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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

From Complacency to Power

By Julie Jordan Scott

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Simmering like a pot of vegetables right on the verge of a boil, Grace knew something had to change. She was stagnant, nothing was moving. People had made promises yet situations had not changed. She was frustrated. She was clearly not in the driver's seat and was tired of waiting for shifts to happen that needed to happen in order to get where she wanted to go.

In a flash of a moment, she made an important decision. Instead of allowing the anger she was feeling to turn into a quagmire of depression, she chose to be righteously angry. In doing so, she was able to steer away from her frustration and use the anger to empower herself, instead. In doing so, she used the anger as fuel instead of using her anger as quicksand.

With her main goal as her target, Grace focused on creative solutions. She was not content to stand by the sidelines anymore. She spent an hour in active contemplation, brainstorming alternative pathways to get to her target.

In the following 15 minutes, she had a "Top 10" list of actions to take to reach her goal that she had never before considered. In another fifteen minutes, Grace had taken action, making two phone calls and written a note to three parties who could partner with her in a solution.

In 90 minutes, Grace went from being completely stuck to being on the road to freedom.

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The steps she took were both simple and significant. They can also be easily applied to any challenging situation.

1. Grace noticed and accepted when things were not working. Instead of continuing to punish herself for being wrong, or not enough, she shifted her anger from frustration into action.
2. She took responsibility instead of continuing to wait for others to act responsibly.
3. When she moved into action, she carefully contemplated and sought out a variety of solutions. This way she remained open to a variety of options instead of seeing only one way to her target

as she had previously. She knew this was foundational to her lack of success before, so she chose NOT to have history repeat itself.

4. Upon taking action, she furthered her "Menu Approach" by making several significant contacts one after another. The momentum she created in doing so further energized her towards reaching her ultimate goal.

In doing so, Grace moved from a place of complacency to a place of power. Her power came from the possibilities her goal represented, from the intensity of her desire, from her own realization that passivity was getting her further from her vision and closer to despair daily. The more she sat inert in passivity, the more she was buying into the beliefs of her dream stealers. It was as if a collection of all the negative people in her past were sitting on her shoulders telling her the ways she could not POSSIBLY be who she was meant to be or do all that she desired to do.

Grace chose to use that intensity, that passion, to bring her closer to her goal. The end result is bound to be greater than she imagined, as she will reach not only her initial goal, she will also be propelled with more strength and sureness than she had possessed before her shift.

She took to heart Henry David Thoreau's words: "He is the best sailor who can steer within fewest points of the wind, and exact a motive power out of the greatest obstacles." Where she had been stuck COULD have been an insurmountable obstacle. Grace shifted that obstacle into her own brand of power. She steered her way around and passed it, sailing clearly into her future.

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The Most Courageous People in the World.

By Graham and Julie

Who are the most courageous people in the world? Armed services? Coastguards? Astronauts? Firepersons? Explorers? Mountaineers?Sports? For us, the most courageous people in the world are those who are committed to discovering how they can get the best out of themselves. Individuals, who are committed to learning about and changing, their habits and beliefs in order to fulfil their dreams. Individuals, who are fighting the dreaded disease of complacency.

Complacency is one of the deadliest diseases you face in your life. It stifles growth. Kills companies. Destroys the economy of your Country. Changes and destroys your relationship with your partner, friends, children and colleagues.

If you:

have a feeling of self–satisfaction.

find you are low in energy and enthusiasm.

have become unaware of danger, trouble, or controversy in your life.

find it difficult to accept positive criticism and acknowledge your mistakes.

take ages making a decision, especially those that will change your future or may be unpopular.

go through the day with an attitude of `that's good enough' or `that will do'.

Then, in a nutshell, complacency has you in it's hands and is destroying you.

Complacency is taking away your spirit.

How do you overcome complacency? What's the treatment?

Napoleon Hill says the treatment is: Control Your Own Thoughts.

"You are searching for the magic key that will unlock the door to the source of power; and you have the key in your own hands, and you make use of it the moment you learn to control your own thoughts."

The magic key is NOT to focus on and control your negative and wasteful thoughts but to develop your necessary and positive thoughts.

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Negative and wasteful thoughts, like blame and worry, have no useful purpose. Their job is to reduce your energy and your potential. To make you weaker than you really are. Therefore DO NOT concentrate your thinking on your weaknesses because the more you think negative and wasteful

thoughts the further and further you will get from your potential. You cannot change negative thoughts to positive ones.

So, what can you do?

There are two strategies that you can adopt to be successful:

1. Focus on your necessary and positive thoughts.

Necessary thoughts: those that keep your life working naturally and Positive thoughts are those that move you forward with the intention of forming win/win relationships. Both are invaluable. They bring you energy and success. They are your seeds to a successful life. They drive your feelings, words and actions. The more you can think in the positive the more your feelings, words and actions are positive and you are successful.

2. Stop asking yourself 'why' whenever you don't get the results you want..

'Why' only causes you to respond with 'because'. And any sentence starting with 'because' means that you are now defending your past behaviour and change is impossible. Instead ask yourself; 'what caused it to happen' or 'how did it happen'. Now you have something strong to base your future on.

These strategies are the antidote that finishes complacency and give you freedom.

You have the freedom to choose your behaviour. You don't have to continue following others and what others say to you. All you have to do is focus on your natural and positive thoughts. These give you power and enable you to find what you are truly capable of.

The most courageous people in the world are those who overcome the disease of complacency and strive to be all they are capable of being.

"Only those who risk going far can possibly find out how far one can go"

(TS Eliot 1888 – 1965)

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Complacency

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Making money at online auctions

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