

Sample Wisdom Journal - Type 2

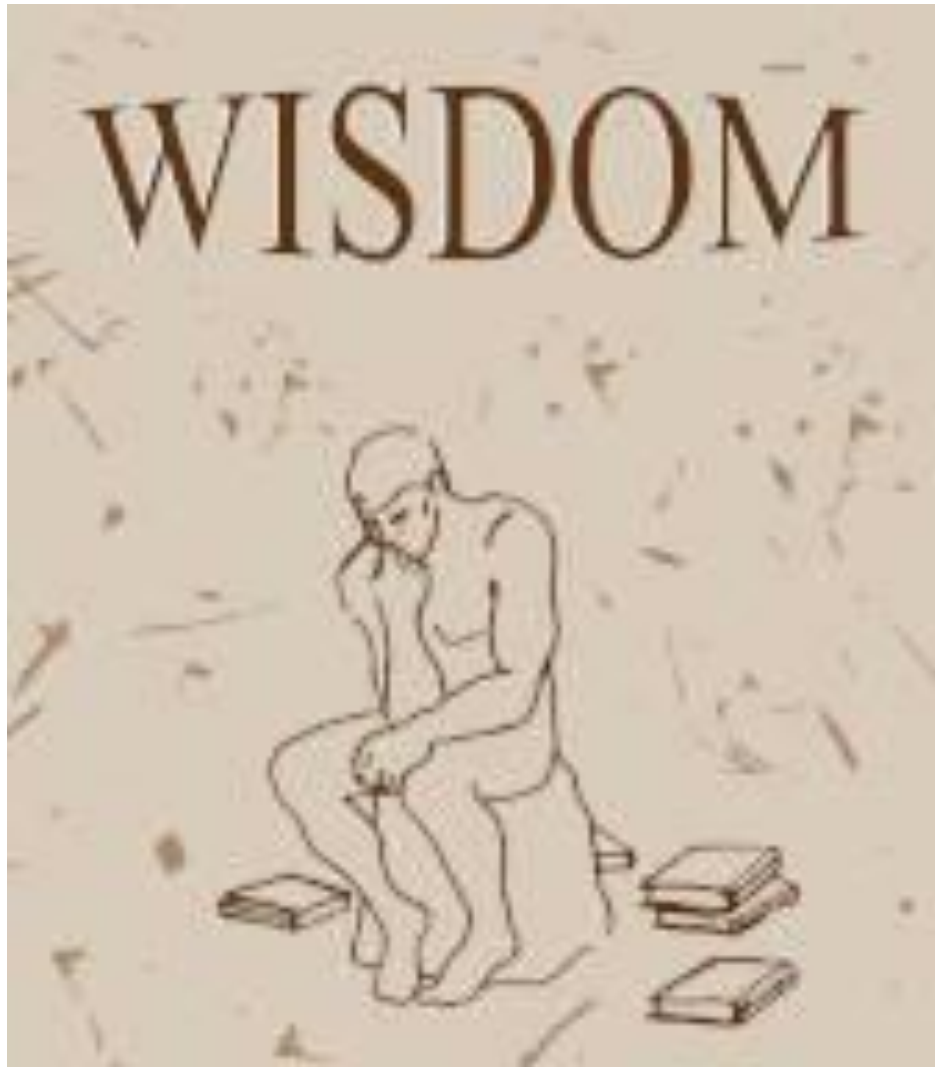


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A

Abortion

Comparing “*slavery* thinking” to “*abortion* thinking” ...

“During slavery — and I know that’s one of those words you’re not supposed to say, but I’m saying it — during slavery, a lot of the slave owners thought that they had the **right to do whatever they wanted** to that slave,” Carson said. “Anything that they chose to do. And, you know, **what if**... the abolitionist had said, you know, ‘I don’t believe in slavery. I think it’s wrong. But you guys **do whatever you want** to do’? Where would we be?” – Dr Ben Carson –

“I’m reasonable person, and if people can come up with a reasonable explanation of why they would like to kill a baby, I’ll listen.” – Dr Ben Carson –

Action

It not **knowing** what to do ... it's **doing** what you know.

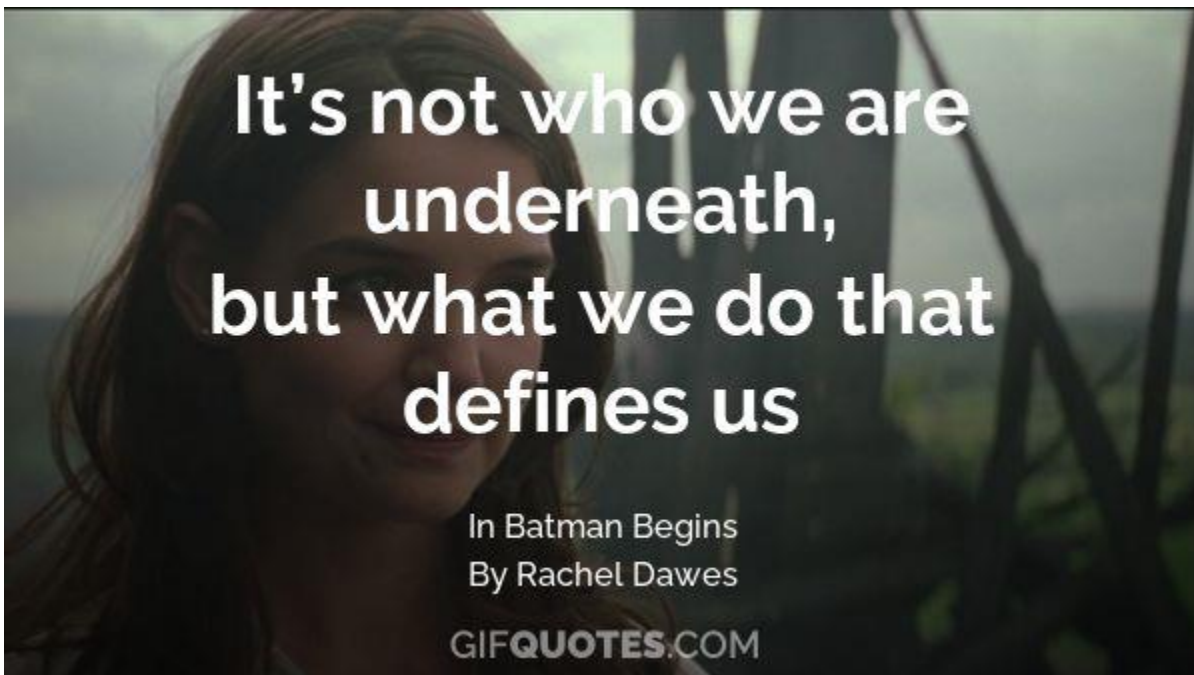
– Anthony Robbins –

Remember, a **real decision** is measured by the fact that you've taken new **action**. If there's no action, you haven't truly decided.

– Anthony Robbins

The path to success is to take massive, determined action.

– Anthony Robbins



We will act consistently with our view of who we truly are, whether that view is accurate or not.

– Anthony Robbins

The truth is that we can learn to condition our minds, bodies, and emotions to link pain or pleasure to whatever we choose. By changing what we link pain and pleasure to, we will instantly change our behaviors.

– Anthony Robbins

Whatever happens, take responsibility.

– Anthony Robbins

You see, in life, **lots of people know what to do**, but few people actually do what they know. Knowing is not enough! You must take action.

– Anthony Robbins

Using the **power of decision** gives you the capacity to get past any excuse to change any and every part of your life in an instant.

– Anthony Robbins

Apology

I believe too many people use “okay, I made a mistake” (where the word mistake is used instead of the more honest “did wrong”) or “but I’m only human” or “I’m not perfect!” as an escape clause out of a guilty conscience. Proof of the pudding, do people mostly say these ***before or after*** life has caught up with them? *If it is before, I’ll accept, as innocent error, an initial attempt to deal with life and others that is corrected when the self-centeredness or folly is recognized.* If it’s after, though, the speaker’s hope or believe they cannot or should not be condemned, criticized, or judged. With these protective clauses they demand to be excused. (Dr. Laura – How could you do that? p 14-15)

Attitude

Anything can be taken from a man but one thing: the last of human freedoms- to **choose one's attitude** in any given set of circumstances, to choose one's own way. – Man’s Search for Meaning – Victor Frankl

B

Beliefs

Beliefs have the power to create and the power to destroy. Human beings have the awesome ability to take any experience of their lives and create a meaning that disempowers them or one that can literally save their lives.

– Anthony Robbins –

What we can or cannot do, what we consider possible or impossible, is rarely a function of our true capability. It is more likely a function of our beliefs about who we are.

– Anthony Robbins –

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

– Anthony Robbins –

Behaviour

The root of all problems is behavior. Emotional states drive behavior.

– Anthony Robbins – *Awaken the Giant*

The truth is that we can learn to condition our minds, bodies, and emotions to link pain or pleasure to whatever we choose. By changing what we link pain and pleasure to, we will instantly change our behaviors.

– Anthony Robbins

C

3 C's

The basic premise of my radio program and books has been that regardless of emotional angst or tremendous temptation, to be fully human and to benefit maximally from the life experience, you must get back to the 3 C's: **Character, Courage, and Conscience**. (Dr. Laura – How could you do that? p 5)

“I truly believe that we, as human beings, should wish to be...
... **loved** and embraced for our **character**,
... **respected** and relied on for our **courage**, and
... **trusted** for our **conscience**.”

(Dr. Laura – How could you do that? p 6)

Change

“**Everyone** wants progress, but **nobody** likes change”

– Mark Twain ... (& Kingston Mayor Harvey Rosin Re:LVEC)

Most people don't change because the behavior meets some of your needs

– Anthony Robbins –

If you do what you've always done, you'll get what you've always gotten.

– Anthony Robbins –

We **can** change our lives. We can do, have, and be exactly what we wish.

– Anthony Robbins –

To make a change in someone:

1. What do they want or need?
2. What's preventing them from getting there?
3. How to get them to where they want to be? (ie change their LC “life conditions” or BP “blueprint”)

– Anthony Robbins – Creating Lasting Change

The 3 principles of change

1. Raise your standards and what you demand of yourself.
2. Change limiting beliefs about how things are and what's possible.
3. Change your way of doing things by modeling someone.

– Anthony Robbins – Awaken the Giant

7 steps to changing someone:

1. Understand / appreciate their world (know what influences them – 1. What needs 2. What do they do to meet needs)
 2. Get Leverage (from “Should” change, to “Must” change) (ie to avoid pain, or achieve pleasure)
 3. Interrupt their pattern (Body, focus, language)
 4. Define the problem in solvable terms
 5. Create an Empowering alternative
 6. Condition
 7. Relate to higher purpose
- Anthony Robbins – Creating Lasting Change

Character

“Life is often quite tough, challenging us to choose between seemingly esoteric (*secret, private*), intangible ideals and getting goodies or good vibes right now. You have **character** when you most often choose ideals.” (Dr. Laura – How could you do that? p 5)

We will act consistently with our view of who we truly are, whether that view is accurate or not.
– Anthony Robbins

Whatever happens, take responsibility.
– Anthony Robbins

Surmounting difficulty is the crucible that forms character.
– Anthony Robbins

Choices

It is in your **moments of decision** that your destiny is shaped.
– Anthony Robbins

Remember, a **real decision** is measured by the fact that you've taken new action. If there's no action, you haven't truly decided.
– Anthony Robbins

We are the only beings on the planet who lead such rich internal lives that it's not the events that matter most to us, but rather, it's **how we interpret** those events that will determine how we think about ourselves and how we will act in the future.
– Anthony Robbins

You see, it's never the environment; it's never the events of our lives, but the meaning we attach to the events - **how we interpret** them - that shapes who we are today and who we'll become tomorrow.
– Anthony Robbins –

Using the power of decision gives you the capacity to get past any excuse to change any and every part of your life in an instant. – Anthony Robbins

Communication

The way we communicate with others and with ourselves ultimately determines the quality of our lives.

- Anthony Robbins –

To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.

- Anthony Robbins –

Conscience

“With maturity you learn to respect the wisdom, protection, benefits, and promise of a moral life. You have **conscience** when you most often compel yourself to do what is right for its own sake.” (Dr. Laura – How could you do that? p 6)

We wish to be excused because guilt (internal pain from the disappointment in self) and shame (public awareness of our transgressions with the threat of condemnation and punishment) are painful emotions, and so we go through verbal and psychological contortions of blame and rationalizations. **Conscience**, however, is not just about avoiding those negatives.

Conscience, *our capacity to judge ourselves in moral terms and to conform to those standards and values that we make a part of our inner being*, is also motivated by good feelings such as pride (in our fulfillment of goodness), compassion, empathy, love, and identification (seeing ourselves in others, thereby imagining how our actions would feel if directed onto us). (Dr. Laura – How could you do that? p 15)

Consistency

In essence, if we want to direct our lives, we must take control of our consistent actions. It's not what we do once in a while that shapes our lives, but what we do consistently.

– Anthony Robbins –

Courage

“Where there is no choice, there is no morality. Humans can choose between selfishness & generosity (ie survival or sacrifice). You have **courage** when you most often choose generosity.” (Dr. Laura – How could you do that? p 5)

Couples (10 Stupid Things Couples do)

1. Stupid Secrets – Withholding info for fear of rejection
2. Stupid Egotism – *My* freedom/Rights are more important than your feelings/needs
3. Stupid Pettiness – Making big deal of small stuff
4. Stupid Power – Never lose argument, or sacrifice
5. Stupid Priorities – Consuming all your time & energies with work, hobbies, etc

6. Stupid Happiness – Seeking stimulation & assurance from wrong places – feeling good VS being good
7. Stupid Excuses – Acknowledge misdeeds & be accountable/responsible – apologize, excuses cause more damage
8. Stupid Liaisons – Bad influences (relatives or friends) can be destructive to self, partner & relationship
9. Stupid Mismatch – Seeing red flags yet you stay- square peg round hole – know when to leave & cut losses
10. Stupid Breakups – Disconnecting for wrong reasons
(Dr. Laura – 10 Stupid Things Couples Do)

D

Debate

11 Rules-How To Destroy Leftists In Debate By Ben Shapiro

- Rule #1: Walk Toward the Fire
- Rule #2: Hit First
- Rule #3: Frame Your Opponent
- Rule #4: Frame the debate
- Rule #5: Spot Inconsistencies in the Left's Arguments
- Rule #6: Force Leftists to Answer Questions
- Rule #7: Do Not Get Distracted
- Rule #8: You Don't Have To Defend People on Your Side
- Rule #9: If You Don't Know Something, Admit It
- Rule #10: Let The Other Side Have Meaningless Victories
- Rule #11: Body Language Matters

Decisions

My core feeling about human behavior... It is not our “conditions”, it's our “decisions” that shape our destiny.

– Anthony Robbins – Creating Lasting Change

3 Decisions that Shape our destiny

1. What do we focus on?
2. What does this mean? (What feelings do we associate)
3. What actions do we take? (pull back – go forward)

– Anthony Robbins – Creating Lasting Change

A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided.

– Anthony Robbins –

Stay committed to your decisions, but stay flexible in your approach.

Anthony Robbins –

Five factors that underlie our decisions

1. Core beliefs and rules -- what will lead to pain and pleasure.
2. Life values.
3. References -- comparisons.
4. Habitual questions.
5. Emotional states - enhance or stop action.

Anthony Robbins – Awaken the Giant

Values control the way we make decisions. All decision-making comes down to values clarification. Values evolve through lifelong conditioning - punishment and reward.

– Anthony Robbins – *Awaken the Giant*

Diet

Want to learn the secret to eat a lot? Here it is: Eat a little. That way, you will be around long enough to eat a lot.

Anthony Robbins –

E

Emotion

Emotional Mastery (one of 5 areas of Mastery)

Just about everything we do is to change how we feel. People can disconnect from their emotions. We try to avoid emotions because we don't know how to control them.

Six steps to emotional mastery

1. What are you really feeling.
2. Acknowledge and appreciate your emotion.
3. Get curious about the message - fear may be about needing more preparation.
4. Get confident.
5. Get certain you can handle it today, rehearse handling it in the future.
6. Get excited and take action.

- Anthony Robbins – Awaken the Giant

Ethics

"One of our problems is that ethics is never a business issue or a social issue or a political issue. It is always a personal issue." (John Maxwell – No such Thing as Business Ethics)

The fact that ethics is always personal, Maxwell contends, suggests a single, simple way that each of us "can move from 'mostly ethical' to 'always ethical' ... based on the Golden Rule." That way is "asking the question '**How would I like to be treated in this situation?**'"

Example

Is that what you are going to **tell your kids** – don't think about right and wrong or consequences and responsibilities? (Dr. Laura – How could you do that? p 14)

F

Failure

There is no such thing as failure. There are only results.

– Anthony Robbins

Feelings

3 forces that shape your emotional state

1. Way you use your body (physiology) (body of happy person is different than depressed person)
2. What you focus on (eg focus on “what’s been done to you” vs thankfulness)
3. Language patterns (experience “changes” when you add language to it ... beautiful, ugly)

– Anthony Robbins – Creating Lasting Change

Focus

Most people have no idea of the giant capacity we can immediately command when we focus all of our resources on mastering a single area of our lives.

– Anthony Robbins

One reason so few of us achieve what we truly want is that we never **direct our focus**; we never **concentrate our power**. Most people dabble their way through life, never deciding to master anything in particular.

– Anthony Robbins

Successful people **ask better questions**, and as a result, they get better answers.

– Anthony Robbins

G

Greatness

10 qualities / strategies / (seeds) of Greatness

1. The Seed of Self Esteem
2. The Seed of Creativity
3. The Seed of Responsibility
4. The Seed of Wisdom
5. The Seed of Purpose
6. The Seed of Communication
7. The Seed of Faith
8. The Seed of Adaptability
9. The Seed of Perseverance
10. The Seed of Perspective

- Dennis Waitley – Seeds of Greatness

Goals

People are not lazy. They simply have **impotent goals** - that is, goals that do not inspire them.

– Anthony Robbins –

Setting goals is the first step in turning the invisible into the visible.

– Anthony Robbins –

Stay **committed** to your decisions, but stay **flexible** in your approach.

- Anthony Robbins –

There's always a way - if you're committed.

Anthony Robbins

Rather than striving to “win” arguments pursue **clarity on where we differ**.

(Works in marriage also ... So Honey, where exactly do we differ?) Dennis Prager

Good Life

(Rather than just Mere Life). Living a life fulfilling to a human being. Skinner (Walden Two)

–

1. Health – Body comes first
2. Reciprocal Agreement – Equality
3. Minimal of Unpleasant Labour
4. Chance to exercise Talents & abilities (Sports Hobbies Arts & Crafts) Most NB of all is that expression of interest in the world which is Science.
5. Mostly relaxation & rest?!?

It is not **what we get**... but who we **become**, what we **contribute**... that gives meaning to our lives. – Anthony Robbins –

Guiding Force – “map”

7 elements that guide individual behaviour

1. Global Beliefs
2. Identity beliefs
3. Values
4. Rules
5. Vehicles - methods to meet needs (eg job, wife, God)
6. Situation specific beliefs
7. Meta Programs (How brain processes)

Guilt

We wish to be excused because **guilt** (*internal pain from the disappointment in self*) and shame (public awareness of our transgressions with the threat of condemnation and punishment) are *painful* emotions, and so we go through verbal and psychological contortions of blame and rationalizations. Conscience, however, is not just about avoiding those negatives. Conscience, our capacity to judge ourselves in moral terms and to conform to those standards and values that we make a part of our inner being, is also motivated by good feelings such as pride (in our fulfillment of goodness), compassion, empathy, love, and identification (seeing ourselves in others, thereby imagining how our actions would feel if directed onto us). (Dr. Laura – How could you do that? p 15)

I believe too many people use “okay, I made a mistake” (where the word mistake is used instead of the more honest “did wrong”) or “but I’m only human” or “I’m not perfect!” as an escape clause out of a **guilty** conscience. (Dr. Laura – How could you do that? p 14-15)

H

Happiness

Formula LC=BP (Life conditions = Blueprint)

– Anthony Robbins

A human being is not in pursuit of happiness but rather in search of a reason to be happy. Once the reason is found, one becomes happy automatically. – Man’s Search for Meaning – Victor Frankl

Only those who have learned the power of sincere and selfless contribution, experience life's deepest joy: true fulfillment.

– Anthony Robbins

Heart

What is more important than knowledge?

The things that make life worth living... they can't be thought *here* [pointing to his brain]. They must be felt *here* [pointing to his heart] - Movie quote from The Librarian

Human

(also see Life)

“Callers were teaching me about the tenacity of **spirit** and nobility of **purpose** with which people can choose to behave – where sacrifice and suffering are seen as part of the elevation of the soul in accomplishing something truly special: being **human**”.

(Dr. Laura – How could you do that? p 4)

Only **human**? That makes me want to toss up my lunch. You do what you feel like without forethought or responsibility and then you say, “Oh, well, that’s **human**”. I see **human** as something very special. I reserve “that was very **human**” for something that was magnificent – like courage, altruism, artistry... Is that what you are going to tell your kids – don’t think about right and wrong or consequences and responsibilities? (Dr. Laura – How could you do that? p 13-14)

Husbands (Proper Care & Feeding of Husbands)

Ch 1 – Improper Care & Feeding of Husbands

Ch 2 – The White Rabbit Syndrome

Ch 3 – You’re a Nag

Ch 4 – Men have Feelings? Really?

Ch 5 – Huh Honey What did you say? What did You Mean?

Ch 6 – What’s Sex?

Ch 7 – A Man Should be respected in his Own Home

Ch 8 – Guy Time

I

Impact

The only limit to your impact is your imagination and commitment.

– Anthony Robbins

J

Judge

I believe too many people use “okay, I made a mistake” (where the word mistake is used instead of the more honest “did wrong”) or “but I’m only human” or “I’m not perfect!” as an escape clause out of a guilty conscience. Proof of the pudding, do people mostly say these ***before or after*** life has caught up with them? *If it is before, I’ll accept, as innocent error*, an initial attempt to deal with life and others that is corrected when the self-centeredness or folly is recognized. If it’s after, though, the speaker’s hope or believe they ***cannot or should not*** be condemned, criticized, or **judged**. With these ***protective clauses*** they ***demand*** to be ***excused***. (Dr. Laura – How could you do that? p 14-15)

K

L

Leadership

3 ways to Lead

1. Fear
 2. Incentives (Problems...limited resources, becomes trade rather than giving)
 3. Growth & Acknowledgement
- Anthony Robbins – Creating Lasting Change

Life

“The path to solid, supportive, healthy relationships, self respect, and a quality **life**, starts with the usually painful decision to do the right thing.” (Dr. Laura – How could you do that? p 2)

Love

The salvation of man is through love and in love. – Mans Search for Meaning – Victor Frankl

M

Marriage (Proper Care & Feeding Of Marriage)

- Ch 1 – Me Tarzan. You Jane
- Ch 2 – I’ve Met the Enemy ... and it’s me
- Ch 3 – Th Good The Bad & the Ugly
- Ch 4 – Dos & Don’ts
- Ch 5 – To Hell & Back
- Ch 6 – Mother Laura’s Marriage Tools
- Ch 7 – The Gift of the Magi

Meaning of Life

We can discover the meaning in life in three different ways:

1. by creating a work or doing a deed,
 2. by experiencing something or encountering someone and
 3. by the attitude we take toward unavoidable suffering
- Mans Search for Meaning – Victor Frankl

The true meaning of life is to be discovered in the world rather than within man or his own psyche, as though it were a closed system. - Mans Search for Meaning – Victor Frankl

Men (10 Stupid Things Men Do)

1. Stupid Chivalry – Getting involved with weak, flaky, damaged, needy, untrustworthy, immature women
2. Stupid Independence – Unwilling to admit need for bonding/intimacy – hide in excess work, play, food, porn
3. Stupid Ambition – Accept importance of being father & husband – rather than idols of money, toys, power
4. Stupid Strength – Uncomfortable with feeling weak, vulnerable, rejected – use force & intimidation to get control
5. Stupid Sex – attraction, opportunity or erections are “signs” – measure masculinity by conquests, infidelities
6. Stupid Matrimony – Lacking purpose, meaning or value of marriage – helpless to fix it
7. Stupid Husbanding – Marriage is not end of loving courtship – “mommy/wife” not to take care of everything
8. Stupid Parenting – Not just women nurture children & be hands-on parents – masculine influence is important
9. Stupid Boyishness – Lacking comfortable emotional social relationship with mother – relationships impacted
10. Stupid Machismo – Difference between being male & a man

Money

“He who is contented is rich” – Lao Tzu

Morality

Without **morality**, we are no more than termites seeking survival and gratification at every moment and at all costs. With **morality** we transcend instinct and simple equations of learned response. (Dr. Laura – How could you do that? p 4)

Motivation

3 filters to understanding human behavior:

1. Understanding Human Needs
 2. Understanding Human Beliefs
 3. Understanding the Emotions that you've become habitually addicted to
- Anthony Robbins – Creating Lasting Change

3 Things I want to know about someone I meet:

1. Motives – Driving force (ie top 2 of the [6 basic human needs](#))
 2. Guiding force ([7 elements of Guiding force](#))
 3. Where you live – Fuel of choice – Energy – Emotions (of 4000 words for emotion ... avg person feels 12)
- Anthony Robbins – Creating Lasting Change

In life you need either inspiration or desperation.

- Anthony Robbins –

Passion is the genesis of genius.

- Anthony Robbins –

The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you.

- Anthony Robbins –

N

Needs

6 human needs (beliefs are formed ... but needs are inborn)

1. Certainty
2. Uncertainty (Variety to overcome boredom)
3. Significance (eg by serving or dominating)
4. Connection / Love (love may involve being hurt so connection is enough for most people)
5. You must Grow
6. Need to Contribute

(#1-4 = personality needs ... #5-6 = spiritual needs ... not everyone has spiritual needs)

– Anthony Robbins – Creating Lasting Change

6 human needs (certainty, uncertainty, significance, love/connection, growth, spirituality)

-Anthony Robbins-

O

P

Parents (Stupid Things Parents do)

- Ch 1 – Death of the Family
- Ch 2 – Don't have them if you won't Raise them
- Ch 3 – Dads need not apply
- Ch 4 – Brave New Baby
- Ch 5 – Spare the Rod
- Ch 6 – Give Them What they want
- Ch 7 – Child-Free Parenting

Political Correctness

“Political Correctness ... Is saying what needs to be said, regardless of the political sensitivities of those who are opposing you (Ben Shapiro, Baylor, 2019)

“Just because someone declares something to be Politically Incorrect, doesn't mean it doesn't need to be said – Sometimes it VERY much needs to be said. (Ben Shapiro, Baylor, 2019)

Progress

“Everyone wants progress, but nobody likes change” – Mark Twain ... (& Kingston Mayor Harvey Rosin Re:LVEC)

Q

R

Racism

Leftists like Handler get a pass in our culture and from the liberal media for despicable remarks... They are immune from criticism when **falsely** alleging that conservatives, *by virtue of their conservatism alone*, are **racist**. (David Limbaugh-Guilty By Reason of Insanity – page 40)

Right (& Wrong)

“The path to solid, supportive, healthy relationships, self respect, and a quality life, starts with the usually painful decision to do the **right** thing.” (Dr. Laura – How could you do that? p 2)

“The problems people want to solve, resolve or avoid in the first place need to be approached along the lines of **right and wrong**. This is anathema (*hated or shunned*) to much of the psychological establishment, among whom “feelings” reign supreme, “values” are relative, and where there is no judgment and little challenge. (Dr. Laura – How could you do that? p 4)

Is that what you are going to tell your kids – don’t think about **right and wrong** or consequences and responsibilities? (Dr. Laura – How could you do that? p 14)

Robbin’s Teachings

Here are the top 10 lessons that learned from Tony Robbins Teachings:

- 1) By altering your body’s physiology, you can achieve an immediate change of your emotional state. The mind will follow whatever state your physical body is in and not vice-versa.
- 2) Ask specific questions of yourself (in your self-talk) to direct and control your attention to the various aspects of the human experience. The quality of your life is in direct proportion to the quality of the questions you ask of yourself.
- 3) Get leverage to create personal change by associating an old behavior with massive pain and the desired new behavior with massive pleasure. Tony is a big believer in the pain/pleasure principles of life and this applies in business as well.
- 4) When you get stuck, interrupt your limiting pattern by doing something totally unexpected.
- 5) You can condition your behavior by visualizing it over and over again. This is not exactly unique to Tony Robbins, but he does reinforce this message in all of his products.
- 6) Goal-setting strategy: Know your end outcome; Take massive intelligent action; Have sensory-acuity to notice if you are getting the results you desire and if not; change your approach; and change **until** you get your end outcome.
- 7) Create a “Compelling future” by vividly imagining your end result to generate enthusiasm and power within yourself. The past does not equal the future. Find beliefs that support your goals and desires.

8) Youth is Power! This is one of Tony's beliefs. Even if you don't have fancy degrees, your youth can still mean power, flexibility and opportunity for your life.

9) Principles of **CANI!** CANI stands for Constant And Never-ending Improvement. It's a basic tenet of Tony Robbins.

10) NLP can be useful. NLP stands for Neuro Linguistic Programming and there are many NLP undertones in Tony's basic tenets. He went on to morph NLP into his own technology called "NAC" (Neuro Associative Conditioning) .

I liked this one : When you get stuck, interrupt your limiting pattern by doing something totally unexpected.

Regret

The Top Five Regrets of the Dying: A Life Transformed by the Dearly Departing – Bronnie Ware – 2011

1. I wish I had the courage to live a life true to myself, not the life others expected me to live
2. I wish I hadn't worked so hard
3. I wish I had the courage to express my feelings
4. I wish I had stayed in touch with my friends
5. I wish I had let myself be happier

S

Shame

We wish to be excused because guilt (internal pain from the disappointment in self) and **shame** (*public awareness of our transgressions with the threat of condemnation and punishment*) are *painful* emotions, and so we go through verbal and psychological contortions of blame and rationalizations. Conscience, however, is not just about avoiding those negatives. Conscience, our capacity to judge ourselves in moral terms and to conform to those standards and values that we make a part of our inner being, is also motivated by good feelings such as pride (in our fulfillment of goodness), compassion, empathy, love, and identification (seeing ourselves in others, thereby imagining how our actions would feel if directed onto us). (Dr. Laura – How could you do that? p 15)

Suffering

Formula LC ≠ BP (Life conditions ≠ Blueprint) AND you don't believe you can do anything about it

(if suffering, change life conditions or change blueprint)

– Anthony Robbins – Creating Lasting Change

Success

My definition of success is to live your life in a way that causes you to feel a ton of pleasure and very little pain - and because of your lifestyle, have the people around you feel a lot more pleasure than they do pain.

– Anthony Robbins

3 Decisions that Shape our destiny

4. What do we focus on?

5. What does this mean? (What feelings do we associate)

6. What actions do we take? (pull back – go forward)

– Anthony Robbins – Creating Lasting Change

Success comes from taking the initiative and following up... persisting... eloquently expressing the depth of your love. What simple action could you take today to produce a new momentum toward success in your life?

– Anthony Robbins

Successful people ask better questions, and as a result, they get better answers.

– Anthony Robbins

The path to success is to take massive, determined action.

– Anthony Robbins

The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you.
- Anthony Robbins –

The way we communicate with others and with ourselves ultimately determines the quality of our lives.
- Anthony Robbins –

There is no such thing as failure. There are only results.
Anthony Robbins

There's always a way - if you're committed.
Anthony Robbins

You see, in life, lots of people know what to do, but few people actually do what they know. Knowing is not enough! You must take action.
– Anthony Robbins

What we can or cannot do, what we consider possible or impossible, is rarely a function of our true capability. It is more likely a function of our beliefs about who we are.
– Anthony Robbins –

You see, it's never the environment; it's never the events of our lives, but the meaning we attach to the events - how we interpret them - that shapes who we are today and who we'll become tomorrow.
– Anthony Robbins –

5 Areas of Mastery

1. Emotional
2. Physical
3. Relationship
4. Financial
5. Time

– Anthony Robbins – Awaken the Giant

T

Time

Once you have mastered time, you will understand how true it is that most people overestimate what they can accomplish in a year - and underestimate what they can achieve in a decade!

– Anthony Robbins

Trials

Surmounting difficulty is the crucible that forms character.

– Anthony Robbins

U

V

Values

Values control the way we make decisions. All decision-making comes down to values clarification. Values evolve through lifelong conditioning - punishment and reward.

– Anthony Robbins – Awaken the Giant

W

Women (10 Stupid Things Women do)

1. Stupid Attachment – Unbalanced look to man to find & define self
2. Stupid Courtship – Desperation ... being beggar & not chooser
3. Stupid Devotion – Driven to love, suffer & cover for him
4. Stupid Passion – Sex-to-soon sets up self to be burned
5. Stupid Cohabitation – Living with him not because you love him - rather you hope he'll want you
6. Stupid Expectations – Commit then hate him? – Using marriage as fix for low/no self esteem
7. Stupid Conception – attempting to use babies to jump start love, personal growth & commitment
8. Stupid Subjugation – Letting him hurt your children – because of your obsessive need for security & attachment
9. Stupid Helplessness – Too scared & insecure to deal with rage – turn it into wimpishness
10. Stupid Forgiving – Adulterous, Addicted, controlling, Violent – knowing to break off or avoid such relationships

Wrong

(See also Right & Wrong)

I believe too many people use “okay, I made a mistake” (where the word *mistake* is used instead of the *more honest* “did **wrong**”) or “but I’m only human” or “I’m not perfect!” as an escape clause out of a guilty conscience. (Dr. Laura – How could you do that? p 14-15)

X

Y

Z