design and complete an activity that will improve three of my liabilities. I look at myself through other people's eyes and objectively through my own eyes. I look for the truth and speak the truth, unaffected by ads and fads. I learn how others feel and where they're coming from before I criticize or judge.</p>
<p><b>Friday</b></p> <p><b>5. Empower it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>You never work for someone else.</i></p> <p><b>Saturday</b></p> <p><b>6. Flow with it!</b>  Read JFT _____ (1-3)  Applied _____ (1-5)  Total _____</p> <p><i>It's better to rise to the occasion than to hit the ceiling.</i></p>	<p><b>Sunday</b></p> <p></p> <p><b>Relax and Reflect</b>  On where you've come from,  Where you are,  And  Where you're going.</p>

<p><i>Sunday</i></p> <p><b>13. Live it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Choose a job you love and you'll never have to work a day in your life.</i></p>	<p style="text-align: right;"><i>Saturday</i></p> <p><b>12. Understand it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>One person with courage makes a majority.</i></p> <p style="text-align: right;"><i>Friday</i></p> <p><b>11. Integrate it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Every job is a self portrait of the person who did it.</i></p>
<p><b>CHANGES IN MY BELIEF SYSTEM</b></p> <p><i>Issues</i> - Keep yourself under control in order to finish things.</p> <p><i>Resolutions</i> - Learn to express feelings and avoid extremes or excess. Don't make mountains out of molehills.</p>	<p style="text-align: right;"><i>Thursday</i></p> <p><b>10. Manifest it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>Learn to be wise and develop good judgement and common sense.</i></p>
<p><i>Monday</i></p> <p><b>7. Merge with it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>We need some big goals to make us stretch, to make us reach.</i></p>	<p style="text-align: right;"><i>Wednesday</i></p> <p style="text-align: left;"><i>Tuesday</i></p> <p><b>9. Mobilize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><b>8. Harmonize it!</b>          Read JFT _____ (1-3)          Applied _____ (1-5)          Total _____</p> <p><i>If you don't risk anything, you risk even more.</i></p> <p><i>Lack of resources is not our problem; it's lack of resourcefulness.</i></p>

# **The Beginning!**



DARLENE TREESE KAMER, Ph.D.

EDUCATION:

PhD. in Psychology, Wm. Lyon University

MC in Counseling, ASU

MS in Education, ASU

BS in Education - Summa Cum Laude, ASU

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Darlene Treese Kamer, PhD, is a highly trained professional with over 12 years of experience. She has worked extensively with physicians and health professionals to help patients overcome a wide variety of problems and achieve peak performance by choice rather than by chance. Her professional approach is action and solution oriented and designed to bring results quickly.

Darlene is listed in Who's Who in the World, Who's Who in the West, Personalities of the West and Midwest, Directory of Distinguished Americans and The International Who's Who of Intellectuals.

# Casette Tapes

1. **THE AWESOME POWER TO BE YOURSELF**-Learn to recognize your own worth - which is far greater than you realize. As you raise your confidence, you rid yourself of fear and perform better at whatever you choose to do. The time to start is now.
2. **STRESS: YOUR POSITIVE POWER**-A certain level of stress is beneficial, but medical experts report that excessive stress can cause a myriad of medical problems as well as reduce your mental and emotional efficiency. Making stress a positive force in your life may be the most important thing you'll ever do for yourself and your family.
3. **HYPNOSIS FOR WEIGHT LOSS**-Want to take off weight easily, quickly and permanently? Use this tape to develop better eating habits and eliminate junk foods from your diet. Create a new inner image of yourself as a slim, healthy, attractive person.
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5. **THE PROSPERITY PRINCIPLE**-Most of us have been told things that have programmed us into financial limitations. We don't feel we deserve a better income. Prosperity begins in the mind, and this cassette will help you use your mind to creatively produce more money.
6. **FREEDOM FROM ALCOHOL/DRUGS**-Is alcohol or drug abuse threatening your physical, mental and emotional health and wellbeing? This tape is designed to be an effective daily reinforcement to stop, cut down or control an addiction. Stop feeling helpless, victimized and out-of-control.
7. **COMPLIMENT, CRITICIZE, CONFRONT**-As we move forward into the age of communication, giving and receiving feedback becomes paramount to our success in business, social and family relationships. Learn how to present your ideas-complimentary or critical-in a way in which they will be accepted and acted upon.
8. **PAINLESS POSITIVE PARENTING**-This cassette will enable you to understand the truth about your relationship with your child and how you can make the greatest contribution to support rather than suppress potential and achievement.
9. **DYNAMICS OF DIVORCE**-The process of divorce is like compressed psychoanalysis. It brings up conflicts, needs and desires that have been submerged for years. This tape will help you get very clear about who you are and how you can redirect your energies and thinking into positive, creative experiences.
10. **USING THE LIFTING POWER OF LOSS**-We've all gone through periods when everything seemed to be coming apart. It's helpful at this point to understand that there is an opportunity in every crisis. Learn to transform trauma into positive personal growth.
11. **HYPNOSIS FOR MEMORY CONCENTRATION/TEST TAKING**-Rid your conscious mind of useless clutter and release yourself from the fear of forgetting. Remember even the smallest detail with surprising accuracy and build your powers of recall.
12. **CREATING THE TIME FOR YOUR LIFE**-Everyone today has too much to do. To keep ahead you need more than "things to do" pads and calculators. Your challenge is not just to manage time, but to manage yourself.
13. **SELF HEALING**-Healing is a natural process to all life. To promote health we can encourage the body's own innate mechanisms of self repair. Activate your healing powers within.
14. **HYPNO GOLF**-Confident golfers have a clear picture of themselves executing every shot perfectly. They know their body will do what the mind instructs. Learn how to get in the zone and stay there!

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