

MIND, CONSCIOUSNESS, THOUGHT

You are always one thought away from your best life.

Here are the facts: I am unaware of your identity, the circumstances that led you to this moment, or the environment into which you were born. Your life choices, family situation, financial status, and physical appearance are unknown to me. Whether you are a man or a woman seeking insights for personal growth, or exploring your own path, your sexual orientation remains a mystery. Despite these uncertainties, what is certain is that you are a human being, coexisting on this planet, striving each day to navigate the intricate game we call life. Each morning, you confront the reality you've shaped for yourself, acknowledging that some days are challenging, and at times, it may seem more tempting to stay in bed than face the world.

My name is Joe. I am a man whose life story unfolds like a captivating novel filled with a myriad of experiences. Born into this world of existence, I have traversed diverse landscapes, both professional and personal. From navigating the complexities of different careers to embracing the highs and lows of personal relationships, the path I've traveled mirrors the complex challenges of life's numerous chapters.

Despite the multitude of experiences that color my past, I remain grounded in the shared humanity that connects us all. Behind the curtain of accomplishments and challenges, I am, at my core, just a human being. In the end, I stand as a reminder that, regardless of the diverse paths we tread, we are all united by our shared humanity, facing the same fundamental questions and aspirations that define the human experience.

Guide to Utilizing This Information

WARNING: You may at some point feel offended while traversing the contents of this book.

Change, whether positive or negative, is often catalyzed by emotional or physical experiences. The majority tend to procrastinate until circumstances become dire, necessitating change. However, change does not need to be hard.

GOOD NEWS: If offense or pressure arises, consider it a sign that you are on the right path. This book does not claim to hold all the answers to your life; rather, the answers lie within you. My role is to maintain your honesty and accountability. In life, you are faced with two choices: reasons or results. You cannot possess both simultaneously. While the past cannot be rewritten, you have the power to create a new narrative today.

Life is short. Today is the youngest you will ever be. The main purpose is to have fun and enjoy it. Life is a journey, and taking one baby step in a positive direction could change your life.

So, get a journal. Write down the things you think about and how you feel. In the end, always ask yourself, *Was this helping or hurting me or others? How can I change this thought or action to serve me and others better, now or next time?*

Write it down. Share it with a friend or even a stranger. Change only happens when you write it or say it out loud. Some form of action or accountability must occur, or you'll fall back into the same old patterns.

Failure happens to everyone. You've failed your whole life, followed by success. The difference is when you had no one to hold you accountable or give you a hard truth, you created a reason to stop trying.

Casualness breeds casualties.

Think about when you were a baby—not that you'll remember—you were a learning machine. Walking, talking, holding something, going to the bathroom—you were an epic failure in all those things until you finally got it. You never gave up because you had someone keeping you accountable or helping you. So now that you're all grown up and have no one holding you accountable, you have plenty of reasons and wonder why you lack positive results.

Instructions

1. Read the information and take decisive action. Life is a series of choices—either you commit to action or you abstain. There is no “trying.” Success or failure is contingent on your choices. If you stumble, rise and approach the challenge from a different angle.
2. Engage fully in the exercises provided. Invest time and be brutally honest with yourself. Your chosen life path necessitates truthfulness and decisive action for the desired outcomes.
3. Reflect on the adage: *How you do anything is how you do everything*. Assess your approach throughout this journey. Do you initiate tasks but falter in completion? Is your commitment inconsistent? Gauge if your performance is driven by self-interest. Journal those results.
4. Secure an accountability partner. Opt for someone impartial, as a close friend might prioritize what you want to hear over what you need. This external perspective can provide valuable insights. I can be your partner based on appointment only. More information to follow.

Perfection is subjective, and everyone has their own unique vision of an ideal life. To achieve our personal versions of a perfect life, it's essential to reflect on our individual desires and aspirations.

While each person's definition of perfection may differ, there are six foundational aspects that serve as a starting point for anyone navigating the journey of self-discovery and personal growth. These foundations provide a framework for shaping our lives in pursuit of fulfillment and meaning.

Love, joy, peace, judgment-free living, self-control, and accountability—these are powerful keys to a fulfilling life. However, not having some of them, or lacking even one, will perpetuate the same cycles of your current life or create compounding negative outcomes over time.

In the following pages, we will delve into the significance of each key, providing a deeper understanding and practical exercises at the end of each section.

I suggest dedicating **one week to each key**. Journal your thoughts, feelings, and how you incorporate—or miss—that key in your life during each week. This reflective process will help you gain insights into your habits and empower you to make positive changes over time.

LOVE

This is the big one.. If you master this the rest is easy. So main point is you need to love yourself, you are worthy, there is only one you and no matter what you think your life touches other people whether you know it or not.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails..."

Love your neighbor as you love yourself. Famous saying but the meaning is a general statement meaning love everyone not just literally your neighbor as you love yourself. Now if you do not love yourself. Well then that might be tough to love anyone else really !

This weeks exercise:

Please take your time and be honest with yourself.

We create 90% of our programs of beliefs from birth to age 14. Some beliefs are good and others are not serving us at all. In order to create change we need to know where we are at right now. So take your journal go to your office, the beach, a closet. Some place that you will not be bothered and just start writing everything that comes to mind or that you can remember from birth to age 14. Spelling, grammar, sentence structure DOES NOT MATTER just write. This is for you.

“Our greatest fear is not that we are inadequate Our greatest fear is that we are powerful beyond measure”

STOP! DO THE EXERCISE THEN MOVE ON

JOY

Joy is the answer to your problem. It is easy to assume that joy only comes when we're problem-free. However, if we wait until everything is good , the bills are paid, and the marriage is strong and the kids are behaving. We" ll never have joy! We will always have problems it is human nature. Fortunately joy isn't the absence of a problem its the answer to your problem.

MISERY IS A CHOICE... STOP IT!

Now I say Joy instead of Happy because happiness is a fleeting thing. You need to have a Joy for life. Having a happiness for life just does not work. I was so happy about my new job until I wasn't or my new car until someone scratch it and I realized that everyone has the same car. Joy is the thing that gets you through the bad times. Depending on your age in this life the harsh reality is we will all die the question is when and how? Again think about a child they find joy in everything until we or the adults screw it up with our own miserable habits or they are exposed to the internet ,advertising and TV. If we learn to find Joy in everything like when we were kids man your life will change I promise. If you can just think every once in a while during the day about things that bring you Joy or what can you do to bring Joy into someone else life. So if we do the inside work first (mind) to get the outside results.

Did we finish exercise 1? Did we discover anything? maybe some things that do not serve us anymore. Did you uncover some bad stuff that we need to address?

This weeks exercise:

This is an exercise in I am. This is a concept that Dr. Wayne Dyer has taught and is very powerful and easy. Again take the week and just jot down what exactly are you saying to yourself everyday all day long. Most people say things like I am sick, I am tired, I am mad, I am sad or I can't do this or that, I don't' want to get up, go to the gym, I hate work or my job etc.. Where is the Joy in that. Regardless of your situation you need to make a conscious effort everyday to change that.

So spend a minute and write down your I am's on one side of a piece of paper. Then put the opposite that serves you in a good way.

I am broke

I am sad

I am not good enough

I am wealthy

I am joyful

I am worthy

So here is the action plan record the I am loved, wealthy, joyful.....what ever you choose to replace the negative write it down on a post it or index card carry it in your pocket put it on the mirror stick it in your car and repeat this everyday before bed and upon waking. To get really serious they have on you tube music or sounds for meditation 15 minutes. Put head phones on close your eyes and repeat your I am's over and over for 15 minutes. You may say that this is stupid but you are currently doing it right now daily without thinking to say your current negative thoughts. So the only way for change is to consciously change them until it is your natural way of thought. If you say the new I am's and find a way to put some emotion behind it things will happen quicker.

STOP! DO THE EXERCISE THEN MOVE ON

PEACE

Peace is a state of tranquility or quietness, characterized by the absence of disturbance, conflict, or violence. It is a condition in which individuals, communities, or nations coexist harmoniously, fostering a sense of well-being and security. Peace can exist on various levels, including personal, interpersonal, societal, and international. It goes beyond the mere absence of war and encompasses the presence of justice, equality, and cooperation. Achieving and maintaining peace often involves diplomacy, conflict resolution, and the promotion of understanding and tolerance among diverse individuals and groups.

"So, peace comes with some discipline. Stop listening to the outside world. You can have immediate peace in your life if you do just a few things, and at the end of the week, I guarantee you will have more peace than you have ever had.

This weeks exercise :

Stop watching all news. There is nothing you need to know that is in the news. Get off the internet and social media; you should not care about anything or anyone on the internet. Do not engage with things you have no control over.

Stop trying to be right in your conversations with others. Go for a walk, breathe in fresh air for 15 minutes. Learn to take a break and do nothing for 30 minutes. If you are go, go, go all the time, there is no way to realize how you are doing things in life, and you will fall into a pattern. If you are not pleased with where you are in life, then that does not serve you.

Do this for just ONE WEEK. Below is a link to an old show; most of you will not remember this or even know this, but the message is very funny but true.

<https://youtu.be/ZyT-c0Zycnk?si=jqSJXA6-4VyJkfHr>

While funny and simple you have to make a change in your thinking and patterns you have spent your life enforcing bad habits. You need to take some time to evaluate yourself and change the things that do not serve your best life.

STOP! DO THE EXERCISE THEN MOVE ON

JUDGMENT-FREE

Judgment refers to the process of forming an opinion, belief, or decision about something or someone. It involves evaluating information, circumstances, or individuals based on certain criteria or standards. Judgment can be influenced by personal experiences, values, cultural perspectives, and social norms.

There are two primary forms of judgment:

1. **Objective Judgment:** This type of judgment is based on observable facts, evidence, and logical reasoning. It strives to be impartial and relies on concrete information.
2. **Subjective Judgment:** This form of judgment is influenced by **personal feelings, opinions, and interpretations**. It is often more individualized and can vary from person to person.

While judgment is a natural cognitive process, it's important to be aware of biases and prejudices that may affect the objectivity of one's judgment

"Subjective Judgment. Wow, this is a big one also. I know I work on this all the time. As humans, we judge all the time. We judge ourselves to our own detriment, and we judge other people. Sadly, we do it without really knowing any facts at all. We base it on our emotions or immediate thoughts.

You only know what you know, and most of what you know, someone else told you, or you just formed your own view, which means absolutely nothing and does not mean you're right.

“When we judge people, it is based on what we lack in ourselves.”

This weeks exercise:

Let's engage in a brief exercise centered around our daily activities, achievements, habits, and self-care practices. This exercise encourages honest reflection without any cheating or exaggeration, aiming to unveil the genuine aspects of oneself. In the coming week, maintain a journal using either a physical notebook, notes on your phone, or even through audio recordings that you can transcribe later. Starting from the moment you wake up, document your actions at intervals of 30 minutes to 1 hour. While it's possible to recall and jot down activities from memory, strive to accurately capture at least one full day. To illustrate, consider the following two examples.

Example 1

6:00 AM - 6:30 AM: Wake up and morning routine
6:30 AM - 7:00 AM: Breakfast and check emails
7:00 AM - 7:30 AM: Commute to work
7:30 AM - 8:00 AM: Morning meeting and planning for the day
8:00 AM - 9:00 AM: Work on high-priority tasks
9:00 AM - 9:30 AM: Short break and stretching
9:30 AM - 10:30 AM: Continue working on tasks and projects
10:30 AM - 11:00 AM: Coffee break and quick socializing
11:00 AM - 12:00 PM: Collaborative team meeting or brainstorming session
12:00 PM - 12:30 PM: Lunch break
12:30 PM - 1:00 PM: Respond to emails and messages
1:00 PM - 2:00 PM: Focus on individual work tasks
ETC....

Example 2

10:00 AM: Wake up and snooze the alarm
10:30 AM - 11:00 AM: Scroll through social media and check messages
11:00 AM - 12:00 PM: Brunch and watch TV
12:00 PM - 2:00 PM: Take a leisurely shower and get ready for the day
2:00 PM - 3:00 PM: Nap or relax with a book
3:00 PM - 4:00 PM: Snack time and casual internet browsing
4:00 PM - 5:00 PM: Light exercise or short walk
5:00 PM - 7:00 PM: Netflix or video games
7:00 PM - 8:00 PM: Dinner
ETC.....

Do this for your whole week and you will be amazed at how much time is wasted or non-productive.

Lets get crazy now do the same with everything you drink and eat again BRUTALLY honest with yourself or you will never be your best self.

Now I know you will be amazed at what you find. Again this is for your own self realization. We are here in this exercise to improve, but you want to have fun with this. This will give you clear habits that you have that with a little change can have dramatic life changing effects.

STOP! DO THE EXERCISE THEN MOVE ON

SELF-CONTROL

Self-control refers to the ability to regulate and manage one's own actions, emotions, impulses, and desires. It involves restraining oneself from acting impulsively or succumbing to immediate gratification in order to achieve long-term goals, maintain discipline, and make wise decisions. Self-control is often associated with willpower, discipline, and the capacity to resist temptations.

Select a Trigger: Identify a specific situation or behavior that tends to challenge your self-control. It could be something related to work, relationships, or personal habits.

1. **Set the Intention:** Before encountering the trigger, set a clear intention to exercise self-control in that particular situation. Define what controlled behavior looks like for you in this context.
2. **Mindful Pause:** When the trigger occurs, make a conscious effort to pause before responding or reacting. This pause is a moment for reflection and a chance to choose a deliberate response instead of reacting impulsively.
3. **Observe Thoughts and Emotions:** During the pause, observe your thoughts and emotions without judgment. Acknowledge any impulsive reactions that may arise and consciously choose not to act on them immediately.
4. **Count to Ten:** Take a slow count to ten during the pause. This simple act introduces a physical and mental break, allowing you to regain composure and make a more considered decision.
5. **Consider Consequences:** Reflect on the potential consequences of both impulsive and controlled responses. Think about the long-term impact of each choice on your goals, relationships, or well-being.
6. **Choose a Controlled Response:** After the mindful pause, intentionally choose a response that aligns with your self-control goals. This response should be measured, thoughtful, and in line with your overall objectives.
7. **Reflect and Learn:** After the situation has passed, take time to reflect on your experience. Consider what worked well during the exercise and identify areas for improvement. Use this reflection as a learning opportunity for future situations.

STOP! DO THE EXERCISE THEN MOVE ON

ACCOUNTABILITY

Here is the big one, the mother load of all change. First question did you do all the exercises? Did you spend a week on each one? Well based on stats the answer to these question are NO. Why is that? No Accountability !!!!

Accountability refers to the responsibility and answer-ability individuals or entities have for their actions, decisions, and performance. It involves the acknowledgment of obligations and the willingness to accept the consequences, both positive and negative, that result from one's conduct. In various contexts, accountability can manifest in personal, professional, organizational, or societal spheres.

Key aspects of accountability include:

Responsibility, Transparency, Answer ability, Consequences, Continuous Improvement

"So, there are tens of thousands of self-help books out there in the world. Guess how many of them work?

All of them, but if you don't read them, or you start and never finish them, or better yet, you read them and never do anything with the information, nothing will ever change.

Get an accountability partner; make the change for your best life. It all starts with one little baby step. 'It's not the mountain ahead that stops you; it's the grain of sand in your shoe.' Remember, how you do anything is how you do everything. The results are often harsh but always true.

An accountability partner is someone to whom you can tell anything; you should feel safe, and you should be open. It should be someone who is not intimidated by you and will ask the needed but intrusive questions. This should be someone you actually tell, on a regular basis, whether you are doing what you said you would do, from good to bad.

If you are going to reach the heights you are capable of reaching, you need both an accountability partner and a system in place, such as a set of goals, small steps, starting weekly checkups with 90-day goal setting."

CONCLUSION

I hope this information will set you on a path to your best self, and if I can ever be of help, I offer my services. The first step would be to have a free conversation to listen and assess where you are at, determining if there is a good fit and how it could benefit you. This would be by request only. Send an email request for a time and date, and block out an hour to chat; **there is no fee, charge, or obligation to anything.**

To be transparent, if you choose to move forward after that or if you just need an accountability partner, here is the service menu: **Accountability Coach** – Just need an accountability coach 1st call free if it is a fit then TBD on a case by case basis. Package of 8 sessions, plus full access for two months for phone chats.

1. Or go at it Alone

Finding the real you

What the facts really mean

Are you really listening?

Are you a Victim/persecutor/rescuer?

Turning the ordinary into extraordinary

– Though we are not meant to do life alone. Accountability is the greatest way to succeed.

2. ALL IN Create a 90-Day Plan

- **FIRST THING**, There is no sales pressure ever in most case's I will not work with you and waste your time or money. **Money back Guarantee. I want you to succeed !!**
- Includes the mechanics of setting and achieving four goals of your choice during the next 90 days. I will provide the challenge you need to play big, play full out, and step outside your box.
- **We will meet once a week for an hour for 12 weeks. All included**

I hope, if nothing else, I hope this information gave you some insight and helps you in some way.

God Bless,

Joe

Email request at: josephduerr@yahoo.com

In Subject line put: Request appointment

