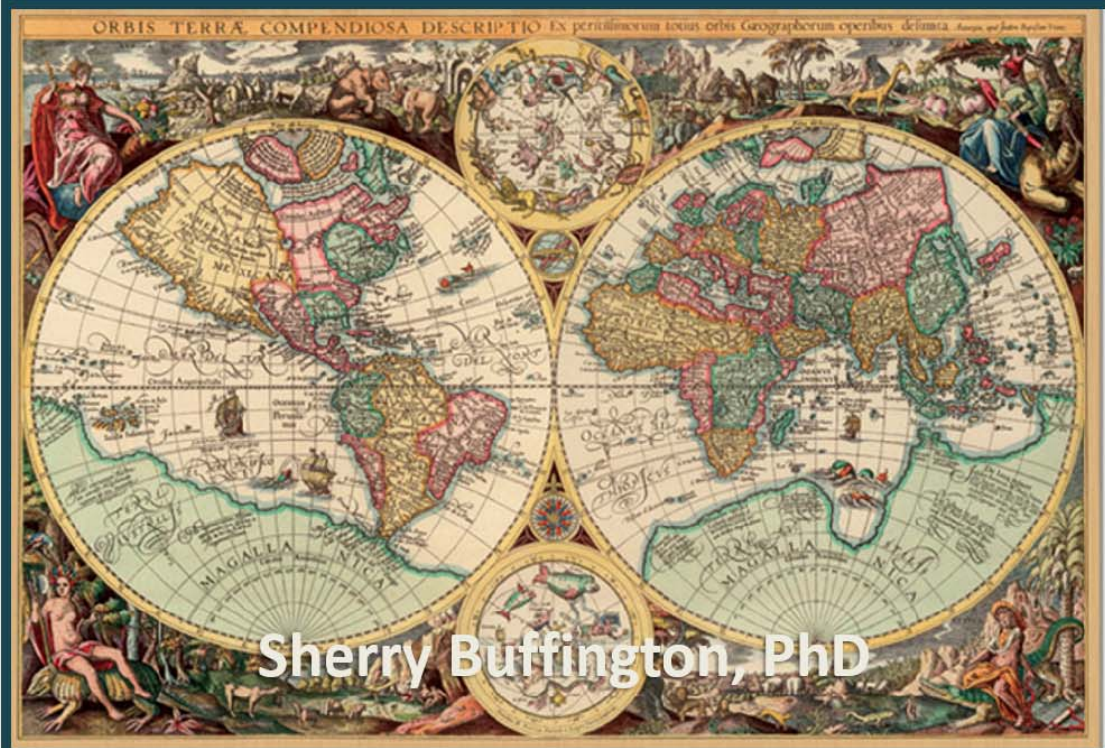




Success-GPS Playbook

Introduction





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Success-GPS

Playbook for Creating Abundance

Introduction

The reason this guide called a *playbook* and not a workbook, is because play is fun and that's exactly what the Success-GPS method is about; playing your way to prosperity. Yes there will be areas where you will need to apply yourself to get past the things that have blocked your success in the past, but with the help and guidance of your Success-GPS Coach even this can be fun and filled with excitement. Nothing you will ever do will bring you more joy than discovering your unlimited potential and putting it to its best use for yourself and your loved ones.

The goal of this playbook is to get you past the snags that have kept you from realizing your dreams fully and to the enjoyable stuff so the rest of your life unfolds more abundantly and is a lot more fun, fabulous and financially secure than it has been in the past.

If you don't already have an abundance of everything you desire in life; happiness, contentment, fulfilling relationships, physical fitness, personal success, deep satisfaction and all the money you need to live the life of your dreams, and if you have been trying to get there for years, no one has to tell you that there is something vitally important missing from the formula you have been using. And, no matter how much time and money you invest, you will always fall short if vital pieces are missing.





Most people move through life perfectly well about 90% of the time. It's that 10% that trips us up and runs us into a wall we don't know how to get over, under, around, or through which most people need help with. It's frustrating to keep trying one thing after another and never making the progress you intend, especially when you have no idea why you are not getting the results you want, or what to adjust to get a better outcome. That's why the Success-GPS assessment was developed. It points out exactly what you are doing, or not doing, to get the results you are getting so you know exactly what to change to get unstuck and start getting the results you want.

Success-GPS is a coach administered assessment because 99% of the time what is preventing people from realizing their dream is something they cannot work through on their own. Your Success-GPS Coach is trained to get you past those blocks and barriers in the fastest possible way so you can begin experiencing greater joy, satisfaction, and success sooner.

Most people don't understand until they are in their late twenties or older that to improve their outcomes, they need to first develop their inner resources. Generally, by the time most get started, they are at a stage in life where they can't afford to spend years searching for the answers they need. They need to be able to move through whatever is blocking their progress quickly and effectively.



Using the Success-GPS assessment, you and your coach can design a *laser-focused*, highly leveraged progression plan that will help you take huge quantum leaps forward so you stop wasting precious time and energy, and start living your dream.



This guide provides a way to create a customized-to-you blueprint that you and your coach can use to guide every action and ensure the absolute best outcome for you. The steps you will be taking are *proven* success steps which every successful person throughout history has taken.

Though most people are unaware of it, success follows and aligns with the laws of energy—a set of principles that direct and manage all things—including humanity. Once you are in alignment with the laws of energy, whatever you desire will be yours to whatever degree you choose. But, as you have likely discovered, there is a lot more to it than positive thinking and law of attraction theories suggest.

There is a formula that works every time, all the time, without fail. It is through understanding and correctly applying this formula that all progress and all success occurs. Using this formula, thought leaders have completely changed our experience of life, physicists have explained the workings of the world, inventors have created thousands of products to improve our lives, and scientists have put men on the moon and rovers on Mars. Through inventions such as radio, television, computers, the internet, cell phones, global positioning systems and other handy little gadgets we have even managed to place the world in the palm of our hand.

Science has proven that all things are energy and are therefore subject to the laws of energy. That includes all of humanity. Energy is limitless, and the more we understand how it works and how to apply it to our benefit, the better able we are to tap into it and gain unlimited advantages.

By understanding how the same energy that directs the universe and everything in it every moment of every day also precisely and predictably determines the form, nature, path and outcomes of everything you do, you

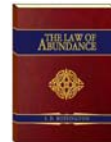


can put that great and unfailing power to work to create the life and outcomes you want.

Each of us receives an abundance of whatever we consciously or unconsciously set into motion, whether good or bad. It behooves us then, to understand and correctly apply the principles that drive our outcomes and to consciously choose our path so our experience is satisfaction, contentment, joy, health, great relationships, prosperity and an abiding sense of well-being. That is what the Success-GPS Evaluator and this playbook are designed to help you do with the help of your Success-GPS Coach.

With your coach you will work through the parts of the formula that your Success-GPS results indicated need adjusting so you are working on precisely what you need to. By focusing on the essential and eliminating the non-essential you can progress quickly, efficiently and effectively to create the life you dream of living.

To learn more about the principles which underlie the Universal Laws of energy and how it affects you on every level; personally, in your family, your community, nationally and globally, and to gain deeper insight into how to use the laws of energy, read *The Law of Abundance* by S.D. Buffington. You can get a copy at www.toolsforpositivechange.com/lawofabundance at a special discounted price of \$15. It is also available at Amazon and Barnes and Noble book stores at full price.





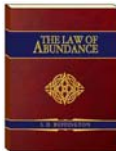
What the SYMBOLS Mean



This symbol indicates that you will likely need to work with your Success-GPS Coach to get the most from the step.



This symbol indicates that you need to take an action step.



This symbol indicates that a defined section of *The Law of Abundance* will provide additional information.



CHAPTER ONE

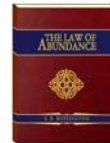
The Four Energy Paths

*The most beautiful thing we can experience is the mysterious.
It is the source of all true art and all science.*

Albert Einstein

To make the best use of energy and get the most from life, you must understand how you are currently using energy and how to best direct it. There are only four possible energy combinations and only *one* of the four leads to an abundance of what we want. The other three lead to limitation in one way or another. One combination leads to negative outcomes, which can be described as *actively diminishing returns* or an abundance of things we *do not* want. The other two combinations keep us stuck, neither getting ahead nor falling into ruin.

This section provides a brief overview of the four possible energy combinations as they apply to the human condition—your life and outcomes. You can get a more detailed understanding of how the paths work by reading chapters 3 and 19 in *The Law of Abundance*.



As you explore the four energy combinations, keep in mind that the plus sign (+) as presented in electricity and electromagnetism is simply a symbol to represent an active charge and the minus sign (-) represents a free flowing, receptive charge. Though the symbols are referred to as “positive” and “negative,” they have absolutely *nothing* to do with positive and negative as we apply those terms to the human condition.

It will be helpful to *reframe* the +/- symbols to mean *active* and *receptive* so it is clear in your mind that they describe the *active* aspect of energy and



the *receptive* aspect. The example of energy flow used in *The Law of Abundance*, and which will be used here, is that of an electrical circuit. It is an excellent example because both electricity and humans are forms of harnessed energy and function by the same principles.

KEEP IN MIND

- As you look over the four energy paths, remember to *reframe the plus (+) and minus (-) from positive and negative to **active** and **receptive***.
- The part of the path described as “Application” refers to the way we *give* energy to life.
- The part described as “Attitude” refers to the way we *receive* energy from life.

Energy Out Needs a Boost

In both electrical and human terms, active (+) energy needs to be *induced* or boosted along. In humans, that inducement or boosting of energy requires motivation and action. If the action is aligned with our passion and purpose, it feels *effortless*. If it is not aligned it feels *effortful*. That’s one way to know whether or not you are tracking true to your passion and purpose. During a learning curve, there will always be some effort, but even then motivation and passion provide the boost you need to reach your goal. If what you are doing feels passionless and continues to feel effortful beyond the learning and polishing stages, you can bet you are on the wrong path.





If we are unwilling to put forth the effort to boost energy out from ourselves—that is, to make things happen—the energy our body generates goes nowhere. It gets stored as fat and, in time, useful energy begins to decline. When useful energy is sufficiently reduced, little to nothing good happens in our outer world and soon our inner life begins to suffer as well.



ACTION STEP

Before you go any further, take the time to list five or six energy boosters and five or six energy drainers. Once you have listed them, mentally step into the space and energy of each role or function you have listed and notice the difference in your internal response. Recognizing your internal response to energy boosters and the energy drainers will be highly beneficial as you begin to redirect your energy to achieve the outcomes you want.

ENERGY BOOSTERS

ENERGY DRAINERS



Return Energy Must Flow Freely

Receptive (-) energy flows freely and does not require a booster. In humans, energy flows as a result of *nonresistance*. Anything that causes mental or emotional resistance will reduce receptivity and slow the flow of energy back to you.



You may have noticed the resistance effect when you spend too much time working on something you don't enjoy or when you are in the presence of someone who irritates or frustrates you. Not only is there typically a feeling of resistance to such situations, when we must endure them for awhile, our energy levels drop. You can notice this effect by turning your attention to the energy drainers you listed in the action step above.

The Four Energy Combinations

To understand how to correctly apply the active and receptive aspects of energy, you must understand the four possible energy combinations and how they impact your life and outcomes.

To harness your energy and direct its flow so you create the outcomes you want, your energy must flow in a complete circuit, just as is the case with electricity, and you need both an active (+) and a receptive (-) charge. A complete energy circuit has five elements and each of these five elements must be present for energy to flow.

**The Five Elements are:**

- (1) The source of the energy – (a battery or generator in electricity and a *person* in human terms).
- (2) A path out from the energy generator, which for humans is *application* or *action*.
- (3) A receiver, such as an appliance or a light bulb in electricity, or in human terms, a *goal, intent or purpose*.
- (4) A path back to the energy source, which for humans is *attitude*.
- (5) Insulation to prevent short circuits, which for humans is confidence or *faith* which has *three levels*. These will be covered later.

ELEMENT ONE – The Source of Energy

As applied to human accomplishments, the source of energy is the individual. That individual energy can be amplified by combining it with other individuals, but the generation of energy happens within the individual.

We generate physical energy by eating right and staying fit. We generation mental and emotional energy, which is what drives the actions that sustain physical energy and all other outcomes, by maintaining an authentically positive mindset. And you do that by being truly authentic and living an authentic life.

The trick is discovering who you are authentically and getting on your own authentic path. Until you do that, you are doomed to walk the path of someone else and to spend your life helping to make someone else's dreams come true. If you aren't on your own authentic path, it is certain that you are on someone else's.



You might accidentally stumble onto your own path, but the odds are so infinitesimally small, you sure don't want to count on it.

One of the most important things you will ever do is discover your authentic self and your true path and live your life from there. It is here that you will discover the seeds of greatness that lie dormant inside you just waiting for the fertile soil of authentic expression. It is from here that your passion flows and purpose takes shape. It is passion and purpose that produce a positive, expectant attitude and fuel action, and the right attitude and actions are what produce positive outcomes.

If you are not very clear about who you are authentically and what your authentic path looks like, this is the first thing to work on. Without this knowledge, everything else will be just spinning your wheels.

You will work on developing your authentic self and discovering your passion and purpose as you go through Sections Six and Ten with your Success-GPS Coach.

First, explore how you are sending energy out and receiving it back. Knowing this will help you and your coach get a clearer picture of which side of the energy equation to focus on first so you get on your authentic path faster and easier.



The Line Out

To get the desired results, the active and receptive charges must be properly directed so that energy flows where we want it to. For energy to flow in the proper direction, the *application* line must proceed *out* from the source of energy toward a receiver, but remember; it only leaves the source when there is some catalyst to *boost it out*.



In humans, the catalyst is *passion* or *desire*, which creates an active (+) energy charge and expresses as *action*. Action properly applied is *responsible, disciplined, courageous* and *productive*. All of these attributes require some effort on our part, but when the effort is properly focused, it is not perceived as effort. We may be getting a lot accomplished, but what we are doing feels more like play than work.

When we take no action, no energy boost occurs. When we take the wrong action, the energy is boosted toward something we don't necessarily want. People who don't know what their passion and purpose are often take a no-effort path for the wrong reasons and get more of the things they *don't* want as a result.

The no-effort path is that of being *irresponsible, undisciplined, lazy* or *cowardly*—*in other words*—*taking the easiest route rather than the most productive one*. The no-effort energy charge is receptive (-). It is one of *allowing* things to happen rather than of taking purposeful action.



ACTION STEP

List areas of your life where you are acting in a *responsible, disciplined, courageous and productive* way.

A large rectangular box with a blue border containing 20 horizontal black lines for writing.



The Line In

For the energy we send out to return to us, we must be *receptive* to its return. We must have little-to-no resistance on the return line and this is where positive thinking/feeling, faith and acceptance come in. These make us more receptive and less resistant which opens the return line so energy flows back more freely. It is this affect that leads so many to believe that positive thinking and law of attraction theories are, in and of themselves, effective.



The line in is just one part of the five-part formula however, which is why you cannot just shift your thinking and focus and get excellent results. As you explore the four energy paths, you will understand why law of attraction and positive thinking philosophies fail to work for most people.



ACTION STEP

List areas of your life where you are open to receiving and feel you receive everything you need and desire.



CHAPTER TWO

The Negative Abundance Path

The Path to a Lot of What We Do *Not* Want

The first combination we will explore is the *least desirable* one and the one you definitely want to avoid. This path has both an active (+) and receptive (-) charge so energy is flowing, but it is flowing *backwards*—*away from*, rather than toward, an abundance of good things.

Just as powering an electric motor in reverse will result in the motor running backwards, so too does powering your life in reverse result in your moving *away from* the things you most desire. Energy flows *backwards* toward more of what you do NOT want on this path because the *application side* is *receptive* (-) (being irresponsible, undisciplined, lazy, fearful and allowing life to just happen) and the *attitude side* is *active* (+). An active attitude is one of *resistance*, striving for or against an outcome, struggling, being non-accepting, disallowing, disbelieving, etc. Receptive application and active attitude result in a *reversal* (-/+) of energy flow, rather than the correct (+/-) flow, *and* a reversal of fortunes.



Since the application side of the negative abundance path is one of irresponsibility and lack of discipline, people on this path tend to avoid anything that requires effort. Therefore, the energy output necessary for building a good receiver (defining goals and laying out specific plans) has generally not been expended so goals are usually unclear and often altogether absent.



Where focus is clear, it is generally negative because those on this path don't expect good things in life, which is what makes the return (attitude) line resistant and non-accepting. Resistance is an active energy which creates an active charge on the return line (+). Add skepticism, fear, doubt, or some other negative focus and you have the formula for a lot of what *you do not want*.

An example of people on this path are the ones that sit on the sofa eating junk food and watching television almost every night, feeling angry and frustrated because they are overweight, out of shape, out of money, and don't enjoy their life. They envy the TV characters that appear to have the healthy, wealthy, high energy lifestyle the Couch Potato longs for, but envy doesn't evoke action so they never get around to taking the actions that might get them the results they long for. These are also the people who buy lots of self-help books, which they seldom finish reading and rarely heed, or health club memberships, which they rarely if ever use after the initial enthusiasm wears off.

Many on this path think they are victims of everything from their genes to the neighbor next door. It isn't their fault that the New Years resolution they made to lose fifty pounds didn't pan out. It's their genes. They can't help it if the neighbor gets upset because their dog barks all night. The neighbor is too sensitive and the dog is uncontrollable. It isn't their fault that they are wasting their life away in a job they hate. It's the economy, the job market, and the breaks they never got in life.

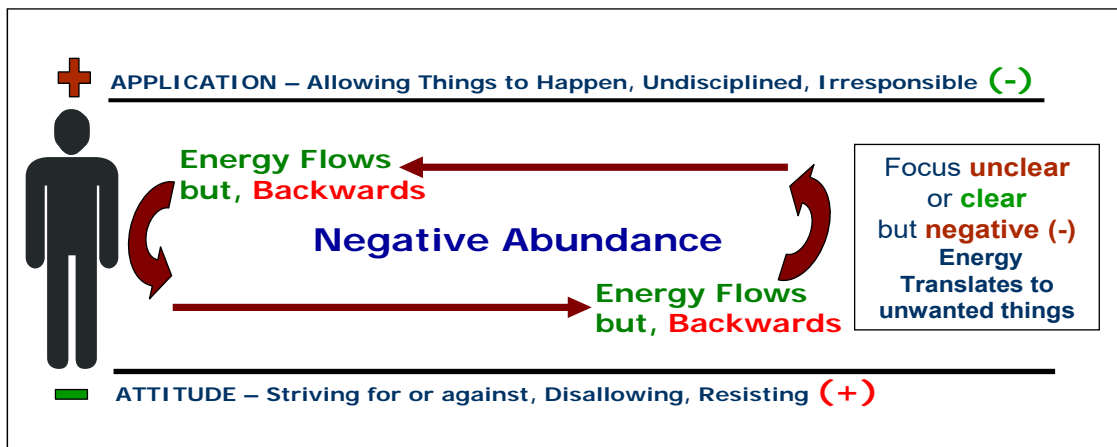
The fruitless Quest for Instant and Effortless

This is also the group that makes marketers of instant and effortless "cures" rich. They tend to fall prey to the gimmicks that promise instant



results. They are ever in search of that magic formula that will eliminate all of their problems with no effort on their part. But no such formula exists, or ever will exist. Until those in this group are ready to take responsibility for their own lives and outcomes, and quit blaming their problems on everyone and everything except themselves—until they can find something they can be passionate enough about to get off this very destructive path—they will continue to get more and more of the very things they want so badly to *avoid*.

What the Negative Abundance Path Looks Like.



In a Nutshell:

When you (the generator) are undisciplined, act irresponsibly or allow things to just happen as they may (receptive application), when you struggle or strive for or against an outcome or are resistant, rigid, or disallowing (active attitude), you have set up conditions for energy to flow backwards toward an abundance of the things you DO NOT want.



CHAPTER THREE

The Stuck in Fear and Doubt Path

The Apparently Positive Path to Nowhere

The second energy combination is that of *active (+) application* (responsible, disciplined, courageous action) and *active (+) attitude* (striving for or against an outcome, worrying, struggling, fear, doubt, etc). Even when there is responsible action coupled with positive focus and intent, this combination *does not produce the desired results* because two active charges (+/+) do not allow energy to flow. It's the same effect as putting two new batteries into a perfectly good flashlight, but having one in backwards. Both batteries have plenty of potential energy, but it can't be released so the flashlight doesn't work.

If you are on this path, you may be sending out a lot of energy, but you have not provided an open channel for energy to return positive results to you. So like the flashlight, you have a lot of potential energy that is not getting to the intended source (your goal) and cannot return to you.

Those on this path are working very hard and diligently. They are being responsible and disciplined, but are doing a lot of things they don't enjoy. Many on this path resist the idea that they can have what they want without working hard or struggling to get it. Typically, the idea of hard work, diligence, discipline, and responsibility have been imposed on those in this group, either through early conditioning or as a result of current circumstances.

When the source is early conditioning, those in this group act responsibly because they believe they must "keep their nose to the grindstone" to have any worth or value. They don't enjoy all the hard work, but think it is what



“decent” people are supposed to do. They typically impose these values on others as well and are frequently frustrated when others don’t adhere to the same strict standards they hold themselves to.

There are many things that can put people on this path. The two most common are the expectations of others, such as a critical parent, spouse, or boss and self-imposed expectations and beliefs.

When it is the expectations of others, people on this path tend to stay on it because they lack the courage to make better choices for themselves and/or lack the self-esteem to believe they deserve better. They either think that the needs and opinions of others are more valid and more important than their own or they are afraid that making and implementing better choices will create conflict and don’t believe they can manage the conflict effectively.

Those who are stuck here because of self-imposed expectations are those who have bought into the idea that worth is measured by material wealth, shows of intelligence, or some other external marker. Their goals are driven by external ideals so, rather than being focused on finding their own personal and authentic source of happiness, they are working very hard to amass all the external trappings others have told them they should have. In this case, the focus may be clear, but the fact that very little energy is flowing back to the source keeps their goals from being realized.

A Struggle to Escape Limitations

Those in this group typically report that they are tired of getting nowhere in life and are diligently working to escape the limitations they believe have prevented them from having the things they want. Perhaps, in addition to



holding down a full time job, running a household and taking care of a family, they are also trying to do the work prescribed by the latest success expert. They are writing out affirmations and reciting them daily, setting goals, and laying out plans, which they try to implement in those brief moments when they can catch a breather. They are working very hard to keep negative thoughts and feelings at bay. They are tired and overworked, and frequently frustrated, but are determined to do whatever it takes to get their life on track. In fact, “whatever it takes” is a frequent refrain.

The reason those in this group are stuck is because they are struggling to *get away from* limitations. They keep going through the motions that others have suggested, but are struggling with them. They struggle in the hope of getting to a place where they won’t have to struggle anymore.

Though they practice positive thinking, in this instance positive thinking is actually an *application*, not an *attitude*. Their real attitude is one of worry, doubt, fear, and frustration. They are not really certain that the work they are doing will lead them to the outcomes they desire, but keep doing it anyway. Because they are frequently tired, negative events and petty frustrations regularly derail them. Underneath all the activity and the positive façade is frustration that things are not materializing as envisioned and fear that they never will.

Faltering Faith

For those on this path, the disciplined, responsible actions, positive thoughts, and/or courage to forge ahead create the correct application of energy (+), yet this group lacks faith in the outcome. They continue to strive for abundance and struggle against limitation, which creates an active (+)



attitude line and, in spite of all the diligence and hard work, as mentioned earlier, where energy is expressing as (+/+) no energy flows.

Lack of energy flow guarantees that events will *not* unfold as those on this path hope and, when they don't, faith diminishes even further and the striving and struggling to make things happen increases. If the resistance on the attitude line continues to *increase* and energy flow continues to *decrease*, eventually a complete shut down—or what we refer to as “burnout”—will occur.

The Real Secret of “The Secret”

It is the people in this group that report phenomenal results when they tap into a movement such as that which has been created by the video and book entitled, *The Secret* (Rhonda Byrne, Prime Time Productions, 2006). The reason they get the results is because they are encouraged to let go of the resistors and trust that they will receive the outcomes they desire.

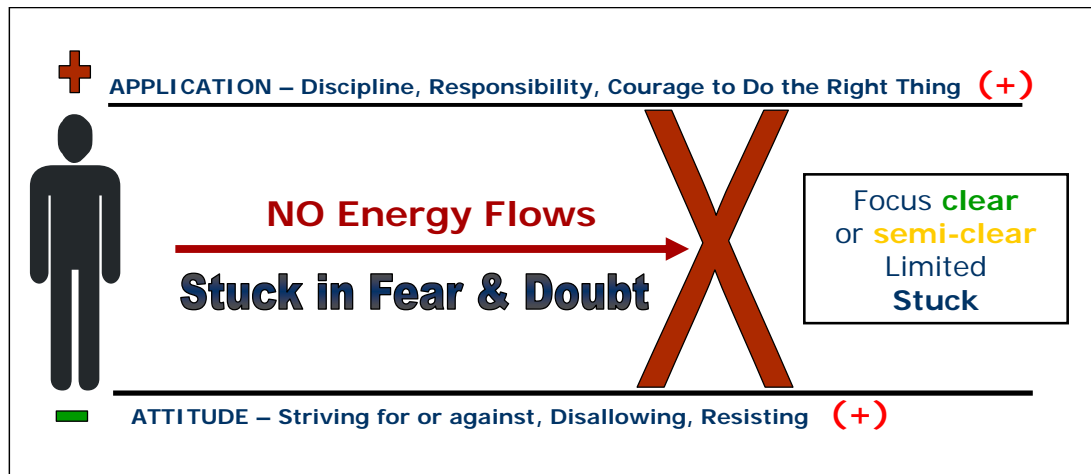
With encouragement and hope, a percentage of the people on this path will change their attitude from resistant to open and receptive and, of course, the moment they do that, energy begins to flow in the right direction because the active (resistant) attitude line is all that was preventing it from flowing in the first place.

The ones who don't get good results by following Law of Attraction advice such as that given in *The Secret*, are those who are either on the (+/+) path, and cannot let go of the resistors, or those on one of the receptive application paths—the negative abundance (-/+) path or the stuck in fear (-/-) path, which we will cover next. Those on either one of these paths fail to get good results because, for them, it's the *application* side of the equation that is not



being properly applied. A better attitude won't correct that unless the attitude adjustment is great enough to result in the individual becoming consistently more responsible, self-disciplined, and courageous; which is extremely rare.

What the Stuck in Fear and Doubt Path Looks Like:



In a Nutshell:

When you (the generator) take responsible, disciplined, courageous action (active application) to achieve your goals and have a clear focus, but are also struggling, striving for or against an outcome, lack trust or confidence, or are resistant (active attitude), you have set up conditions where energy does not flow. Fear and doubt keep you stuck.



CHAPTER FOUR

The Stuck in Delusion Path

The “Easy” Path to Nowhere

The third possible energy combination is that of *receptive (-) application* combined with *receptive (-) attitude*. Receptivity on the application side is the path of least resistance. And remember, for energy to be sent out from its source (in this case a person) it must be *boosted*, which requires effort. Energy must have a catalyst to be set into motion and those who choose the effortless application route provide no catalyst.

This group does what is easiest in the moment. They are irresponsible, undisciplined, and often lazy. They avoid risk, stay in their comfort zone, and rarely do anything courageous. As with those on the negative abundance path, the application path of this group is one of irresponsibility and lack of discipline. Goals are generally unclear too because of an unwillingness to expend the effort necessary for clarifying them. When combined with a receptive (-) attitude (trusting, believing, allowing things to happen as they may) the result is a double receptive (-/-) and NO energy flows.

In this case, the focus is unclear due to lack of effort and the individual is stuck due to no energy flow. An example of this would be people who believe that positive thinking, in and of itself, will get them the outcomes they long for. Others believe that God will take care of them even though they are not taking any personal responsibility for their own outcomes. Because this type of person typically has no clearly defined goals and no plans for reaching the



fuzzy goals they might have, there is no impetus to provide energy with the boost it needs.

Those in this group discount any need to take responsibility for their own lives, preferring to blindly follow some “expert” or a “God will provide” doctrine. They believe that all they have to do to get the outcomes they long for is have faith and everything will turn out fine.

Faith without Works

In *The Law of Abundance* I refer to the amusing story of a man stranded on the roof of his house with floodwaters rapidly rising to exemplify the people on the double receptive (-/-) path.

In this tale the man is praying to God to save him when a rescue worker appears with a boat and implores him to get in. “No, thank you,” the man replies, “God will save me.” Because he refuses to get in, the rescue worker reluctantly leaves. As he continues to pray, a second rescue boat and then a third show up trying to rescue the man and both get the same response as the first.

Finally, the waters rise so high, and are so dangerous, that only a helicopter can reach the man and one flies in to rescue him. Again, he refuses the rescue, convinced that God will save him. The man drowns and when he appears before God, he is angry and disappointed. “I trusted in you,” the man shouts at God, “and you let me down!” To which God calmly replies, “Not so, my son, I sent you three boats and a helicopter.”

On the surface, people on this path appear to be very positive and hopeful, even faithful. They frequently talk about faith and being receptive to



God's plan. They seem to be gentle folks who have genuine faith in God, or positive thinking, or crystals and amulets, or whatever it is that gives them hope. Yet, their *complete* receptiveness is exactly the problem because it sets up a cause and effect pattern where negative things are bound to occur.

The Easy Way to a Difficult Life

Those who are receptive on both the application and attitude paths regularly take the easy, but irresponsible way out which, predictably, frequently results in negative outcomes. When people are inundated with negative things, they typically respond with negative feelings (frustration, impatience, irritation, disbelief, disappointment, etc.) no matter what they preach or claim to be feeling.

As these feelings arise, they sometimes activate the *attitude* path, which creates conditions for energy to flow *backwards* towards an abundance of things the individual does *not* want. This is usually temporary for people in this group because they work hard at remaining receptive to God's will or positive thinking, or to some other trusted external factor, so will quickly return to the double receptive (-/-) state. Nonetheless, the occasional bouts of resistance keep energy slowly creeping in the wrong direction and things tend to get worse rather than better.

Such people frequently find themselves worrying and wondering when the positive thinking will start working or when God will start answering their prayers and when life will finally turn a corner and become easier. Those that have reached this point are the ones who fall prey to unscrupulous ministers and preachers who promise to intercede for them provided they give money to prove their faith, or to every pill, potion, or product pusher that promises effortless results if the buyer will just consume enough of their products.



They faithfully give the money to the preacher or buy the pills, potions and other products and, when the promised results don't materialize, resistance to not getting the outcome they anticipated activates the negative abundance path and again pushes them backwards so they continue to get more of what they *do not* want.

Some Habits Die Hard

Like the path toward negative abundance, this is a hard path for people to get off of on their own because it requires that those on it change ingrained *behaviors*.

Those on the (+/+) path only need to change their *attitude*, which can be difficult enough and often requires the help of a good coach, mentor or therapist, but for most people, changing their attitude is much easier than changing ingrained patterns of behavior. And that is exactly what has to happen to shift the energy on the application side of the equation from receptive (-) to active (+).

Those who are prone to moving toward passive faith in the face of difficulties, rather than taking responsibility for their outcomes and meeting their challenges courageously and with disciplined determination, continue to perpetuate the double receptive (-/-) state and to reinforce the receptive (-) application line.

For those on this path, faith is often used as an excuse for being irresponsible and lazy. Blind faith is irresponsible because it leaves all the thinking and knowing to others, who may or may not have your best interests at heart. True faith is responsible. It requires study in order to *know*. True faith is believing in something enough to *act on it* and to *keep* acting on it

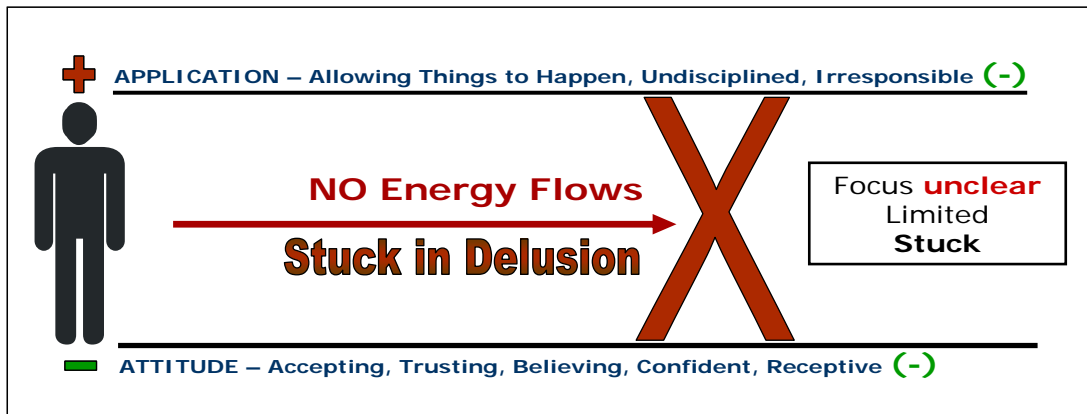


until the goal is realized. In true faith, the application line is active, not receptive.

As long as the application line is receptive, the only other option to being stuck is the path toward negative abundance. As a result, those in this group tend to keep creeping toward more of what they don't want.

As mentioned earlier, most people on this path or on the path of negative abundance cannot successfully make this shift by themselves. They almost always need the help of a good coach, mentor, or therapist to successfully redirect their lives and outcomes.

What the Stuck in Delusion Path Looks Like:



In a Nutshell:

When you (the generator) are undisciplined, act irresponsibly, or allow things to just happen as they may (receptive application), when you have an unclear focus but are accepting, trusting, open and believing (receptive attitude); you have set up conditions where energy is not flowing. You are stuck in the delusion that you can hope, pray, or wish your way to abundance without taking responsible action or making any effort.



CHAPTER FIVE

The Positive Abundance Path A Lot of the Things We Desire

The final path is the *only one* you want to be on. It is the one path that leads to *positive abundance*, which is an abundance of the things you DO want. For energy to flow toward positive abundance, the application path must be *active* (+) and the *attitude* path must be *receptive* (-). ***There is no exception.***

On this path, we are inducing or boosting out high quality energy (energy that does useful work) keeping it active (+) by way of responsible, disciplined, courageous and principled actions. We are sending energy out and allowing it to return to us in full measure by keeping the return line (attitude) *free of resistors*, open, accepting, trusting, allowing, and believing—in other words, being *completely receptive* (-) to *positive outcomes* and not allowing the actions and attitudes of others to derail us.

To have an abundance of the things we want, every part of the abundance formula must be in place and the receiver must be *precisely designed* to accept and appropriately express the energy we send it. If we want 100 watts of light from electricity, for example, we need a bulb designed to deliver 100 watts of light and we need a socket that will accept the bulb and allow electricity to flow through it properly. If we want a million dollar life, we need a million dollar receiver and we need to know how to build that receiver just as precisely as the manufacturers of the 100-watt bulb and the socket know how to build those.



People who are *fully* on this path are personally happy and content, healthy and fit, have great relationships, are financially secure, and able to do and have anything they desire.

Unfortunately, most people are not *fully* on this path. Most people who have abundance have it in just a few areas, not across the board. Sometimes it's because they are not as clear or focused in all areas as they are in the few where they are experiencing abundance. Sometimes they don't believe they can or should have it all.

Selective Abundance

Guilt over having too much or lack of clarity about what is important prevents many who could have overall abundance from ever getting there. For example, the news is filled with stories of people who have an abundance of talent and plenty of money to go with it, but whose lives are out of control and in ruins.

It is the train wreck lives of these high profile people, who either don't believe they deserve the abundance that has come to them so easily or haven't clarified their goals and intent that mislead many into believing that wealth comes with a high price and that wealthy people are not happy. But financial wealth is only one aspect of positive abundance and is clearly not the most important aspect. Money is a shallow commodity without an abundance of joy, health, courage, integrity, kindness, contentment, generosity, self-respect, and the love and respect of others.



Balanced, Bountiful, Genuine, and Joyous

What is most notable about people who are walking the positive abundance path in a balanced way is how truly authentic they are. They are not just responsible, disciplined, and courageous in the way they approach life, they are also genuinely caring and humble. They are almost always in a good mood that is often described by others as joyous.

People on the positive abundance path know and demonstrate that responsible, disciplined, courageous action cannot be an occasional thing and neither can it be something that there is any *resistance* around. For these people, responsible, disciplined, courageous is not just something they do, it's who they are.

The lack of resistance is hard for many people to grasp because they have not experienced responsibility, discipline, or courage without some degree of resistance, but it is to this place that you must come if you are to get and stay on the path that will lead you to all you desire. To get there, requires being well grounded by the first insulator – Faith (or confidence) in self. We will be covering this in the next section.

When you have developed yourself sufficiently, being responsible, disciplined, and courageous is as natural as breathing. In fact, as those on this path will attest, it becomes an enjoyable part of who you are, not just what you do.

If you ever run into an individual with a lot of money, but who is closed and stingy, you can bet your life that they are not on the positive abundance path. Those on this path understand the importance of collective abundance and, contrary to what many believe, these truly authentic people are very

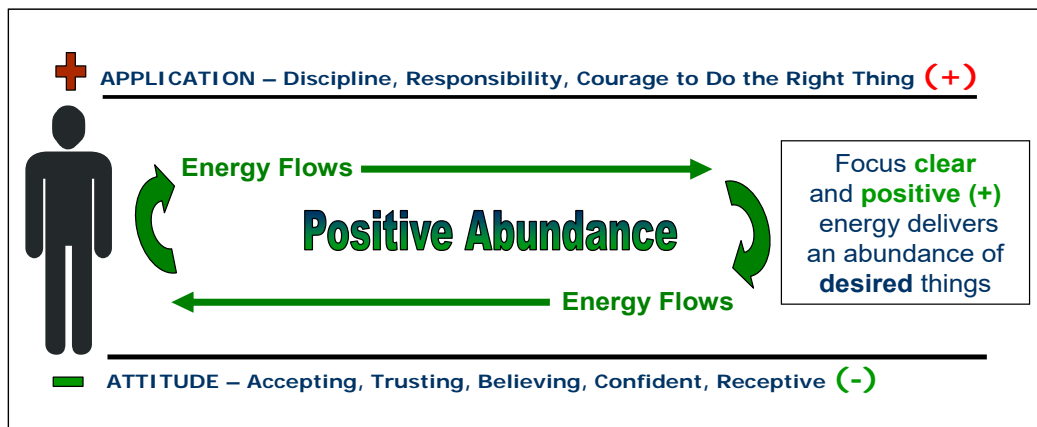


generous, though selective, with their time, knowledge, and money. And they are selective, only because they have no desire to add to the problems of humanity by enabling weakness and lack of discipline in those who simply want a crutch to lean on.

Being around fully functioning people is a delightful experience. Others regularly come away from an encounter with a person who is well established on the positive abundance path feeling refreshed, enlightened, energized, and inspired.

What the Positive Abundance Path Looks Like:

Notice that on this path the receiver (what you are focused upon) is *both clear and positive*; this is vitally important to getting the results you are after.



In a Nutshell:

When you (the generator) take responsible, disciplined, courageous action (active application), have a clear and positive focus and are confident, accepting, trusting and believing (receptive attitude); you have set up conditions for energy to flow toward an abundance of the things you want.



ACTION STEP

Which of the four paths are you currently spending the most time on?



When you move toward one of the non-beneficial paths, what actions, inactions, attitudes or beliefs put you there? Be specific.



Now that you have worked through the basic steps and have a good foundation, it's time to begin working on the specific areas which your Success-GPS assessment indicated were areas that need your attention.

Your coach will guide you through each area to ensure that you make quantum leap progress and get where you want and deserve to be in the fastest, most effortless process possible.

Resources for Sustained Abundance

Keeping Your Life Fully Energized

Once you know the specifics of all seven parts of the abundance formula and understand how they fit together to generate positive abundance, you will know exactly what to change when you are off-track and can take purposeful steps to get back on track quickly. Knowing how each part interacts with each of the others and what speeds up, slows down, or stops progress will give you the tools and awareness you need to truly design your life the way you want it to be so you are living the life you desire.

To Stay on the Path to Positive Abundance, Be Certain That You:

1. **Live true to yourself.** Know and express your authentic style and live your own dream and passion, not someone else's. Living true to your authentic self and following your passion and purpose are the keys to always generating positive, powerful energy.
2. **Keep your application path active** (*responsible, disciplined, courageous actions*) and directed toward *energy rightly used*.



3. **Maintain positive thoughts, feelings, and intent** to *boost* your energy along the active (+) application path and keep it flowing toward positive abundance.

4. **Maintain clear, precise, and positive focus** on the things you want so the energy you send out reaches a properly designed receiver and flows back to you in the form you desire.

5. **Keep your attitude path receptive** (open, *accepting, believing, trusting, allowing, receiving*). Remember that a receptive attitude must be *coupled with responsible, disciplined application*, in other words, must itself be responsible, disciplined, and discriminating in order to get a good outcome. Indiscriminately extending acceptance, faith or trust is foolish and occurs only when we try to take the easiest route.

6. **Avoid negative thoughts, feelings and intent** that act as *resistors* on the receptive (-) attitude path and slow or stop energy from returning to you.

7. **Keep yourself well insulated** with sufficient faith in self, others, and a generative force.

8. **Keep your money mindset healthy** by continuing to monitor your self-talk and feelings in relation to money. Stay alert to your responses and should you become aware of a reaction that brings up feelings of doubt, worry or concern and you can't dismiss it immediately and completely, contact your Success-GPS Coach for help in getting it to get it cleared out.



9. **Manage your money wisely and well** to grow your fortune and ensure that you are using the energy that comes to you in the form of money in the best possible way.

10. **Keep working with your Success-GPS Coach on whatever level is needed** to ensure you continue making quantum leap advancements.

Your Success-GPS Coach is an invaluable resource for keeping your life on track now and over the long-term. The goal of a Success-GPS Coach is to get you where you want to go as fast, easy, and effectively as possible. But even after you have reached the level of success to which you aspire, your coach can serve as a life-long advisor and advocate who can help you continue to avoid pitfalls and blind spots.

A great coach is always an asset and a great investment. The results you get from working with your coach should be so powerfully effective that you couldn't even imagine not having that asset in your success portfolio.

When you have completed this course, you will be quantum leaps beyond where you began this journey and closer to your dream than ever before.

Life is a journey, not a destination, and this will be one of the most exciting journeys you will ever take. Enjoy the journey and make it amazing!