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Take 7 steps to a happy, healthy, sustainable and prosperous

Why do you need a 7 step for 2010? The answer is simple, because most people don't have a life roadmap. I am going to ask you a simple question to save you time, because people who have a life roadmap believe that time is more valuable than money as opposed to the popular saying: "Time is money". My goodness! They got it really wrong. Are you ready? If you pass the test you are among the 5% of very successful people or you are on the path to be successful. Bear in mind that success does not always equate to money! Success, in most normal cases, comes first.

Do have a well defined personal and business plan with short term and long term in writing that you read and visualize every day? If yes, congratulation and see you on the top. If not, you have some work to do. Well, one of my mentors, Jim Rohn, who recently died said so brilliantly and forcefully: "Work on yourself more than you do on your job". Are you clapping? I did clap in the middle of this big crowd of 25,000 people in Las Vegas, Nevada. Guess what most of the people in that big crowd did not clap and there was a reason for that.

Later on in life I did find out why. But I was so happy to learn that important and powerful technique that helped change my life along with other great tools that I received from some of the best mentors and life coaches in the world. This article is free and there is nothing else that follows it other than a good intention.

I wrote this article because I have and I want to apply a natural law. The acronym of this law is A.S.K, which I will talk about in one of my future articles. These series of articles have in mind the people on the planet earth and they have helped me in so many ways. This is one of my passions. I am now delightfully inviting you to (Deguster in French) savor this article as one of the best meals you ever have. Warning! It may taste like a sour apple at the beginning, but you will finish with one of the greatest appetites ever, because you feel the urge to act now and this is one of my goals. Come on, cheer! And let's get started.

Steps 1 to a happy, healthy, sustainable and prosperous 2010.

Thank God and all of your families, relatives, friends, neighbors and enemies for being there for you. Some of them were there to help or hinder you.

What did you do to them and for them?

It is evaluation time. It is very good to make a full appraisal of all of your actions. A good way of doing this is to use a technique called 'Ben Franklin Strategy or Weigh the Fact Strategy'. Take a sheet of paper and divide it in 2 columns. The first column is at your right or your left if you are left-handed. Take a deep and deep breath, relax as much as possible by asking yourself the following:

What did I do this year that were helpful to all of my people and even my enemies?

Take your time, visualize and start scanning all of your actions while taking a deep, deep and deeper breath.

Now start writing in the appropriate column by putting 1 and A or B or C together. For example: *I helped John with his homework for the whole year -1A*. This is excellent, B is good and C is passable. On the top of the column put GA which stands for Good Action? You may take up to 7 days to fill out and grade all of your Good Actions and Bad Actions, BA. In the column where you list all of your bad actions do the following:

Put the number 0- follows by the letter Z, or Y or X. A good example of that: I lied about Jada and I got her to break up with her fiancée - 0Z. This Bad Action is labeled "zero appreciation" for friendship and for humanity. This is an evil action. Y is closed to evil and X is a bad human behavior.

Remember, it may take you up to 7 days to finish making this list which is very valuable in getting to evaluate your actions toward others. Don't feel embarrassed to ask others about your actions toward them and other people if they are closed to

Take 7 steps to

you. Please, this is a great time to really listen without asking any questions. I will tell you when to ask questions and how later on.

Now it is time to weigh your actions. If the good ones outweigh the bad ones, you are on a good path. Look for improvement. If the bad ones outweigh the good ones, you need to take a deeper look at yourself to find out where that evil behavior is coming from and ask why? The good news is you can become a better you. I invite you to read the life of Booker Taliaferro Washington, Abraham Lincoln, Anthony Robinson, and Helen Keller. I read more than 100 biographies. You will be surprised the help and lessons you can get out of them.

After writing your list for GA and BA don't feel bad about yourself or too proud if your actions have been good. Step 2 will help you understand GA and BA.

Step 2 to a happy, healthy, sustainable and prosperous 2010.

Now make a self evaluation.

It is said man know thyself. This is a very good quote that means a lot. A good self evaluation will take you where your desires and wants need you to be, hopefully in a good place where love, justice, equity, health, wealth, sustainability and all the good stuff that can help you become a better you. Keep in mind that it is not going to be too easy. There will be peaks and valleys and hopefully you have more peaks until you get there. Generally, you have more valleys before going to the top. Sorry!

Now you will have four columns. You see, you are making progress because you had to work with only 2 columns before. I am kidding; just get a good laugh now.

The first 2 columns are just for you and your God, if you have one, hopefully you do. If you know how to meditate, before you start, meditate for 15 minutes or more. On my website, www.positive-neuro-life-designer.com, you will find meditation videos.

To get started, write down 4 columns. In the first column write every thing that you love and like about yourself. I give you permission now to even brag about all the things that you love about you. Take a deep, deep and deep breath; now feel good for being good to you and to others. Take your time to put a number on each thing that like or love about you.

I am now giving you one of the greatest techniques that I have many years ago. Dr. Tad James is the one who taught me that amazing technique and it helped change my life. Just for your information, Dr. Tad James charges more than \$10,000 a day to train people and that's the minimum.

Are you very and very excited now because you are about to be happier and you will be able to be happy all the time. By the way, do remember, yes can you imagine vividly the best of the best time you ever had in your entire life? Yes, your hippocampus, this part of your brain stores every information that happened in your entire life from the moment were about 4 weeks in the womb of your mother and up to now. Go ahead imagine by scanning every fiber in brain to synapse all of your 100 billion neurons, so you can remember that best of the best moments of life. Now you got it. You see as you are seeing this moment you are now happy. I mean very happy, and may feel cold or hot and that's ok. If you accessed that wonderful and happy moment you are now happy and amazingly happy. Yes, enjoy it! Your great smile is now much better than a Duchenne smile. Now you know how to access your happiness any where and any time. Is that a great technique?

I have many other techniques that will allow me to access that best moment fast and accurately. One more thing, if you had a hard time accessing that moment you may have a big mental blockage. Make sure you fix this problem. Let's continue. The ones that you like or love the most give them a higher grade. You can start with 100 to 1, 100 being the highest grade and 1 presents the lowest grade. I would ask you to come back to a normal state now so you can continue, just be happy as normal.

After writing the first column you can correct the grades accordingly if you want to do it accurately. Please be very honest. The more honest you are about the way you grade yourself the better it will be for you. Now write every thing that you don't like about yourself in the second column and be as critical as you can be. A good way to do it is to take your mind out of yourself. This will allow you to take a good look at yourself like you were someone else, like an unbiased Honorable

Take 7 Steps to

Judge. Yes, this is very fun, now be the judge, but don't send yourself to a mental jail. Jail is not the answer. To me jail here means, being sad or depressed or hurt or unhappy. Your job here is not to feel guilty of anything. In fact, you are here to master your life by becoming a better you.

This Blackman who became President of this great nation that I love so much, United States of America, had his own share of problems, and difficulties, but he had to work on himself and he did. He is still working on himself because he is not perfect. You are here to work on yourself to become a much better you. I am certain that you will find out certain things that you did not know about you and you don't like either. That's okay. In fact, that's great. You can't fix what is wrong if you don't know about it.

Now you are ready to explore the other side of you, the things you don't like about you. Please take as much time as possible. A better way to do so is to ask others about the behaviors you don't like about you as you were being curious about someone's or other people's behaviors. If you get cut, be honest and talk about it freely. Listen as much as you can. You may want to take some notes. Carl G Yung, one of the fathers of psychology, said: "Everything that irritates us about others can lead us to an understanding of ourselves."

This is an exciting news because you are about to have a better understanding of yourself which will lead you to like yourself much better by making adjustments. Once you finished writing the second column grade yourself by starting with 100 which is the worse of the worse grades and 1 being pretty bad.

Now you need to use others for your own good. It is very important to know and to agree that others may see you very differently because to their eyes you are being seen as a different person. That person can see you as very likeable person or it may be just the opposite. Please do not argue about someone's opinion. This is an opinion that can be, in some cases, true or not.

Normally you will not be able to change people's opinion about you for many reasons. They are not you. And they don't see things exactly they way would like to. The best strategy is to listen and to ask questions without being offensive. A best way to do that is to reframe the question that is being asked. If you reframe it correctly you understand and help understand much better. Be careful there to not become a manipulator. It is good to use reframing techniques to understand questions, in your situation you don't need to use it too often because you are neither selling nor negotiating here. You are here to listen and to know how people see you and understand you. Relax and let it go, but pay attention to what they are telling you. You should be very pleased that some people are willing to tell you what they think about your behavior, good or bad. Smile tenderly and let them know that you are working on yourself and you are ready to make some adjustments that their comments are very well welcome. Tell them that you are putting into practice 7 simple steps to become a better person.

You may want to share the whole article with them. This is good because they may understand you much better and they may help themselves as well, which is a win-win. Apply the same approach like you did when you were evaluating yourself. Grade yourself the same way for the things they like and don't like about you.

Step 3 to a happy, healthy, sustainable and prosperous 2010.

You have made a lot of progress by now and you must feel much better about yourself. This one is very easy, step 3. Now you can gather all of the information you have about your behaviors. First thing first. What I mean by that is to take care of the things that you believe need to be worked on right away. Do not fool yourself. You will not be able to be a new you right away because these behaviors have been with you for quite some time now. The first thing to do is to give yourself permission to be patient with you. A self-talk is a good way to do it.

Go to a mirror close your door and start talking to yourself. I do these types of self-talk every day for many reasons that I will not disclose in this article. Self-talk can be a great help for a ton of problems and difficulties. Secondly, go and talk to your close ones (I don't say loved ones – both, loved and close ones) and tell them to be patient with you while helping go through this process. Be straightforward and be honest with them. Ask them to help you to be aware of your behaviors that you want to change while being friendly and nice with you.

Take 7 Steps to

You are now on your way to feel much better about yourself and others. Congratulate yourself and give yourself a nice treat. Put a date on your calendar to celebrate your pre-victory. There is a great secret about this type of celebration. And if you believe in it you will do just fine and on the path of happiness and greatness.

Step 4 to a happy, healthy, sustainable and prosperous 2010.

Call or write to the people who have been hurt by your wrong behaviors by telling them that you are sorry and ask them for forgiveness. If you were or are taking prescription drugs you will find yourself not needing to take as much as you used to and you are feeling very happy about your actions. You may feel the need to eliminate or reduce the amount medication you were or are taking. Make sure you discuss it with your doctor. This action has been scientifically proven to be very efficacious, good and can reduce stress and depression. The University of UCLA and Positive Psychology are now using this technique to help their patients. Confess, forgive and ask for forgiveness is a great step to redemption and healing.

Step 5 to a happy, healthy, sustainable and prosperous 2010.

Write a personal plan to create a road map for your achievements. A good way to start is to pray and meditate by letting it go. Do not fear anything; fear is the enemy number one of the mind. Apply KISS and AAA when writing a personal plan. KISS, keep it simple and smart. Do not try to achieve too many things in one calendar year. Give yourself deadlines and check off every achievement when you do and give yourself mental gift or a treat. The triple A stands for Adjust, Adapt and Add. Be mindful of the triple A throughout your whole life. It will help you very much.

Make sure to include some learning in your plan. Most great achievers keep learning by reading books; taking seminars and learning a couple new words and quotes every day. Your brain needs to be challenged every day and it likes variety. Try new things. What about going back by reading your old grammars and calculus books. You will fun while enhancing the neuroplasticity of your brain.

If you are planning in achieving great success you will need an idea that can be turned into wealth. Remember, Brain Tracy says that an idea do not have to be completely new, just 10 percent new will be fine. Make sure you use nature in a sustainable and graceful way.

Make sure that your plan is ecologic as well. I mean, plan to do something for others, something that is very significant. Ziglar, one of my mentors says if you help enough people succeed, your success is guaranteed. Try to make your personal plan fit in one page and carry it with you every day. Read your plan to yourself at least three times a day until you know it by heart. You can scan it to create a screen saver or desktop wallpaper so you can see it very often. If you follow this simple technique, it will work for you like magic.

I bought a home and BMW and many other things by applying this method. Invest in yourself to obtain this book, so you can understand and apply what I am telling you now. Go and buy today Think and Grow Rich by Napoleon Hill. This is one of the greatest books ever written, and buy the CD as well. This may be one of the best investments you will ever make.

Become a member of AudioTech, The Teaching Company and take some free classes online at <http://academicearth.org/>. If you are flat broke, become a member of scribd.com, questia.com and limewire.com free of charge. You can download free good books and good educational CD to nourish your brain. Get involved to make your plan work.

You may write the greatest plan, but it requires something, action and enthusiasm. Think and ponder about what one of the greatest industrialists said: "It has been my observation that many people succeed while others are wasting time." _ Henry Ford. It is important to know that time is more valuable than money.

Step 6 to a happy, healthy, sustainable and prosperous 2010.

No plan will ever work without imagination and faith. Your imagination will affect your faith negatively or positively. Now you know that your imagination is a super powerful tool that can be used to do good or bad. Your thoughts are the

Take 7 Steps to a happy, healthy, sustainable and prosperous 2010.

expression of your life. If you are not completely happy with your life that means you have some thoughts that need to be flushed out or erase completely from your mind. Your thoughts are being influenced by your environment.

Keep in mind your environment is not only the air that you breathe. It is much more than that. The people around you, the music or the radios you listen to, the movies or the TV shows you watch, the books you read, the websites you surf, the words or the messages you listen to. In other words, your environment is every thing you come in contact with.

This is a very serious step, step 6 must be taken correctly in order to achieve the 6 other steps. Be choosy, selective and do not worry about what they say because 'they' will not come to make you become the person you want to become. Mediocrity is more popular than excellence and that is the reason why there are more poor than rich, more uneducated than educated. Education is the diploma that someone has, that person is instructed. Education goes exceed the formal knowledge, neither Henry Ford nor Thomas Edison have a formal education or received instruction from a college or university. By the way, be grateful if you have a college degree and I command you even I don't have one. In my case, I enjoy learning on my own and being self taught is one of the greatest satisfactions I have. I dropped out two times in early in high school and in my first year in college. What ever your situation is, there is hope, believe me.

A recent study just confirmed that poor and uneducated people tend to have more complicated health issues than those who are educated and have a good financial situation. You need to start thinking positively by creating some great and positive pictures in your brain. If you live in a neighborhood where you can't see wealth around so you need to start taking some trips to nice, quiet and rich neighborhoods to feed new images to your brain.

Think about it, some of these people who I am about to name may not be very happy but they achieved certain success. Do Oprah, Bill Gates, Michael Jordan, Michael Dell, Steve Jobs, Barack Obama, Donald Trump, and Warren Buffet live in or close to your neighborhood, even your country? Sadly 90% of the world's wealth is owned by just 3%. You don't need to compete just create because are a lot of needs.

Think about it! You can start moving out mentally today from your neighborhood by adapting your thinking to a new way of seeing life. Remember AAA. Spend more time where happy, educated and wealthy people hangout and you will be surprised how your thoughts will start changing and you will feel much better about you and others.

It is said that *insanity* is doing the same thing over and over again and expecting different results. If you change your mind your whole self will follow and you can do it starting today by imaging a new, dynamic, happy, healthy and wealthy society in which live. It always starts in the mind. Ask an architect, a writer, or a musician. The famous, successful and always amazing to listen to, Yesterday, this song from the Beatles came from a dream Paul McCartney had.

Go ahead. Action time! Download this song on YouTube. Listen to it and really enjoy it. Do not pay attention to the lyrics at first, do it later, now enjoy it as much as you can and it could be a small little trip to paradise if you can let it go. As I am writing this I am listening to the song happily. After listening many times over, get yourself ready to create your Yesterday, imagine it now or tonight dream about it.

There are a lot of techniques to learn how to dream. This one is one of the most powerful ones. Imagine positively and happily –bright images, words, feeling, taste, and sound, yes imagine about what you want or need or desire, a burning desire is the way to start imagining. Focus and imagine on how you want your life to be. Start writing down if you are about to be ready.

Imagine your expected new life. Do this every night before sleeping and every morning just after waking up, make a movie in your mind of the greatest place in the world and play this movie vividly and keep Imagining for 15 minutes. It will not take you long to break the chain of misery, poverty, unhappiness, ignorance and diseases. Remember, you don't need money to start living a rich life. Money will come after you become successful. It is not about money it is about a positive mindset.

Step 4 to a happy, healthy, sustainable and prosperous 2010.

You need help from others. One of my mentors says it so brilliantly: "No one can build a country just by oneself" _ Jim Rohn. I am telling you now that no man can build just by himself a successful and worthy life. You need partners, good

Take 7 Steps to

friends who share your ideas and are in a much better position than you in most cases and of course you will need followers as well.

Henry Ford did not create the T1 by himself. Bill Gates had help from many successful people including the IBM Company. Are you there with me? I hope you are. You will need companies, associations, groups and others to help you achieve your (impossible yesterday) dream that is today possible. Well, this is getting fun and very revealing. Jesus Christ could not make it by himself. Wow! It is unbelievable but very true. He had to choose 12 disciples to help him.

Napoleon Hill called this movement, the Master Mind Group. I am ready to give you a one more secret that can save you time, money and even your life. Are you ready? You need to create a Master Mind Network with great and courageous people like Christ did. One more thing about him, he had invisible help as well. One of my invisible helpers whose name is Emmanuella, her job is to find me a parking spot on time and the best parking possible.

One day I took with me one of my former employees before the mortgage tsunami, who became my producer, I said: "Predel come with me and I am going show you how good is Emmanuella. He said surprisingly, Emmanuella! Yes, Emmanuella is my parking attendant who always finds a good parking spot even in the busiest parking, while getting there and I said look at that rushing to give his pot and he did." Pierre Louis Predel is one of the people who helped turn his life around in 360 degrees.

Unfortunately one article will give you every thing you need to achieve your journey on earth but this can spark the trigger of your imagination in a whole new way to start fresh even if you are 67 years old. I was born when dad was 67 years-old. Am I am a miracle child?

I certainly made miracles to be where I am now in life. My life is can be imaginative for more than 80% of the world's population. I have some giant peaks and valleys in my life where I had to start from scratch to rebuild my life. I slept in cars and on the stress many times and I slept and live in many luxuries hotels and homes around the world. In fact almost 21 months ago I had to close mortgage offices, I lost my home and my luxury car and I had to let go all of my employees.

I am now bouncing back like always do and I have learned a deal about diversification. If was heard for not listening Robert G Allen, a great life coach who taught me about diversify money. I had the knowledge but I did not apply it. Knowledge is not power, but applied knowledge is. Make you diversify your skills, your money and employment or business.

Do not put every thing in one basket, the world is fragile and is turn very and very fast. Build to last is no longer valid because build to change is l'ordre du jour, this is the agenda that world has to work on today. One of my favorite books for solving this kind of problems is Who Moved My Cheese. This is a very small book but the content (story) is undeniably great, great enough to change your paradigm in order to adjust yourself and adapt to new changes in your personal life and business. You will need to add a new toolset to your life and your business. Here you go! AAA is in action.

I would suggest that buy Who Moved My Cheese if you want to apply build to change mentality in your business. This is a great book I have summary version. I only ready great books. I have staff from the Harvard, UCLA, MIT, Stanford including the best consultants in the world whose job is to find the new books and magazines in the world. You may be saying that you can't afford to have such staff, believe you can if you want to make an investment in yourself. This has been my suggestion to you.

You can obtain Build to Change from AudioTech.com and you can become a member for less \$300 a year to me is it a great bargain. It is just a recommendation; I don't receive any money for promoting these books. I want to promote greatness so you and I can live a more sustainable and caring world. This is my way to pay it forward, these authors become part of my life and they have contributed to my long life education.

You need to create a physical and spiritual Master Mind Network to find help. In your network you can work with people who are alive and dead (made a transition) as well. This may be a little scary to talk about here, but you can ask help from a family member who passed away that you really loved or a hero or an inventor who had achieved greatness for the human cause.

Take 7 Steps to

It is imperative that you don't discriminate because what ever you do may not work completely the way you intend to or you may not be happy or healthy. Racism and discrimination have no place in the world of greatness. In your network you need to be tolerant and enthusiastic. You can't assume, don't judge before you ask. Be good.

Now you are ready to become a better you this year and the years ahead.

These simple 7 steps will open all kinds of doors that were closed to you before. They often say knowledge is power. I just don't think so and by now you think so either. This is what is true; the application of knowledge is power. If you don't practice these 7 steps you won't go forward and stagnation is a super powerful destroyer. This is a summary of the 7 steps in nutshell. Find out about your actions and evaluate them to make improvement. Make a good evaluation of yourself by grading your actions.

Have a self-talk and congratulate yourself by having a celebration. Forgive yourself. Call them or write to the people hurt or hindered and ask them for forgiveness because it is a healthy action. Write a personal plan that is mind-changing, educational, ecologic, precise, clear, and simple with deadlines.

Get used to it. Change your thoughts and get your imagination to make things happen for you. Imagination is your greatest tool. You will need mentors and Master mind network to help you achieve your goals. Be tolerant and nondiscriminatory because you will need others who are in a better position and lower position than you are to help you make things happen. Now you imagine your success again because you will make it happen. God is on your side.

People whose lives are planned and based on faith, imagination and a great and burning desire to learn more, to listen to and to serve others always achieve greatness with or without money because money will come after successes is achieved.

I will be delightful to receive emails from all of you who like this article and those who have put these 7 steps into practice because I know for sure that you will become a much better you this 2010 and the years ahead. Happy, Healthy, Sustainable and Prosperous 2010.

Emmanuel Renaud can be found at www.positive-nuero-life-designer.com or at www.GreenSolarBuild.com or atergoodnews@gmail.com.