Patience . . . The Silent Killer
The Science Of Frequency & Chemistry

Version 1.30

History

Tom Kunz, past President of CENTURY 21, shared on Thanksgiving 2016 he would love help with . . . ***"Being Patient."*** Mark Boersma, international speaker, author and social entrepreneur shared . . . "*Tom, I don't think you need patience, I believe what you need is a system to help those around you to, not have patience.*"

Goal for White Paper

Assist you the reader and those in your networks / sphere of influence to learn the difference between good patience and bad patience, empowering each and every individual to achieve their full potential, discover their Life Vision and then live that each and every day.

Warning

There may be some parts of this white paper which are offensive to you . . . don't stop reading. We hope as you continue to read, it will become more clear as to what is being shared. Our hope is that, through this white paper, that maybe . . . we can challenge . . . the minds of others, as our minds have been challenged, to Think Differently. A great first step before reading this white paper is to watch the following short video.
www.DNAforSuccess.com/Video-Trailer-:Library/Thinking-Differently

Please answer . . .

From a 1 to 10, with 10 being the highest or most, how would you rate yourself in the following . . .

___ 1. How patient I currently am.
___ 2. How patient I would like to be.
___ 3. How much I procrastinate.
___ 4. How much I would like to procrastinate.
___ 5. How much of my potential I am currently achieving.
___ 6. How much of my potential I would like to achieve.
___ 7. The one suggestion, I will take action on from the individual who passed this white paper along to me is:

_____

Special Gift Offer . . .

Have you ever started something and then not followed through? Have you ever attended an event, workshop, seminar or read a book, become motivated . . . and then not followed through? Legacy Partners is a network of motivated professionals who give back to their local communities and communities all around the world.

Legacy Partners volunteer their time in many ways and one of things they do is give as a gift 30 minute Strategy Sessions. IF . . . you finish reading or listening to a reading of this white paper, you are eligible for a 30 minute Strategy Session. Again there is no cost to you, it's a gift from Legacy Partners to you. Please complete a short online survey, which will take you roughly three minutes of your time to complete, and someone will give you a call to schedule a time. Go into your 30 minute Strategy Session, expecting that you life, both personally and professionally will change forever . . . as it has for so many others.
www.DNAforSuccess.com/Examination/30min-Strategy

Assignment

1. List out those things you think you are being patient on and should be.

2. List out those thing you think you are being patient with and shouldn't be.

What does "The Silent Killer" actually mean . . .

Great question! There is actually good patience and bad patience and often we think we're having good patience when it often is bad or we think we are impatient and that's bad when it's actually good.

Patience is like stress or guilt and it can be good or it can be bad. When we say "Patience is the silent killer" we are obviously talking about bad patience. We are patient about things when we shouldn't be. Most of the time when we are patient when we should be, we don't even realize until at a later time. We are patient with ourselves or others . . . when we shouldn't be . . . and it's only later that we realize . . . we or others are procrastinating.

Improper patience has many names. A few are of those are procrastination, lazy, sloppy, undisciplined and pathetic. Maybe . . . "Not living up to my full potential." or "I'm not earning what I deserve to be earning." are phrases which actually sum up us being patient with ourselves and others around us also being patient with us . . . when they shouldn't. Other words which may surround, "improper patience" may be caring, grace, mercy and kindness.

Improper patience = **procrastination** and comes in many forms and often it's the little things. We often promote improper patience or it can be called laziness. Why? We like to be lazy, it feels great in the moment. We actually like others to be lazy around us. Why? It makes us feel good to have people around us more lazy than we are. Improper patience is "The Silent Killer" of childhood dreams, goals, passions, relationships . . . and really anything we value and anything that is of eternal value can be lost by improper patience.

We seem to live in a world of patience . . . at least from a consumer perspective. "Have it your way." the focus on consumption, living for today, you only live once, enjoy, enjoy, enjoy. It seems maybe . . . that most things very big . . . big government, big business, big media, big labor, big religion, big medicine . . . etc. all promotes at the subconscious level, trust us, give us your time / your life, give your money to us . . . and we'll give you your life dreams and goals . . . without all the hard work.

A great book on this is "The Art Of Seduction Of The Masses" which is authored by a 15 year old young man. It's a most interesting read and is book that will stretch one's mind. www.xxxxxxxxxxxxxxxx

A great mastermind group which meets weekly is “The Success Circle of 12 - for lazy people” helps us to dig in and learn how not to be lazy as it relates to patience. www.facebook.com/Success-Circle-of-12-for-Lazy-People-170846129986257

Question . . . “How do I know the difference between good patience and bad patience?”

Before we answer that question . . . test out your subconscious and see if you can identify things or people or situations where you have been lazy, but it’s been disguised as being patient when we shouldn’t be.

Good Patience	Bad Patience

Assignment . . .

“Who would you like to have a most interesting conversation with?” This type of white paper tends to intrigue people and get people around us thinking in a very different way. Who should I share this white paper with and maybe start a discussion group? Share the following link with all those you are connected with and ask them if they would like to form a discussion group. www.DNAforLife-Laws.com/Cool-Free-Stuff/Patience

True Story . . .

Adam knew that he procrastinated. He also knew at a gut level that he needed to get stronger systems in place to earn the income he wanted to earn and work the hours he wanted to work. He could also sense that he needed help in discovering his life vision and learning to live that every day.

Adam could sense, in his gut, that he needed to take action immediately so he completed a 30 minute gift strategy sessions from Legacy Partners. He then completed a level 3 and 4 full business / life assessment (x-ray). After completing the review of the assessment he then knew, he should immediately get started on the ActionVision system . . . but he shared he felt he should wait a month to get started. He didn't think of it as procrastinating, he thought of it as being patient, thinking about things and doing a little more research. When he shared this the consultant said "Not a problem" and went to schedule the appointment in a month.

Adam, then ask the consultant to "sell him" on doing it in a week. The consultant was confused by this request but shared more and Adam decided to do it in a week, but then asked the consultant to "sell him" on doing it in two days. The consultant laughed and fulfilled the request.

Adam, then said to the consultant. "Please sell me in doing this right now." The consultant had never experienced anything like this before but played along and Adam made the decision to "just jump in" and as Tom Kunz would say . . . "Trust the integrity of the system."

What's interesting is what happened next. Adam shared with the consultant that he had a couple of appointments that evening. The consultant then shared a quick / easy suggestion on how to ask for referrals. Adam did this and obtained five referrals as a result. That would be a cool story in and of itself . . . but . . . it doesn't stop there.

Adam immediately went on ActionVision and turned those five referrals into two amazing networking opportunities. One of those networking opportunities create a profitable partnership which opened the door to triangulation selling to over 5,000 business owners.

Moral Of The Story . . . If Adam had even waited one hour to make a decision he would have lost ALL those opportunities and NEVER had even know it. Patience can be a silent killer and so silent that we never even know what opportunities died.

Gift - 30 Minute Strategy Session - www.DNAforSuccess.com/Examination/30min-Strategy
Business X-Ray - www.DNAforSuccess.com/Examination/business-x-ray
ActionVision - www.DNAforSuccess.com/Implementation/one-on-one

How do I know the difference between good and bad . . .

"How do I know the difference between good patience and bad patience?" This is where it get's tricky actually and requires a great deal of knowledge, wisdom and hard work. There is often no simple / easy way to quickly determine if we / others being patient is good or bad. With that being said, there are some Natural Laws which help us to discern, to better understand the difference between good patience and bad.

Do some people tend to be less patient than others? The answer is probably obvious for most everyone. While the answer is obvious, the deep understanding of the reasoning behind the answer took over 30 years to discover. The Natural Law is The Frequency Principle.

List all the major groups of people we are connected with. Hey . . . we mean it write them out. If you don't we will be impatient with you and it's a good impatience as you're being sloppy and lazy if you don't. They could be formal groups of people or informal.

Now . . . think of the chemistry that each group has. Is it a good chemistry or bad chemistry?

Actually the truth is . . . there are good and bad chemistry to every group we are a part of. When the bad chemistry overrides the good chemistry then, in most situations, the group of people will discontinue to connect.

Imagine . . . having the science to understand the chemistry of every group we are a part of and to help each group heal the bad chemistry and magnify the good chemistry.

Groups Of People I Am Connected With

_____

_____

_____

_____

_____

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_____

What does this have to do with someone being more or less patient? Great question. Have patience. :-) Each of our brains have the most powerful chemicals known to man. Napoleon Hill shares the mastermind concept where if two people come together; both of their minds, the chemicals in their brains, create a third brain. Groups of people are made up of all different types of people, with all different types of chemicals. The more people the more complex the combined mind of the group is.

It would seem that an individual's frequency would come from the brain and the brain consists of very powerful chemicals. Medicine, is also chemicals, which are designed to offset the natural chemicals in our brains. Hmmmm, what if . . . we were to learn how to control these chemicals in our brains on our own . . . what would our lives be like?

There are a lot of BIG companies and BIG organizations which may not be so happy about that. Why? Think money . . . or the loss of money, and that will give us a lot of insights into this.

Chemicals aren't good or bad inherently . . . they are what they are. Combining them together properly produces amazing results and combining them together improperly is a disaster, literally could be explosive. The same is true with people.

Why do we tend to like others who are like us . . . and tend to fall in love with people how are opposite of us? This actually connects back into good and bad patience, frequencies and the very chemicals in our brain.

Take a look at the chart to the right and choose which frequency box you would tend to like or be drawn to. Don't over think it, just choose a box and put a #1 in that box and then #2 and then #3.

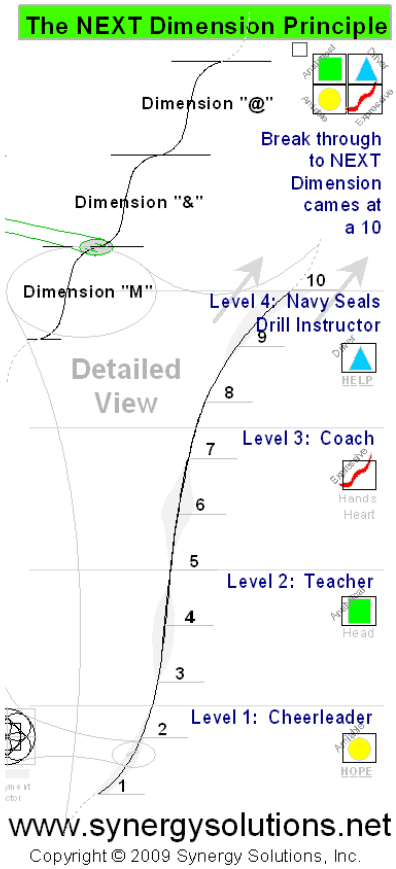
Talk to the person who passed this white paper along to you and / or you can cover this when you do your gift 30 minute Strategy Session after you complete the reading of this white paper. :-) When you complete the online short questionnaire, you'll take the geo personality test and the pain quadrant personality test. Between these two amazing tests you'll be tested for over 65,536 possible combinations. There are chemicals, in our brain, which are released which govern our frequencies.

Think of frequencies, which come from our brain, how we think, which are the chemicals within our brain. There are not good or bad frequencies just a good or bad use of the frequencies. When we share that someone thinks / responds to a lower Level 1 frequency, that's not good or bad, it just is what it is. A radio wave is a lower frequency than a microwave or an x-ray.

No frequency is better than an another, but frequencies are very powerful, and if we do not understand them at a very deep level, we will misuse them. As we increase the size of a group of people the frequencies become even more complex and require a much higher level of understanding.

Let's connect this back into patience or impatience. Level 1 and 2 frequencies tend to be more patient and level 3 and 4 frequencies tend to be less patient by nature. Are frequencies connected into personality styles? That's a very tricky question . . . but the short answer is . . . "Yes and no. Kind of, often but not always the case." If you are frustrated by that answer and impatient . . . that's probably not a good impatience. Why? Good question!

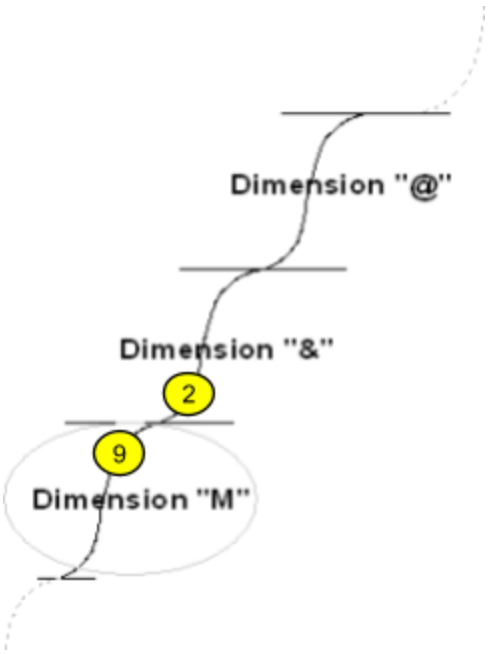
Bad impatience, often . . . leads to "moving on" where we are lazy and not digging deeper to gain understanding which is often required. To understand good and bad impatience we also need to understand **The *NEXT* Dimension Principle.**



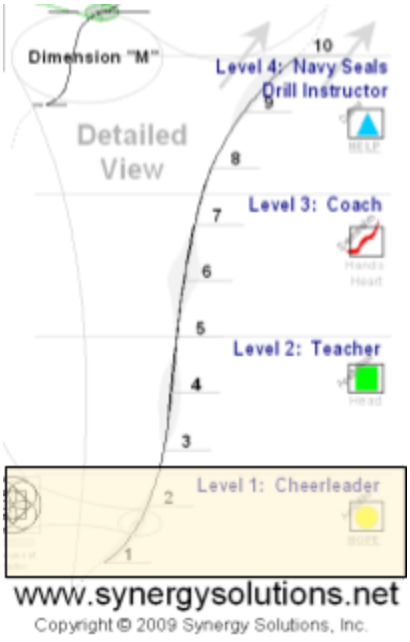
Have we ever heard, "The more we know the more we know we don't know?" That's an example of humility and an understanding of The *NEXT* Dimension Principle. If we were to ask someone, "What's a higher number a 2 or a 9, most people would say a '9' because we tend to think in one dimension. The dimension, we are currently in."

But, once we understand The *NEXT* Dimension Principle we understand that once we hit a "10" in the dimension we are in, we move to The *NEXT* Dimension and in that next dimension a "2" in that dimension is actually higher than a "9" in the next dimension.

Within each dimension there are different frequencies which help us to navigate . . . life . . . better. We tend to like one or two frequencies and get stuck in that frequency, i.e. get stuck in that dimension.

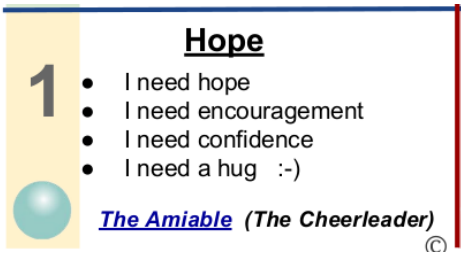


We tend to like others who are like us because they are a similar frequency. We tend to fall in love with people who are opposite frequencies . . . it might seem . . . to help us to learn to combine our frequencies together to accomplish far more together than we ever could on our own. This Natural Law is called . . . "The Law Of Synergy."



Level 1 Frequency

Often the amiable personality - The type of individual who tends to be very patient with others, likes others to be patient with them and likes everyone to get along and be patient with everyone else.



This frequency level has a ton of patience for everyone . . . except those who . . . well . . . who are impatient. It's kind of weird actually to see this in play, but also kind of funny when you think about it. Why would someone who believes that patience and allowing people to kind of be who they want to be, be impatient with someone who isn't like themselves? This is indeed perplexing and a question that often the amiable personality type does not tend to understand themselves.

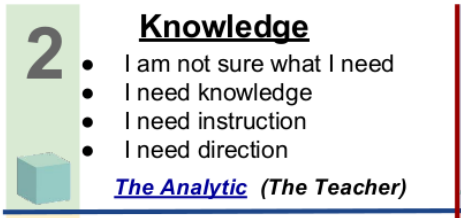
When this frequency level deeply understands the hypocrisy, or a more gentle word might be the misalignment of perspective it's powerful and humbling. This frequency will tend to think that there is one way to treat people and it's their way. They are often the most stubborn of frequencies. They will often have a lot of friends and people like them.

They mistakenly think that it's because they are a nice person, when in reality this frequency misapplied is not a nice person at all, it is a very selfish and self centered

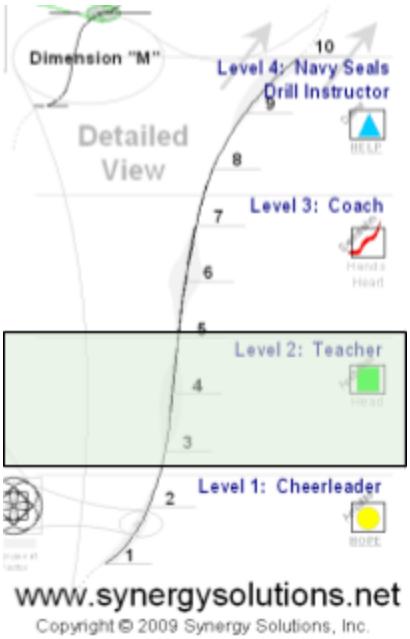
person as they want to maintain relationships and help people rather than heal people. The are often overly patient with people to the harm of everyone.

Level 2 Frequency

Often the analytic personality - The type of individual who tends to be patient as it relates to data and having all the data, thinking about that data, pouring over that data, ends up waiting and waiting and waiting.



From a dimensional perspective, if there are 10 steps in a dimension then the Cheerleader, the Level 1, the amiable personality will tend to be a frequency between a 1 and a 2.5. The Level 2 Frequency, "The Teacher Frequency", the analytic personality tends to be focused not on making people feel good but to gain knowledge. The Level 2 Frequency will then be between steps 2.5 and steps 5.



They tend to be impatient with people who make mistakes . . . even if they are very small mistakes. The teacher / the level 2 frequency tends to be a thinker rather than a doer often and as with every frequency, this frequency tends to overvalue their own gifts, their own strengths . . . i.e. what their frequency is capable of doing.

We gain surface knowledge by being in a classroom, by reading a book, by going through a workshop or seminar. We gain surface knowledge by thinking and deep knowledge by doing, by taking action. The level 1 and 2 frequencies tend to be very patient with people and tasks and will tend to procrastinate a great deal. This procrastination is costing them tens if not hundreds of thousands of dollars, and the really bad thing . . . is the mistakes they making in being patient, i.e. procrastination, in most situations they never know the true costs of their patience . . . at least on the surface level.

What's interesting is that many of those in the mental health profession tend to fall into the Level 1 and 2 frequency. What's also interesting, is that there seems to be a larger percentage of people in these frequencies which have challenges with depression, bad guilt, bad stress and a lot of other mental health issues.

Here is a funny video, at least it's funny for the Level 3 and 4 frequencies . . . maybe not so much for the Level 1 and 2 frequencies? We call this the "Just Stop It Principle." www.vimeo.com/97370236 Notice how Bob Newhart travels through all four

frequencies with ease and grace. The "Just Stop It" Principle also applies to "Just Do It." Bad patience causes us to get stuck and accept it.

What's most interesting is why people are patient. The Level 1 Frequency often thinks it's because they are nice and caring . . . when in fact, at times, that's not the case at all. It can be, but it may be other reasons which are much more unpleasant and no one wants to talk about.

Frequency 1, often the amiable, will be patient because they have learned that people tend to like them more. When people like us more we feel good about ourselves so we're patient with others, not actually for the benefit of others but for our own own selfish benefit. People like this because it makes everyone feel good. Larger organizations, especially large churches will share a lot about grace and mercy. Yes, there is a time and place for that, without question, but there is another benefit to a large group of people having a lot of grace and mercy as well. It attracts the masses of people AND people will tend to give more money if they are feeling good about themselves and others.

To insure that we are not unduly harsh on large churches / organizations, BIG anything tends to do the same thing. In BIG government, there is a lot of patience preached. It's not your fault you are in the situation you are in . . . it's someone else's fault. In BIG medicine and BIG psychology there may be a tendency, I'm sure not on purpose of course, to help people rather than to heal people. If people get healed . . . then it seems that everything BIG maybe, feels they won't make money?

Check out this really amazing and fun video.
www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

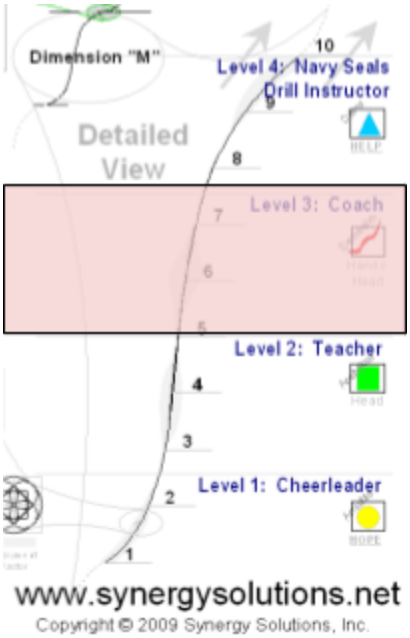
Frequency 2, the teacher, the analytic patience is good when teaching people as it can take time to help people gain knowledge on something new. This patience becomes bad when the teacher might be teaching things which aren't really needed to learn out of ego and / or being too patient due to the good feelings they get from having someone in awe of how amazing they are so keep the student from learning, from taking action, from doing due to bad patience.

This seems, at times often impossible for the Frequency 2 to see. There is a rule in Personality Masteries . . . *"Never argue with an analytic personality / Level 2 Frequency because even if you're right and they are wrong, they have enough data to prove they*

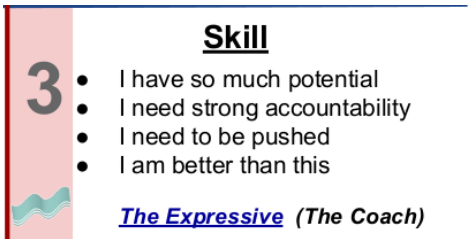
are right . . . at least in their own eyes." Obviously other levels of frequencies do not take too kindly to this and this will throw off chemistry of the entire group.

Level 3 Frequency

Often the expressive personality - This type of individual who tends to be less patient in most everything. They tend to love "fast and furious." This frequency will shake things up and doesn't mind conflict. When we are patient, there is very little conflict in the short term.



Level 3 Frequency will shake things up and be impatient which could be good or could be bad. The bad part of being impatient in this level is if someone needs encouragement or needs knowledge it can create a distraction and hurt the overall chemistry and effectiveness within a group.



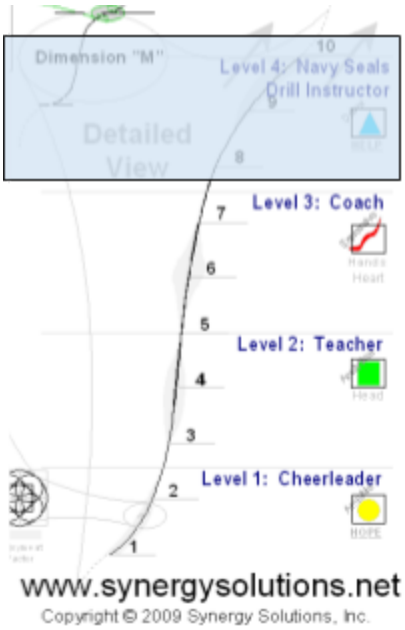
From a dimensional perspective, and the 10 steps in a dimension, the Level 3 Frequency will be between steps 5 and 7.5. Level 3 Frequencies are great for people who have the knowledge but are stuck in taking action.

People get stuck for many reasons and the Expressive personality type, the Level 3 Frequency, the "Coach" has the frequency to take away the fear taking action. This frequency is often very impatient but can do so in a fun way.

To improve team chemistry the Level 3 Frequency can get people excited, motivated and inspired to move forward and take action due to their good lack of patience.

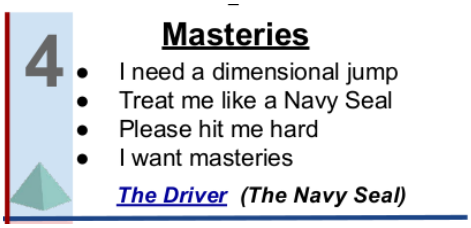
Level 4 Frequency

Often the driver personality - This type of individual likes to work with individuals who are fully committed, very hard working and is focused on the achieving the goal.



To make a breakthrough into a new dimension it requires this type of individual. Think of Navy Seals. No excuses, no reasons for failure . . . we'll never hear a Level 4 Frequency say "No one is perfect."

The concept of anything less than the best, anything less than getting it done now and anything less the expecting masteries or some may think of it as perfection is a foreign language to this frequency level.



Level 4 Frequency tends not to be politically correct and often seems insensitive to most people. This level of frequency seems to not only be impatient but to most people, this frequency of individual is almost abusive and sets expectations which are totally unrealistic.

What's interesting is that, this frequency actually probably brought their expectations way down already and is often surprised and frustrated with what they would consider those around them to be stupid, sloppy, lazy, undisciplined and pathetic. Them thinking this is not the biggest challenge, its' that they are willing to call things as they see them.

From a dimensional perspective, and the 10 steps in a dimension, the Level 4 Frequency will be between steps 7.5 and a 10. The other three frequencies often will "gang up" on the Level 4 Frequency because the Level 1, does not like the conflict and what they consider to be the abuse of people. The Level 2, doesn't think there is enough data to really push so hard and thinks that things can't get done pushing people so hard and the Level 3 Frequency doesn't like that things are no longer fun and there is a lot of boring tasks to do which they are confident won't inspire people.

People will often think, "Whatever the Level 4 Frequency is doing, it won't work." Why? Because you can make something work by blowing up the very thing you are seeking to build. What's interesting is that, at times the other three frequencies are at times right, but at other times all three are wrong and the Level 4 Frequency is correct.

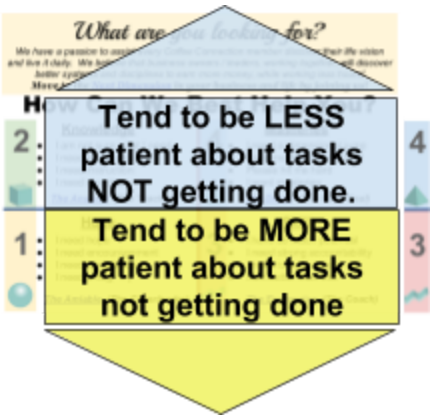
The Level 4 Frequency is often amused when they are right as there is a dimensional jump for the entire team. They're amused not because they are right but because there will often be a great deal of resistance from all three other frequencies before the break through, but after the breakthrough, the other three are very quick to claim credit for the break through.

We can think of a Level 4 Frequency a little like atomic energy. Great if used properly and very destructive if used improperly.

Level 3 and 4 Frequencies tend to have far less patience in how fast they tend to move and how quickly they expect results.

A lack of patience could be good or could be bad. Each of the four frequencies tend to overvalue their gifts / strengths and under value their weaknesses.

Our greatest strength is our greatest weakness and our greatest weakness is our greatest strength misapplied. It's taking our strengths too far. Each of the four frequencies / personalities will be 10x or even 100x's more effective . . . IF . . . we learn to be more patient about things we tend to naturally be less patient about and less patient about things we tend to be more patient about and then learn to be patient or impatient about different things.



Frequency 2 and 4 are more focused on tasks and less on people will give them less patience as it relates to tasks not getting done. Frequencies 1 and 3 will be just the opposite and will tend to be for more patient in allowing tasks not to be completed.

What approach is better / more effective?

It really depends on what is valued and what is the goal. Frequencies 2 and 4 would argue that being impatient as it relates to the tasks not getting done is actually good for people and obviously needed to achieve one's goals and overall mission of a company or organization. Frequencies 1 and 3 would argue if we don't consider people and keep them engaged that we won't achieve our goals and overall mission.

When we look at groups of people and the overall chemistry of the group, we see very clearly that all four frequencies are so very important to mutual success.

When we learn the power and limits for each frequency we learn how to better work together in the most effective manner which is great for everyone.

So . . . what do you think? Pretty cool isn't it?

This is just the tip of the iceberg as you can imagine. Patience is just one of many topics, when we consider frequencies / personalities that what seems to be clear . . . maybe isn't so clear after all.

Assignment

List out those things you think you are being patient on and should not be. Write out in detail what actions you will take and who will help to hold you accountable to take action those things we do not want to do, we are fearful of doing, we don't know all the specific actions to take and/or how it's all going to work out.

What's The Best NEXT Step . . .

Step 1a: Level 1 & 2 Examination - Actually, your best next step will be the 30 minute one on one Strategy Session to identify your frequency, your challenges / problems and what you would love help on. For the 30 minute Strategy Session, there is no cost, it's a gift to you through Legacy Partners.

Gift - 30 Minute Strategy Session - www.DNAforSuccess.com/Examination/30min-Strategy

Step 1b: Level 3 & 4 Examination - The 30 minute Strategy Session is what's called a level 1 and 2 examination. The Personalty / Professional / Business Assessment is what is called a level 3 and 4 examination. To do the Business X-Ray it's $285 which includes a full phone interview, the full assessment and then and detailed phone / online review over our personal assessment and the modules which will help us to see things which will quickly change the way we think.

If you are a higher frequency you may decide to skip straight to Step 2 if you wish. One individual who did the personal / professional assessment (x-ray) shared that he received more value from the $285 assessment than he had a year prior when he invested over $40,000 into consulting.

Business X-Ray - www.DNAforSuccess.com/Examination/business-x-ray

Step 2: Solutions - There are many types of solutions which are available through Legacy Partners. The Business X-Ray will help to determine the best solution specifc to your situation. www.DNAforSuccess.com/Solutions

Step 3: Implementation - This seems to be the hardest step for most individuals, companies and organizations. Over the last 27 years many have found the ActionVision system to best assist them in following through on all the great things.

ActionVision - www.DNAforSuccess.com/Implementation/one-on-one

Other solutions available through Legacy Partners and the entire network are available for individuals, companies and organizations to leverage for mutual success.

Rock Solid Follow Through - www.DNAforSuccess.com/Implementation

Other great white papers: www.DNAforLife-laws.com/cool-free-stuff/success/system/member

To become certified through Legacy Partners and Life Masteries Institute to deeply understand, teach, coach and mentor in Frequencies / Personality Masteries see the following websites.

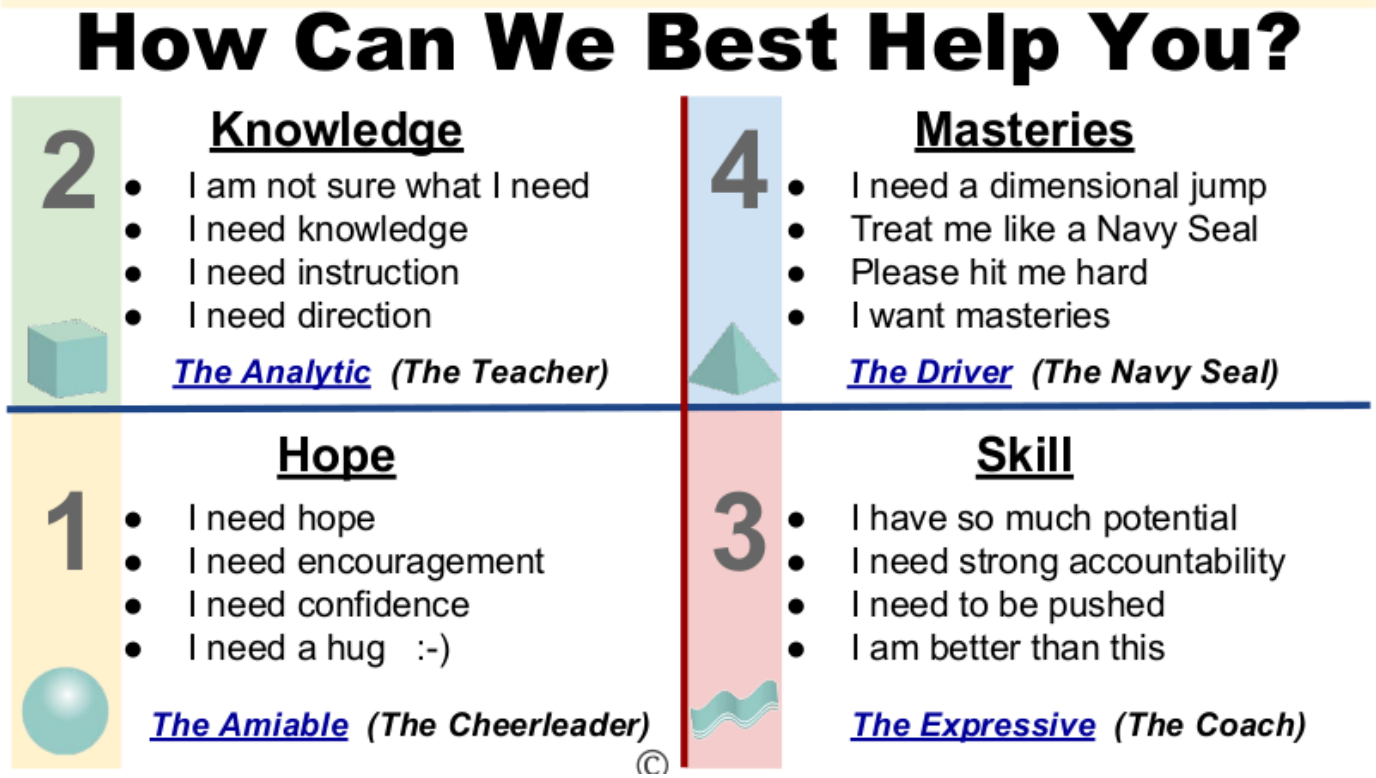
- www.PersonalityMasteries.com/lvl1-cert
- www.Personalitymasteries.com
- www.DNAforSuccess.com/Mastermind-Profiles/Speakers

We trust you have benefited from this white paper and encourage you to pass it along to others you know. If you believe you will gain financial benefit and/or some other benefit we would encourage you to give generously to www.MyCoffeeConnection.org/pay-it-forward Contributions help Kids At Risk, single moms and many other great causes within the community.

Questions . . .

888.230.2300

630.393.9909



Q&A

Q1: What if individuals read this white paper and still procrastinate?
A: There are many reasons why individuals will procrastinate, put things off, have patience, think about it . . . etc. Getting down to the core reason(s) is the most important. There is a risk to take action and move quickly on anything . . . and the individual must weigh the potential risk and the potential reward in order to take action quickly.

The biggest risk is to one's ego. "If I don't take action quickly, then I can't be wrong." Actually this is not the case. The truth is that we don't know we're wrong when we don't take quick action. "Yes" we'll sense it, "Yes" we will know deep down that we're not living up to our full potential but others won't, so we incorrectly believe we are protected.

Young children, immature minds, believe they can have what they want to have without paying the price, making the sacrifice, without taking the risks. People generally do not deeply consider mentally and emotionally "the cost" of achieving their life vision and/or achieving what they want in life. This is often one of the main reasons people like to watch the movie stars, successful athletes, wealthy people is so they can "feel" the success of those individuals without having to pay the price they have had to pay.

Another very important fact is what we'll call "Iterations or steps to success." Let's say there are 10 steps or iterations which are required to see success. If each step / iteration takes 1 year, it will take 10 years to see success. We often deceive ourselves into thinking that, "waiting a month, a week, a day or even an hour is not that big of deal, when in fact it may be the difference between success and failure. Successful people, and when we say "successful" we mean whatever is success to them in every area of their lives tend to take action quickly.

Option 1 - Normal
"Normal People" will tend to take far longer than they realize in each step / iteration and will "run out of runway" in life to achieve their full potential, i.e. achieve their life vision.

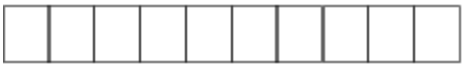
It seems . . . that within the human spirit, that we all want "not to be normal." It seems . . . that we all have choices throughout our lives on if we will take the safe, the normal both or if we'll be called to greatness.

What path will we choose . . . each and every day?

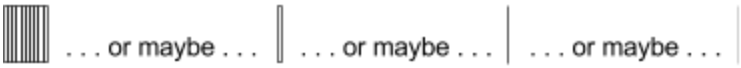
Choosing to be different, to be abnormal is a choice we all get to choose each and every day, each and every minute of every day. Just like working out physically, let's stretch ourselves to where we're sore at the end of the day, but let's to tear any muscles.

Option 1 - Normal
"Normal People" will tend to take far longer than they realize in each step / iteration and will "run out of runway" in life to achieve their full potential, i.e. achieve their life vision.

Option 2 - Abnormal
"Abnormal People" will tend to take action far faster which reduces the time within each step / iteration. ***"If we want something we've never had, we'll need to do things we've never done."*** Thomas Edison ~ Individuals will often achieve three times as much, often in 1/3rd the time by taking action quickly and learning from "their failures." It's nail the "little things" quickly.



Option 3 - Mutants
"Mutants" are individuals who seems almost crazy or maybe beyond crazy in that they move so quickly and often seem to others, to be reckless in nature. These are the dreamers, the Steve Jobs, the Bill Gates, the Oprah Winfrey's of the world. Individuals who seem do things that no one else even dreamed of, much less do. The reduce the steps / iterations to success, from decades to minutes. The larger our life vision is, the more risks, the more, it would seem, we may tend to be outliers ~ people who are far from the norm.



List out three things I need to take immediate action on today . . . which will put me in a better position to achieve my life vision, my "Why," my life vision.

1. _____
2. _____
3. _____

Do this exercise every day!

Q2: What if an individual resists this entire concept . . . what should I / we do?
A: Often when we push people to do something they do not want to do, they will resist and get locked in. It has the opposite effect with people that we want it to have.

It is often best to work with someone else and assist them see success. This is often the individual who is younger, less experienced and more hungry. They will listen and do, they will trust where other more experienced individuals often will not.

Q3: How does one determine the what is good and what is bad procrastination / patience?
A: That is a great question! In many ways . . . it's impossible to know. In martial arts one of the first things they teach one to do is to fall. Why . . . "It's not a matter of 'If we fall' but how often and how we fall." We're going to do a lot of falling in martial arts as we will in life . . . it's not the fall that will hurt us . . . but how we fall. Learning to fall, learning to "fail" in life, may be more important than learning how to succeed.