

Follow Through . . . The Secret To Happiness

White Paper

“Learning and being disciplined to follow through
with what we should be doing, will provide
happiness in every area of our lives!”

Version 1.21

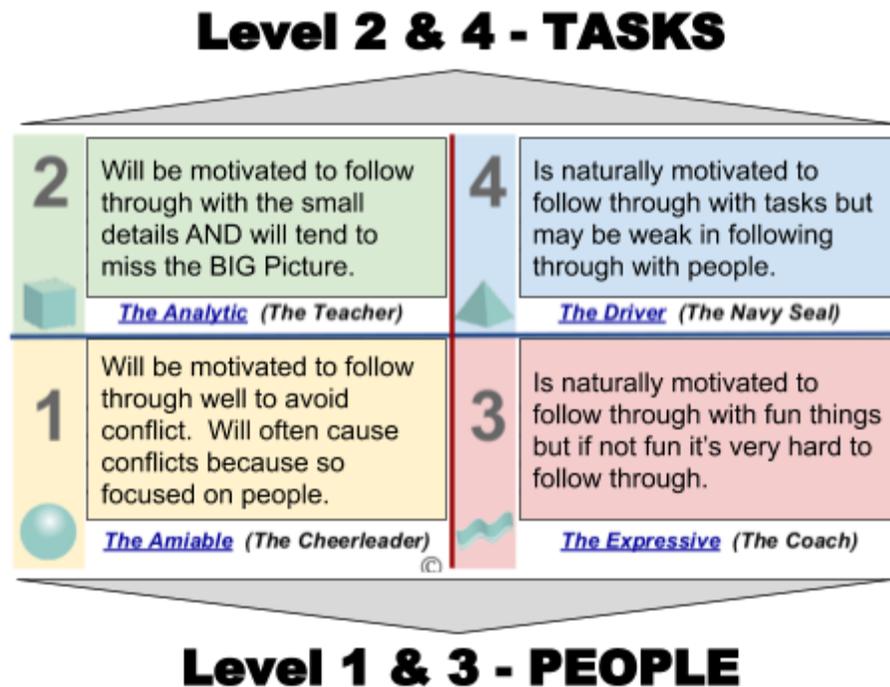


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Honestly, what causes you to be happy?

Probably . . . it's not following through on things . . . but think about it. If we really knew what created happiness for us and we followed through with those things then we would be happy.

In this white paper we'll explore how different frequencies will naturally follow through on some things and not follow through on others. What creates happiness for one frequency / personality can cause frustration for other frequencies.



BIG Picture is that Level 2 (Analytic) and Level 4 (Driver) frequency will tend to do fairly well in following through with tasks. Level 1 (Amiable) and Level 3 (Expressive) frequencies will tend to do well with things as it relates to people.

For maximum success individually and as a group, each of the four frequencies need to learn to have disciplines outside of their natural personality / frequency tendencies.

What is the benefit of having a lack of motivation?

When we lack motivation, it gives us a chance to increase our self discipline muscles. What's most interesting is that when we increase our self disciplines - DISCIPLINED PEOPLE - THINKING - DOING, we are actually happier.

There are five specific things we can do to increase our happiness as a result of learning to follow through.

- 1. Clearly know Wii-FM**
- 2. The Secret To Successful Time Blocking**
- 3. Strong Accountability**
- 4. Short Term vs. Long Term (Frequencies)**
- 5. The power of SC12**

1a. Let's test out how effective this white paper is for us personally as well as others we are working with. Select something we are having challenges or problems in following through with and clearly what we want to follow through on and when we want that follow through to happen.

Due Date ___/___/_____

1b. Next . . . write out Wii-FM (What's in it for me), what benefit will I gain when I follow through on the above action. Do the best you can and then read the following two pages to gain additional insight.

2. I time block every _____ from ___:___ to ___:___ follow through with tasks.

3. Who will hold me accountable? _____ Their frequency is: _____

4. Have I considered mine and others frequency and time vantage point?

5. What Success Circle of 12 (SC12) will I connect my efforts into? _____

> Day _____ // Time ___:___ // www.DNAforLife-Laws.com/cool-free-stuff/sc12

1. Clearly know Wii-FM

Wii-FM, “What’s In It For Me” is the concept of selfless selfishness. We tend to like other people who are like us frequency wise and fall in love with people who are opposite. What causes one frequency / personality pain will cause another personality pleasure. When we CLEARLY SEE the benefit to us to follow through, we’ll follow through . . . and . . . when we don’t, we won’t.



For example, if we’re a Level 1 (Amiable) frequency we don’t like to push people to get tasks done or really anything. We like peace and harmony. This often leads to tasks not getting done as well as ourselves and/or others around us being taken advantage of by others. Learn to partner up with the Level 4 Frequency to have them take the areas of conflict so you can take the

nurturing / encouraging side of things. IMPORTANT: Do Not undercut the Level 4 Frequency but use your gifts to help others that the Level 4 is pushing / **DRIVING** to realize they just need to do the work and stop complaining. It’s in everyone’s best interest to complete the tasks.



Another great thing about this white paper, Wii-FM, is that it helps us to understand not only our motivation but how each of the three frequencies are motivated in a very different way than we are. When we understand frequencies, we understand how to personally follow through and get others to do so as well.

- > Wii-FM white paper: www.DNAforLife-laws.com/cool-free-stuff/wii-fm
- > Personality Masteries Course: www.PersonalityMasteries.com/lvl1-cert

If we’re the Level 3 (Expressive) Frequency then we tend to have a million ideas and want to do them all. If we use the Level 4 (Driver) frequency to help us determine the best idea(s) and then use the Level 2 (Analytic) to sort out the ideas and then Level 1 (Amiable) to follow through on things to build the team to

help people feel connected and get things done to reduce conflict then we learn to use the different frequencies for the benefit of everyone.



2. The Secret To Successful Time Blocking

Pretty simple step . . . go into your calendar and schedule time every day, week or month, whichever is the most effective and time block time to follow through. Don't procrastinate, just schedule it. This is the easiest step. . .yet very few people will take this step.

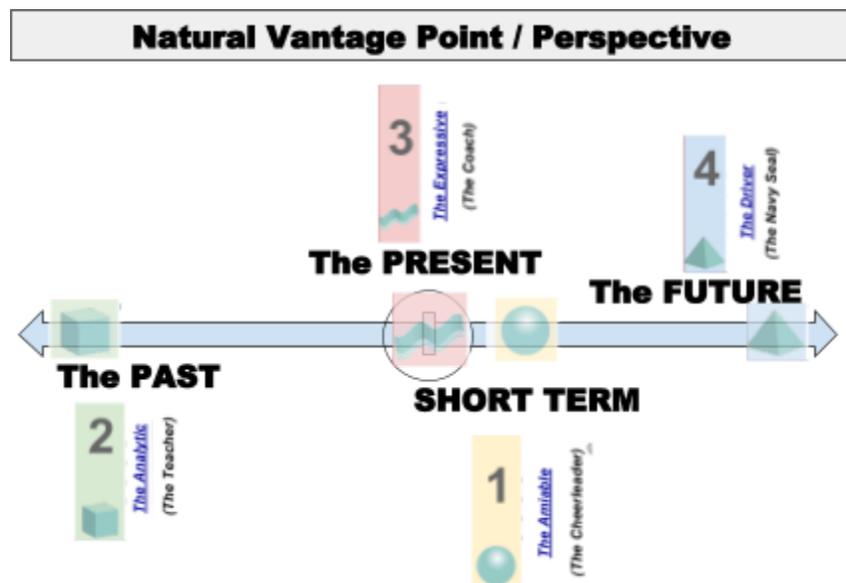
3. Strong Accountability

The Level 4 (Driver) will normally be the best in strong accountability, especially in tasks getting done. While we often do not like (in the short term) the Level 4, because they are "mean" and don't accept our excuses, we will love them (in the long term) because we'll do things we've never been able to do.

4. Short Term vs. Long Term (Frequencies)

When we look at things from a Wii-FM, based on our frequency we tend to view the world from a very specific viewpoint. Often what creates happiness in the short term (having fun with people - frequencies 1 and 3) will create pain in the long-term as there is conflict and boring things that need to be done because we didn't plan out and drive things forward in the moment or for the short term.

Often we are negative (frequency 2 - analytic) because we look in the "rear view mirror" and see what hasn't worked in the past and believe that the same thing will happen again to us or the project. Often the Level 4 - Driver frequency is so focused on the future, getting the tasks done that we run over people (pain for the level 1 amiable), miss important details (pain for the level 2 analytic), which then creates pain for the level 3 expressive because nothing is fun any longer.



5. The power of SC12

SC12 stands for the Success Circle of 12 which is a mastermind group through Legacy Partners designed to bring 12 individuals together to learn how to combine all our gifts together for individual and mutual success. When we learn how to work together with the different frequencies we will learn to follow through in a far more effective manner. We will learn to gain follow through strength in areas or frequencies we have always been weak at and we will partner with others who have natural strengths in all four frequencies.

To be an effective team member, we need to go through five short white papers and a few videos. This won't take us very long to read. . . but it will take a lifetime to master.

> www.DNAforLife-Laws.com/cool-free-stuff/success/system/member

Questions . . . Need Help . . .

Please feel free to call the individual you passed this along to you and/or feel free to call 888.230.2300 or 630.393.9909.

Great Websites . . .

- > 30 Minute Gift Strategy Session: www.DNAforSuccess.com/examination/30min-strategy
- > 7 Steps To Success: www.DNAforSuccess.com/7-steps-to-success
- > White paper library: www.DNAforLife-Laws.com/cool-free-stuff
- > Video library: www.DNAforLife-laws.com/career-success
- > www.DNAforSuccess.com

Pay It Forward

If this white paper was helpful please share this with others and consider making a generous contribution to help single moms and kids at risk. www.dnaforlife-laws.com/pay-it-forward

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

Q&A

Q1: How does BOS help me / us to better follow through?

Answer: When we have an **Action**VISION BOS or Business Operating System, we have an engine which is custom designed to help us follow through with less effort and work. It's like traveling a long distance using a car vs. walking.

The biggest challenge in following through is not being sure in WHAT actions we should take and IF those actions will produce the desired results. If we lack confidence, it's easier to not follow through. The three DNA's within the BOS, makes follow through far easier.



With systems, we build reflexes where follow-up, “just happens” without thought or effort. Getting systems to do follow up, takes far more thoughts, energy and effort on the upfront side, but long-term it obviously saves us time, energy and resources.

The DNA *for* BUSINESS, The 5/30 Grid is the economic engine for generating more financial opportunities ~ more money ~ more sales ~ more profit as well as increasing our impact on people.

> <https://clarity.dnaforsuccess.com/clarity-5-30>

Q2: How can I LEVERAGE Engineered CLARITY to improve follow through?

Answer: Great question! We want to also look at the Internalization model as well.

<https://clarity.dnaforsuccess.com>

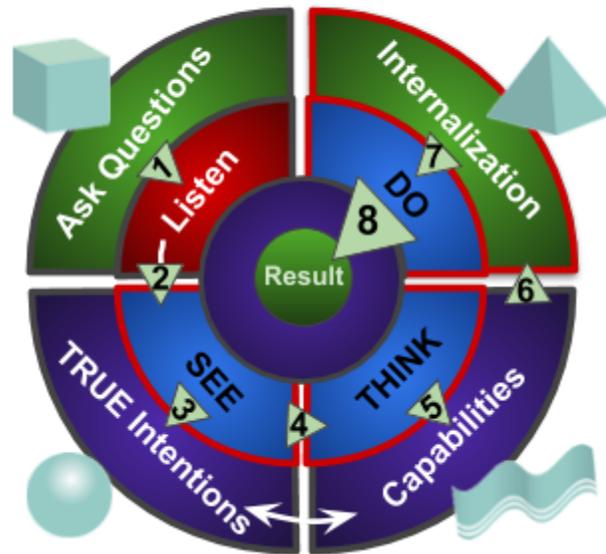
If we're not doing a good job with follow through, then we need to learn to ask better questions and listen in a more effective way which will then help us to SEE and THINK differently. This gives us greater capabilities as we internalize things we should and don't internalize things we shouldn't and then produces the DO, the ability to take action.

It seems that most people think they know how to "Internalize" things . . . but really don't. Let's say they only know how to internalize things at their own level, rather than understanding dimensional thinking.

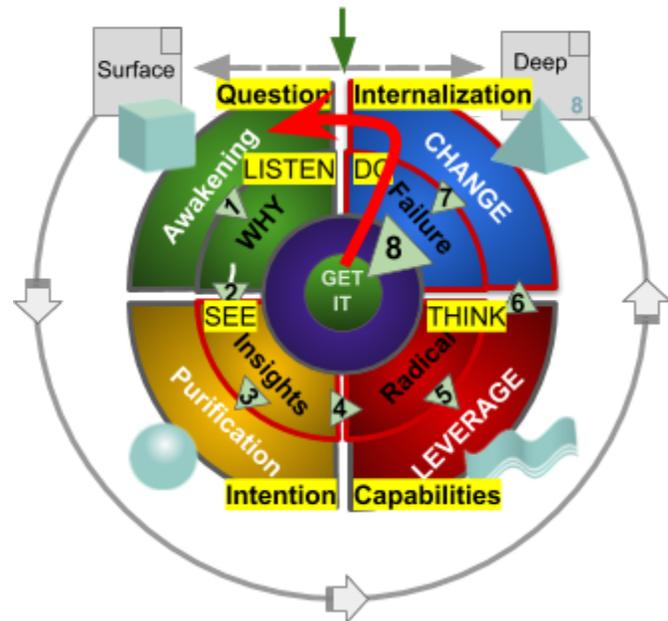
You have some level of ability to follow through now, but to get what you want to get in life, you will need to make a dimensional jump in your follow through to get what you really want in life. When we discover our life vision, we are then clear on our life vision. We are actively seeking to live our life vision each and every day and we have learned to be intentional in how we internalize things. That is when we will realize that our own happiness, is directly connected to our VISION which is connection to our Actions . . . i.e. . . .

ActionVISION. <https://clarity.dnaforsuccess.com/clarity-business>

Engineered CLARITY



Internalization Model



Case Studies . . .

Case studies are the coolest thing as it empowers us to clearly see how other people take the massive knowledge from this white paper and apply it. Often we read the white paper and say “I get it” when in fact we really do not. Yes, we get it at the level we get it, but we didn’t need the white paper to tell us that.

When we read case studies about how others “get it” a lot more than we do, or succeeded in pulling things out of this white paper than we did, it draws us in to read the white paper and internalize it verses “just reading it.”

If you are wow’ed by this white paper, then share your case study. By sharing your case study, you will lock it into your own memory so you continue to follow through well AND you’ll start to attract people to you who are either great in follow through and/or those who desire to be. :-)

Share you stories with info@lifemasteries.org.

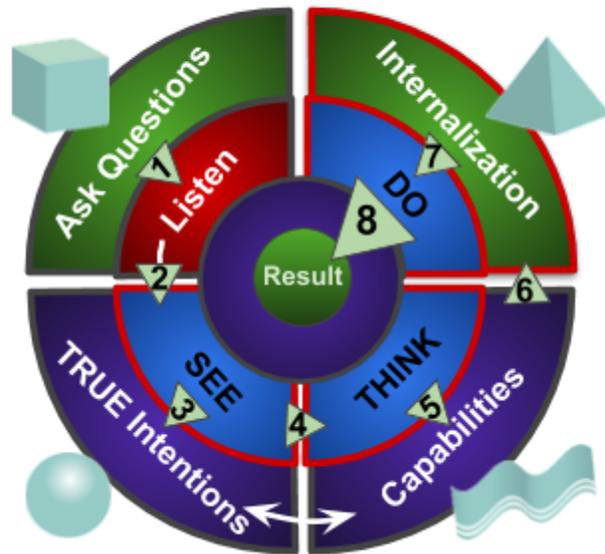
Self Case Study

1. I would like to follow through on:

2. What Questions do I need to ask and how do I need to Listen differently to INTERNALIZE that I need to follow through for my own good?

3. What do I need to SEE, how do I need to THINK differently and what CAPABILITIES do I need to learn to LEVERAGE more to get what I am looking for in life?

Engineered CLARITY



Internalization Model

