

# MODULE 2:

## BEGINNING YOUR JOURNEY



# Beginning Your Journey

## Introduction

With this module, I will assist you to identify common problems and conflicts in your life. Such conflicts includes negativity and fear. Application of this information will help you to eliminate more of the bad and attract more of the good. I will also discuss a topic that I call the *threshold of deservingness*. With it, we shall explore what you think you deserve in life, and why.

Fear is the greatest obstacle that you must confront. I will discuss many aspects about fear and how to overcome it. I will also discuss counter-intentions and how they can affect you. Ultimately, you will need to let go of your fears and counter-intentions to get yourself clear and to transform your life.

## Objectives

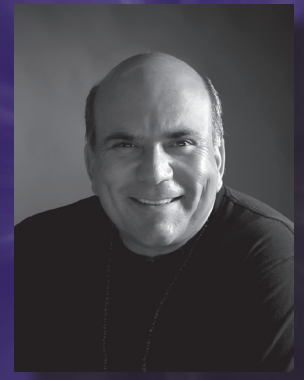
After studying this module, you should be able to accomplish the following:

- › Identify negative influences in your life and how to rise above them—how to move up to new, more positive *levels*.
- › Define the basic assumption for *The Attractor Factor*.
- › Explain the *threshold of deservingness* and how to change yours.
- › Describe *counter-intentions* and how to recognize them.
- › Identify your complaining modes and correct them.
- › Avoid attracting the very things that you DO NOT want.
- › Identify the people around you that build you up and those that tear you down.
- › Filter what you allow into your world and avoid as much of the negative as possible.

## Pre-Assessment

To assess your current level of understanding about the topics in this module, please answer the following questions. (A Success Journal is available for you to write in, at the end of module 16.)

1. My greatest fear is...
2. I am most vulnerable to negative influences when...
3. I feel guilty when...



Joe Vitale's

**MIRACLES**  
COACHING

*“Opportunities will come to you that match your intentions, but if you never take a step, you won’t see them.”*

— Joe Vitale

"Let us remember that fear is only wrongly directed faith. We are having faith in things we do NOT want, rather than in the things we desire."

– Elinor Moody

## Negativity and Fear

Visit any restaurant or cafe and what might you hear: gossip, complaining, bitterness, and negativity? Visit any lunchroom in any big company and what might you hear: gossip, complaining, bitterness, and negativity? Eavesdrop on family gatherings and what might you hear—you guessed it: gossip, complaining, bitterness, and negativity?

I could go on, but the point is the vast majority of humanity is stuck on this level of consciousness. It's the level of the media. It's the level of most conversations. It's the level of *low energy*. And this very same level keeps people exactly where they are!

Let me explain. Most people I talk to every day know what they DO NOT want. For instance:

- › I don't want this backache.
- › I don't want this headache.
- › I don't want these bills.
- › I don't want to struggle in my business.

You know the list, and you probably have one of your own. Unfortunately, that's where most of us leave it. The nature of our conversations, our newspaper reports, our radio and television shows, and our talk shows surround us with ideas of what we do not want.

But admit it, it feels *gratifying* to complain. We don't feel so alone. We feel heard. We feel validated. We feel relieved. We sometimes even receive answers that make our problems lighter.

However, what we don't realize is that we are activating what I call the *Attractor Factor*—this is how the Law of Attraction can play a negative role in our lives. For example, when we say, "I don't want these bills," our focus is on—you guessed it—bills! The *spirit of life* will deliver to you whatever you focus on. So, if your focus is on bills, you'll probably receive more bills. You attract it because you spend energy on it.

And along with negativity, most people exist in a *level of fear*. As Elinor Moody wrote in her 1923 book, *You Can Receive Whatsoever You Desire*, "Let us remember that fear is only wrongly directed faith. We are having faith in things we do NOT want, rather than in the things we desire." Again, this is the level most people exist in. It isn't bad; however, it just isn't very positive. And it probably isn't getting you the health, wealth, or happiness you really want.



Additionally, people who exist in a level of fear seldom move to a more positive level. It's a rare person who will stop complaining, fighting, or fearing long enough to focus on the opposite of what they experience. Yet, it's the positive level that brings the miracles and the manifestations that we want.

Knowing what you don't want may be your current reality; however, your current reality is about to change because knowing what you don't want is the *springboard* to your miracles!

## Remove Negativity

One way to protect yourself from the negative influences of the world is to abstain from them. I remember reading how Mark Victor Hansen and Jack Canfield forbade negativity in their offices (and I love this idea): they didn't watch the news or read the papers! You have probably noticed how one-sided and negative the news can be. None of it is designed to help your well-being.

However, it's difficult to not *watch* your friends. The people around you will share their views with you. And sometimes it's not easy to separate their views from yours. In other words, it can be difficult to have positive views when the people you associate with have negative views.

You want to step up from the negative world and turn to the world of attraction based upon positive energy. One way to do this is to remind yourself that the world in general is on a negative level—the level of complaining. To bring about a positive transformation, you want to want to move up to a higher, more positive level (or levels). (In the next section, I'll talk more about *levels*.)

## Levels

Years ago I attended networking meetings. These were usually breakfast or lunch business meetings where people exchanged business cards and tried to help each other contact with new clients.

I spoke at many of these events. What I quickly noticed is that the same people seemed to be at the same meetings. One observant friend said, "It's the same people, and they're all *starving!*"

That's when I first learned about the concept of levels. That is, people tend to stay on the same level of business or social status. When they meet friends, it's usually within *their* circle of activity, whether it be church, work, school, or some club. As a result, they rarely escape from the level they are on.

"Successful people are successful because they form the habits of doing those things that failures don't like to do."

— Albert Gray



*"Nothing can stop the man with the right mental attitude from achieving his goal; Nothing on earth can help the man with the wrong attitude."*

– Thomas Jefferson

Now, this is not necessarily a bad thing. You can stay on a level and do very well. But if you want more, or if you find yourself starving on the level you're on, you'll need to go up a level or two.

When I spoke at these networking events, I felt like I was a notch above everyone in the room. This is not an ego thing; it's a social perception. I was seen as being at a slightly higher level than the audience simply because I was the speaker. I was the authority figure. As such, I was elevated a slight degree above the level of the audience.

But that's not good enough. If you want to achieve big dreams in business, you may need to step out of your *circle* (your network of peers and associates). You may need to go to a group with wider, stronger, richer connections. In other words, you may need to go *up* a level.

But how do you do that? In my case, my books brought me to the attention of other circles of people and higher network levels. If you want to succeed in phenomenal ways, you need to go up a level or two on the *status scale* of networks. The good news is that email makes this a snap to begin. Most everyone can be reached through email with some persistence and cleverness. That's how I first reached marketing superstar Jay Conrad Levinson, direct mail legend Joe Sugarman, and even the late daredevil Evel Knievel. I did it all by email.

People write me all the time for favors. I'm now perceived as an expert, an authority, and an Internet marketing pioneer. They want to associate their name or product with me. I love to help people, so I usually at least give people a chance. But I never endorse anything without seeing, using, and loving what they have. (This is important for me to maintain my level of attainment.)

Keep in mind that going up a level is different from *thinking outside of the box*. You can be creative and still stay on your current level. Brainstorming with your neighbor is most likely different from brainstorming with, say, Richard Branson, the flamboyant owner of Virgin Airways. The point is this: To achieve goals you've never achieved before, you may need to rise in levels and participate with new people on a new playing field. Therefore, consider well your current level, your goals, and the people outside of your network, who can help you rise to a new level. You may have to step out of your level (and comfort zone) to do this, but the step is well worth taking.

To look at this another way, the people closest to you will either hold you down or help you up. As Randy Gage points out, the five people closest to you will influence your success. They will either be focused on the *I don't want this* stage, or they will be focused on the *what do you want* stage. The people around you will help you with your focus. So, where do you want your focus to be?



## Socrates' Advice

I love this story, attributed to Socrates, on how to handle negative people:

One day, a man rushed up to Socrates, saying, "I have some news to tell you!"

Socrates put up his hand to stop the excited man.

"First let me ask you three questions," Socrates said.

"Ah, okay," said the man.

Socrates asked, "Is the news you are about to tell me something you personally know to be true?"

"Well, no," replied the man. "I heard it from a good source, though."

"Let's go to the second question," Socrates said. "Is the news you want to tell me about someone you know personally?"

"Well, no," the man said. "But I think you know the person."

"I see," said Socrates. "Then let me ask you my final question. Is this news positive or negative?"

"Well, it's negative," replied the man.

"Let me see," said the wise Socrates. "You want to tell me some news that you don't know personally to be true, about someone you don't know, and the news is negative."

"Well, it sounds bad when you put it like that," said the man.

"I think I'll pass," Socrates replied.

## Where Are Your Thoughts

Remember, the Attractor Factor is always at work. It's *spirit* is giving you what you focus on. Focus on lack, you get lack. Focus on your bad back, you get more of your bad back. Therefore, one of the first things you should do is to note what you focus on. As you go about your day, write down those things that you most think about and focus on. Then, ask yourself, are they positive or negative?

## Discern the Truth

We live in a world of sound bites. People hear a five-second statement and make all kinds of assumptions—some right and some wrong. This is especially true for those seeking direction and help with issues in

*"Employ your time in improving yourself by other men's writings, so that you shall gain easily what others have labored hard for."*

– Socrates



*"We live in a world of sound bites. People hear a five-second statement and make all kinds of assumptions— some right and some wrong."*

— Joe Vitale

their lives. For instance, they hear a statement and create a solution in their minds based upon only part of what they've heard. Then, they're upset when things don't work out.

One such statement, that I hear frequently, comes from the movie, *The Secret*: "If you want something, you simply have to imagine that you already have it and it will be yours." Is this the truth?

Over the past few years, The Law of Attraction has been written and talked about extensively. This law states that whatever you set your intentions on, or focus on, you'll get. So, that part is true. However, what's also true is that most of us have *counter-intentions* or *limiting beliefs* which interfere with the process of the Law of Attraction.

If you don't believe me, think back to last New Year's day. Did you keep the resolution you made, or did you give it a few weeks and then store the idea away like an old pair of socks? What about that goal to lose 20 pounds? Are you actually lighter, or are you still wearing your *fat jeans*? What about the promise you made to your spouse to pay down your debts? Are you richer, or did you just charge your credit card for that new set of golf clubs? If all you had to do was to set the intentions, then you would have reached every single goal you have ever made! However, you didn't, did you. Identifying and clearing counter-intentions, that keep you from your goals, is a significant part of the achieving your goals.

## The Threshold of Deservingness

Most people complain that they don't have enough money. They look at their bills, they look at their wants and needs, they look at their checkbook, and then they look terrified. They often ask themselves the following questions:

*How will I pay my bills?*

*How will I feed my family?*

*How will I attract more money?*

You've probably asked yourself the same questions and had similar feelings about them. We've all been there. You may be there right now.

But what's curious to me is this: the movie, *The Secret*, and many of the teachers in it, offer proven ways to attract money and other material things. This obviously works, given the thousands of testimonials from people who now have money when previously they couldn't find it in a bank with the vault doors open!





But some people complain that the focus of the movie is only on money or material things. They say it's self-serving. They say it's egotistical. Do you hear the cultural programming at work:

***Money is bad.***

***Taking care of yourself is bad.***

***Material things are anti-spiritual.***

Please note the discrepancy in this sentence: When you want money, and at the same time you say that focusing on it is bad or selfish, you are pushing it away.

Some of the very people who use the Law of Attraction to get out of debt, or acquire a new car, attract only so much money before they begin to think they are being selfish. At that point, they unconsciously turn off the flow and wonder what happened.

It's a strange thing to see. In other words, people scramble to find money and worry and fret about it. Then, when they actually learn how to attract it, and they get some, they complain that money isn't spiritual or good for them. Wait a minute. Weren't these the same people who wanted money in the first place? Why was money good when they didn't have it and bad when they finally got it? All of this is because of people's beliefs. They hit their *threshold of deservingness*.

Let me explain this idea with two examples:

My father plays the lottery. But when the lotto gets to a hundred-million dollars, he quits playing. He says that amount is "too much" and that "that much money will ruin me."

I was at an event once when a fellow called his wife and handed me the phone. He wanted a star of *The Secret* to surprise her. I took the call, said my name, and heard her scream. She was talking to a celebrity. She was giddy with excitement. But then she started asking me what I was doing to save the world. This woman had gone from being a fan of *The Secret*, and using what she had learned to manifest a few things, to being critical now that she had hit her comfort zone and did not want anything else.

Again, we're dealing with beliefs. We're dealing with thresholds of deservingness.

*"You must stick to your convictions, but be ready to abandon your assumptions."*

— Denis Waitley



*"It's not the events  
of our lives that shape us,  
but our beliefs as to what  
those events mean."*

— Tony Robbins

## Changing Your Threshold

I have a blog website at [www.blog.mrfire.com](http://www.blog.mrfire.com). On it, I sometimes write about one of my favorite cars, which I call "Francine". She's a 2005 Panoz Esperante GTLM—a hand-assembled exotic luxury sports car. I love Francine, but not everyone loves me writing about her. One person who reads my blog regularly wrote the following:

I used to get upset when you wrote about all your cars, but now I see you were simply pushing my button. The button is inside me. It had nothing to do with you or your cars. I wasn't okay with wealth, and so I didn't like to see it flaunted by others. Now I enjoy hearing you talk about Francine. Thank you for helping to dissolve my inner limits.

That reader recognized his threshold of deservingness. Once he was aware of it, he was able to easily raise it to a new level.

Another example is the following:

Many of the teachers in the movie, *The Secret*, create products and services to help you achieve your goals. When your mind-set is open, you thank them for their services. When your mind-set is closed, you say they are just *selling*. Well, are they selling or are they serving?

It's both and it's neither. It depends on your beliefs. It depends on your threshold of deservingness. If you think they are taking advantage of you, you call it selling (because you think selling is bad). If you think they are helping you, you call it serving (because you know serving is good).

Again, it's all about beliefs and particularly your belief about what you feel you deserve. Such as, belief creates a *threshold* that you won't get past without some work using *clearing* methods (like those in this program). Which reminds me of a question a therapist used to ask her patients:

***"How good can you stand it?"***

Most of us can't stand it really good. Instead, we get caught up in these types of thoughts:

***"What will the neighbors think?"***

***"What will my family think?"***

***"If it's too good, surely something bad will happen."***

***"I don't deserve to have things too good."***



*“If it’s too good it won’t last, and I’ll be miserable again.”*

*“If I’m happy, I won’t do anything to save the planet.”*

Those are all limiting beliefs. Your life can be fantastic and truly amazing. But very often we hit a comfort level and won’t go past it. Why? Because of our self-imposed limits. Because of our thresholds of deservingness.

You can deceive yourself with rationalizations and criticisms about *The Secret*, me, others, the world, and so on; but the end result is that you limit your own good.

I keep reminding people that once you get clear, there’s not much you can’t have, do, or be. In fact, I doubt there are any limits at all. The only limits we have are based upon our current understanding of reality, and that keeps changing, as we keep raising the bar on what’s possible. Your goal should always be happiness—what I call a *spiritual awakening*, and the only limits along the way are your own.

So, how good can you stand it?

## How Fear Affects Deservingness

Ask and you shall receive? Clear your *counter-intentions* and you’ll receive results more aligned with your conscious mind. So, does that mean if you clear the counter-intentions from your mind, you can sit on the couch and wait for what you want to arrive?

Absolutely not! You must take action. Opportunities will come to you that match your intentions, but if you never take a first step, you won’t see them. Also, you never know exactly how your intention may be delivered. You have to remember that the Universe has no blinders and delivers in completely unexpected ways. Just because you set the intention to make a million dollars investing in real estate, it doesn’t necessarily mean you’ll realize the million dollars from just that source. For example, as you work on your real estate, you may be inspired to write an eBook that takes off or be asked to host your own television show, which triples your income. The Universe has no restrictions; it just delivers.

That’s why this program is called “Miracles Coaching”. It’s the acknowledgement that we are constantly setting limits for ourselves. No matter what you call your understanding of a greater power (God, Buddha, Allah, the Universe or the Divine), that power knows no limits and stands ready to deliver miracles into your life on a daily basis. If you set clear intentions and take action, you too can expect miracles.

*“It is better to deserve honors and not have them than to have them and not deserve them.”*

— Mark Twain



*"It's a rare person who will stop complaining, fighting, or fearing long enough to focus on the opposite of what they are experiencing."*

– Joe Vitale

So, what's keeping you from getting what you want? YOUR ARE! You may say, "I want great relationships, but I'm too shy;" or, "I want a new house, but I'm afraid I won't keep it in good shape;" or, "I want a million dollars, but I don't think I can handle that much money;" etc. Its the BUT that stands in your way. You don't really believe you can have it, and the reasons vary from past bad experiences to fear. However, the reason doesn't matter as much as the fact that you are allowing it to get in your way. You're choosing to allow it to stop you. You have the power to choose differently; and when you make that choice, life opens its possibilities to help you obtain your heart's desires.

Another guru sound bite that I'm asked about frequently is "Just get over it." The concept conveyed here is that if you've had problems or issues that continually get in your way, you should just get over them and move on to something that serves you better. I don't agree with this idea. Trying to *gloss over* the issues or pretending they don't exist is nothing more than lying to yourself. I have the same problem with those who say you should merely think positive. While a positive outlook can do wonders for your life, it's not the answer in-and-of itself. You must still do the hard work and look within yourself to clear the counter-intentions, before real progress can be made.

While I don't think you have to relive your traumatic experiences, you do have to acknowledge that they occurred and recognize the beliefs that you created because of them. Otherwise, you'll never be able to move on. You can fool yourself for awhile, but eventually something will trigger those beliefs and they'll come rushing back in full force. Once you acknowledge your beliefs and their origin, then you can recognize your reactions and emotions to particular triggers and choose to create different beliefs.

The truth about all these guru ideas is that all of them have small kernels of truth; it's the assumptions made about *their truths* that's sometimes confusing. Each and every one of us can be inspired by the people we meet; and those people can encourage us to be better versions of ourselves. And that's a good thing!

So, then, why are you still struggling? Why is it that you try various methods to accomplish your goals, only to fall short, yet again? One reason is the idea of control. We all like to think that we control our little corner of the world. To this end, we establish comfort zones, routines, and boundaries that we may not even be conscious of. You may have built protective walls around your life that actually limit what you can accomplish and sabotage your attempts to move beyond them.



For instance, I've always considered myself a writer. When I was young, I thought to really be a writer there had to be suffering involved—and boy, did I suffer. While trying to earn a living as a writer, creditors were calling and demanding payments, my old clunker car was barely running, and I lived on peanut butter sandwiches. But I was a writer and I was supposed to struggle, right? Wrong. I had created in my head the *story* of what it means to be a writer. In other words, I had decided what it meant rather than allowing for the possibilities of what it could be.

Every time it looked like I might do well with my writing and rise above the financial chaos in my life, I would do something to sabotage my success. This was a very strong counter-intention in my life, and it took me some time to really *get clear* and improve my situation.

## Fear is NOT Your Friend

Two of the strongest counter-intentions you may combat are the *fear of failure* and the *fear of success*. The stories that you connect with these events may be what keeps you within your comfort zones and prevents you from reaching your goals. For example, you may be afraid (to either fail or succeed) to step outside of your comfort zone for something you may really want; so, as a result, you don't get it.

Some people feel that if you fail in the very attempt to reach a certain goal, you suffer a form of psychological death. This *all or nothing* mindset can prevent you from understanding the positive directions that failure can offer. It's important to understand that failure does not mean the end. It's merely a clue that you've temporarily stepped off the path towards your goals.

Failure is a natural part of the learning process, as we give something a try and then evaluate what went well and what needs to be improved. Failure doesn't mean that it's useless to try again; it just gives us more information and knowledge for our next attempt. The actual act of failing is usually not earth shaking; yet, the fear of failing, and what it might say about you, can be huge. Failure isn't the enemy because it gives you feedback and a new direction. The real enemy is fear itself.

## Fear and Expectations

Fear is the *anxiety of anticipation*; in other words, it's the *What if...* of life. In reality, fear has only the meaning we give it. If we give it no meaning or if we allow something else to have greater meaning, then fear has little or no influence upon us. This is where expectations come into play.

*"However glorious an action  
in itself, it ought not to pass  
for great  
if it be not the effect of  
wisdom and intention."*

— Francois de La  
Rochefoucauld



*"In order to succeed, your desire for success should be greater than your fear of failure."*

– Bill Cosby

If you expect miracles in your life, then release any attachments to specific persons or directions. Rather than insisting that success or achievement comes from one specific avenue and fulfill only one expectation, open up to all that the Universe has to offer.

Now, I want to make it perfectly clear that it doesn't have to be a big life altering goal for expectations to work. Miracles come in small packages each and every day. However, this isn't the same thing. These aren't just wishes; they're your *new reality*. By clearing your counter-intentions and allowing miracles into your life, you will reap all the benefits, large and small, that comes from those experiences. It doesn't have to be a year from now; it can happen today, no matter where you are in your life.

## More on Counter-Intentions

There are more counter-intentions in this world than I care to count. However, most of them fall under the following seven recurring themes.

### I'm Not Good Enough

Many of us can remember standing in the schoolyard waiting to be picked for a team. No matter when you were finally picked, if you weren't picked first, you felt inferior. This process happens repeatedly throughout life: the job you didn't get, the relationship that dissolved, the notice from the electric company, etc. It's a natural feeling that sets in when these events happen; and all too often you carry these feelings with you—sometimes for years. Unfortunately, when you decide to change your life, these feelings can get in your way. For instance, that little voice in the back of your mind may be telling you that you aren't good enough, while you're doing all you can to achieve your goals. It's like having one foot on the gas and the other foot on the brake.

### No One Likes Me

Everyone has flaws, and some people are more than willing to point them out (sometimes at the worst times). You may think that you aren't well spoken or that you don't have perfect manners. Or, or you may feel like you don't really belong in *the group*. With these thoughts, it can be easy to assume that no one likes you. However, as with most counter-intentions, this one is self-fulfilling. For example, if you believe that you don't deserve friends or relationships, you probably don't try to have them; therefore, you don't! Once you realize that this perception isn't real, you can take steps to reverse its effects.



## I Don't Want to Be Rejected

This is a common counter-intention that affects many people, from all walks of life. For instance, it often exists in students who are fearful of asking their teachers for assistance, in workers asking their colleagues for help, and especially in people trying to ask others out on a date. This counter-intention is driven primarily by fear. No one wants to be rejected, but the fear of rejection is often much larger than the actual event itself. Only you can decide not to allow it to interfere with your plans.

## That's Impossible

There are things that are possible and things that we believe are possible only for us. These are frequently very different. While you may realize that the goals you want for your life have been accomplished repeatedly by others, you may put them in the *impossible* category because you feel that you lack the qualities, knowledge, tools, or resources necessary to accomplish them. (This is actually connected to the first counter-intention that you don't feel good enough.) This is how you sort goals or tasks in life into the *can do* or *can't do* list. This happens automatically on a subconscious level and will frequently cause you to reject ideas before they are even considered.

## Tunnel Vision

People with this counter-intention believe there is only one solution to a particular problem, or there's only one way to perform a certain task. For example, you may think that the only way to really make money is to get a good education, get a good job, and then work your way up the *corporate ladder*. However, many self-employed people make excellent money.

If your responses often begin with, *Yeah, but...* then you may very well have this counter-intention—you may believe that things can only happen in one way for you, and it has to be a specific way. Unfortunately, this type of thinking limits other avenues that may be viable ways for you to reach your goals. In actuality, you're saying that other methods are viable for someone else, but for some reason, they won't work for you!

## It's Not Going to Work Anyway

This is one of the most damaging counter-intentions anyone can have; and sadly, it's very prevalent. These are the people who constantly see the worst—almost as if they're trying to protect themselves from getting their hopes up. Often, these people believe

*"I think I've always been somebody, since the deaths of my father and brother, who was afraid to hope. So, I was more prepared for failure and for rejection than for success."*

— Amy Tan



*“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”*

– Winston Churchill

that whatever they do will fail, so they don't try (or they only give it a half-hearted try). Again, this way of thinking is a self-fulfilling prophecy: that people fail not because it was inevitable but because they believed it was so!

Now, it can be hard not to be skeptical when trying something new. However, if you allow this counter-intention to remain, you'll repeatedly fail; thereby, reinforcing this belief.

### **I'm Not Special**

This counter-intention is the basic belief that success requires some special quality (or spark) that you don't possess. It's the feeling that you're just average, and it's too much to expect that you'll accomplish anything great. This type of belief, that you're not *chosen*, allows you to escape the responsibilities of making the right choices for your life. YOU are ultimately responsible for your successes; however, with this counter-intention, it can be easier to find something or someone to blame rather than making choices that creates your own successes.

While this is a short list, it gives you a good idea of the kinds of hindrances that counter-intentions can cause in your own life. In the next module, I'll talk about getting clear and the techniques you can use help you get past the counter-intentions in your life. I want you to believe what's possible when you are able to remove counter-intentions (and self-limiting beliefs) and allow miracles to flow into your life.

### **Post-Assessment**

Use the following questions to evaluate what you have learned from this module. (A Success Journal is available for you to write in, at the end of module 16.)

1. My greatest fear is...
1. I am most vulnerable to negative influences when...
2. I feel guilty when...

### **Assignments**

- Review this module and write down any questions you may have for your coach.
- Complete these exercises (on the pages that follow):
  - Conversations:** Capture the *nature* of your conversations. Were they mostly positive or negative? What were the dispositions of the people with whom you talked?





- ❑ **Negatives:** Think and write about your negative conversations and your negative thoughts about others.
- ❑ **Focus:** Answer questions, as you consider where you would like your focus to be for your coaching sessions and your life in general. If you could have help from all of your friends to focus on one thing, what would it be and why?
- ❑ **Unkept Resolutions:** Identify your primary counter-intentions and limiting beliefs, which you allowed to keep you from achieving your goals.
- ❑ **How Good Can You Stand It:** Identify some of the things that you want, but have fears about having them.
- ❑ **Counter-Intentions:** List your top three counter-intentions and where they might be coming from.

*“The most important single ingredient in the formula of success is knowing how to get along with people.”*

– Theodore Roosevelt





























