

WEEK FOUR

Welcome to Week Four of your Life Success Plan. We hope you are having a great week and are ready for this week's journey.

You should now be seeing more strategic changes in your thinking and in your actions! And it is only going to continue to get better! Keep the momentum building by making sure that you take some time this week with this email and the workbook exercises to reflect, to take action, to learn and grow and to continue your pursuit of the life, health and weight you want to develop for yourself.

Also, remember that if you are experiencing interruptions or challenges in your life – That's Good (or I should say Can be good)! Why? Because with every challenge there is also an opportunity to ask questions, to learn, to shift priorities, to adjust, to reassess and ultimately, to grow... And with this program you are being asked to think in those terms weekly.

See the "new you" that is evolving and start thinking and acting in that way now. Obviously this is called "change" and "different". And when patterns and behaviors start changing, things can become unsettled. Again, this can be good because it requires us to become larger, smarter, wiser, clearer - and most importantly more of who we are meant to be.

You're doing great--keep it up!

Now in today's edition, Jim focuses on the fourth part of Personal Development - Learning and Education. Chris then recaps CD 3 from The New Millennium program, lists this week's questions and action points and gives a look forward to next week. Also attached is the Week Four workbook.

Have a Blessed, Victorious, Healthful and Prosperous Week!

Donna

A sunset over a body of water with a large rock in the foreground. The sky is a gradient of purple, orange, and yellow. The water is dark with a small boat visible in the distance. The rock in the foreground is large and textured, with some water splashing around its base.

Personal Development The First Essential for Success

Part 4

PERSONAL DEVELOPMENT

Personal Development, Part Four - Learning and Education

Hello and welcome to Week Four.

As you know, we are focused on the First Essential for Success this month - Personal Development.

In Month One here are the four main components of Personal Development:

1. The Invitation - We looked at the possibilities and I challenged you to accept the invitation to join me on this unique journey of self-development and discovery where you'll set and reach higher goals, go for your dreams, change certain unpleasant things about yourself and make a significant difference in the lives of others.

2. The Plan - All good things in life are upstream, but the natural flow of life is that downward, negative pull. To combat that downward pull, you need a plan, a map to help you reach your desired destination. We talked about the plan and broke down the keys to creating and following a successful plan.

3. Association and Circle of Influence - We are affected by everything around us, including what we read, what we watch, who we talk with and who we spend time with. It all plays a part in how we view our world, our relationships, our opportunities but mostly ourselves. Last week we discussed the importance of our associations and the influence they have.

4. Learning and Education - All Essentials for Success we'll be studying over the next year will involve personal development, becoming a student and learning. This is the foundation -- one of the basics or fundamentals to becoming more, to having more and to doing more, and we'll cover this key aspect in this week's edition.

Bonus Point - Personal Development is about having a Celebration; creating your own unique, only-you-deserve-it-because-you-did-it, one-of-a-kind celebration!

This week we will be discussing point 4, Learning and Education.

"Education must precede motivation." -- Jim Rohn

Learning is the foundation for all success in life. (All success, whether it's reading on how to plan a budget, or taking some training on how to shop healthier at the grocery store, or going to a seminar on advancing in your career, it starts with learning.) It is where true success begins. Learning is the beginning of wealth. Learning is the beginning of health. Learning is the beginning of spirituality. Searching and learning is where the miracle process begins. If you want to produce change in your life, if you want to write your own future and destiny, then it begins with educating yourself as to what successful people have done and how they have done it. Learning is our way of peering into history and seeing what makes a successful life in all areas.



I teach in my seminars that a formal education will make you a living, but self-education will make you a fortune. Most people want to achieve wealth. And I would guess that all of you who are in the Life Success Program are looking to achieve wealth (or at least financial stability) and health. And I would guess that all of you who are in the Life Success Program are looking to achieve wealth and health and the blessings and opportunities they can bring and that you realize how tied together they really are. (Less financial stress means less chance of eating out of worry or anxiety. Greater financial security means seeing yourself with greater confidence- because of what you've achieved- and that filters over into achieving in the area of weight management). Since this is the case, apply yourself to self-education as you are already doing in this program! Take it seriously. Follow the plan diligently. Formal education isn't bad. In fact, it is good and can be important and valuable. But self-education is where all the possibilities of wealth arise! That is where your entire world opens up and your dreams begin to take shape, and you begin to live the destiny you were created for!

The beauty of learning is that it provides answers to life's questions. If you have a question about something, look for the answer! Learning is also good for course correction. Oftentimes in life, many people get off in the wrong direction. That's okay as long as when they have the opportunity for learning, they allow it to correct the path they are on. The more you educate yourself the smarter you will work - and the more successful you will be!

Learn and grow! If you step up the self-education curve, you will come up with more answers than you ever would have thought possible. You will put yourself in a place where achievement will be natural and you will be able to help not only yourself but others as well, and that is what life is really all about!

Until next week, let's do something remarkable!

Jim Rohn

(Note from Donna- Hey Guys, I can't stress enough that the self-education curve is what has propelled me and my organization to heights we still can't believe are happening!

Read, ask questions, grow! And then stand back and be in absolute amazement at how quickly and seemingly effortlessly you become happier, thinner, healthier, wealthier and more successful!)

**"If a man empties his purse into his head, no man can take it away from him.
An investment in knowledge always pays the best interest."
-- Benjamin Franklin**

Hi there, Chris Widener here. Hope you have taken time to go through the material, reflect upon what you have learned and how you can apply it to your life with specific actions to improve yourself.

Here is a recap of the material on CD Three from The Jim Rohn Weekend Event - Excelling in the New Millennium:

Zig Ziglar taught us about the following:

- How to survive in a tough economy.
- Many people prosper even in bad economies. It is our job to become the kind of people who can get ahead. This is in direct relation to the kind of people we are.
- It isn't what happens "out there," but what happens "in here," that counts. It is what happens inside of you that matters.
- You can change what you are and where you are by changing what goes into your mind. (Donna always calls this "BYoB"- Bombard Your Brain)
- How do you develop qualities that will help you prosper in bad times? By reading, listening, learning, and claiming.
- The most important conversation you will ever have is with yourself. The most important opinion you have is the one you have of yourself.
- There is something you can do right now to change your future and it is your choice!
- Things that money can buy are great, but things that money can't buy are even more valuable. Zig says, "Money can buy you a house but not a home, a bed but not a good night's sleep." We should value and work on those things that money cannot buy. They are the important things of life.
- If quality of life is your number one priority, your standard of living almost always improves.
- There are no happy self-centered people. The people who experience true happiness are those who are "givers."
- You are the only one who can solve your problem.
- Develop a wall of gratitude that highlights the people who have made a difference in your life.

- How do you improve relationships? By improving your conversations and your attitudes. Three main points:
 1. Serve others
 2. Realize and celebrate the differences
 3. Have fun together
- To have true success, you must start with a character base.
- What you send out is what you get back.
- A strong spiritual life improves the rest of your life.

The main points that I reflected upon and gained from this session were:

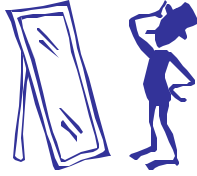
- The economy doesn't determine my destiny. My outlook, my work and my vision determine my destiny. When others are complaining I am to be working and reaping the fruit from what I have sown before. There may be slimmer pickings but there are still pickings to be picked!
- The most important conversation we have is with ourselves. Have you ever thought about what you think about? What conversations do you have with yourself? What do you say to yourself repeatedly throughout the day? Then see how those conversations determine to a great degree how your day actually goes! It is a powerful lesson. Change your thoughts and you change your life!
- Serving others is the foundation for relationships. Everyone loves when someone serves them. They feel fondly toward those who will give of themselves. So if we are someone who will serve others, someone who will consider others' interests as more important than our own, we will begin to see our relationships grow exponentially!

See you next week,

Chris Widener

"Learning is the beginning of wealth. Learning is the beginning of spirituality. Searching and learning is where the miracle process all begins."

-- Jim Rohn



Questions for Reflection:

Q. In what areas of life are you successful? What areas need improvement? How do the two overlap or affect each other? How could one be helping or hindering the other?

Successful Areas: _____

Areas of Needed Improvement: _____

Q. Are you making a living or a fortune? If you are only making a living, you need more wealth education. What are some ways you can begin to get wealth education started this week?

A. _____

B. _____

C. _____

D. _____

E. _____

Q. In what areas do you need course correction? How did you end up going in the wrong direction? What education did you receive that got you there? What education do you need to get in order to correct the wrong thoughts and patterns you have used so far?

Q. What answers do you need? What insights do you really long for? What truths would be especially pertinent to your life right now and take you to another level?

Q. How did you perform in the last bad economy you went through? How are you doing now? What can you do differently in the next bad economy to guarantee that you prosper even if others are not? (Remember, better finances have a direct affect on the worry and stress eating that can take place, which affects our weight, our eating behaviors and how much we move.)

Q. What are the general messages that roll around in your mind each day? Are they messages that will produce success or messages that hurt and hinder your journey? How can you develop better messages in your mind?

Q. What opinion do you have of yourself? What do you tell yourself about yourself? Where did that opinion come from? Is it true or not true? Is it conducive to your growth as a person and in taking you on your journey to success?

Q. What emphasis have you placed on what money will buy you? Has it been healthy or unhealthy? What emphasis have you placed on what money cannot buy? Have you given enough time to those things that hold ultimate value in your life? If not, how can you make some changes that will bring you to a place where you are enjoying those things that are so important in life?

Q. Would others describe you as being giving or self-centered, or perhaps somewhere in the middle? What can you do to become a more giving person?

Q. What do you think about Zig's position that your spiritual life is the most important part of your life? How would you describe your spiritual life? Is it vibrant, or is it lacking in some areas? What can you do to restore the energy to your spiritual life?



Action Steps This Week:

1. Do something this week that will enhance your positive self-talk. Begin replacing the old negative messages in your mind with new positive ones. Perhaps it will be by reading a book or listening to a tape, but it will put new and positive thoughts into your mind. List at least positive one book you will begin reading this week.

2. Take some time to think through the areas of life you are well educated in and the areas of life you are less educated in. Then begin to build your library (books or tapes) around the topics you need to learn more about. Buy at least one book (or take one off the shelf that you already own) that will teach you in the area you need to grow the most. List those area(s) here:

A. _____
B. _____
C. _____
3. Think about your formal education. What gaps did it leave for you? Now, begin to create a plan for your self-education. Formal education is usually four to six years after high school. Self-education is for the rest of your life. Create a sketch plan of what your lifetime self-education plan might look like.

4. In what areas are you looking for answers? The Bible says that if you seek you shall find. Spend at least two hours this week seeking out answers for those questions that are greatest for you in your life right now. Write the questions here.

A. _____
B. _____
C. _____

5. Write down three things that money can't buy and an action plan on how you will get them.

1. _____

2. _____

3. _____

6. Begin your wall of gratitude (it may be a journal of gratitude or some other venue). Write down at least ten people who belong there. If you can make the time, write to those individuals and let them know what they have meant to you.

1. _____

2. _____

3. _____

4. _____

5. _____

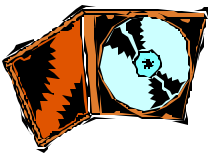
6. _____

7. _____

8. _____

9. _____

10. _____



A Look Forward:

You will receive an introduction into Month Two - Goal-Setting, so get ready! Also, this program is designed to give you a week off from listening to a CD (a catch-up week if needed). Of course feel free to skip ahead in your listening or listen to additional material.