

# THINGS THEY **NEVER** TAUGHT YOU IN SCHOOL

(OR DEFINITELY NOT AT THE OFFICE!)

A photograph of a sailboat on the ocean at sunset. The view is from the deck, looking forward. The wooden deck is in the foreground, and the white sails are visible on the left. The water is dark blue with white foam from the boat's wake. The sun is low on the horizon, creating a golden glow over the water and sky.

**7** SIMPLE STEPS  
TO CREATE YOUR  
**ONE OF A KIND  
LIFE!**

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## LET'S GET STARTED!

Life doesn't come with an instruction book. It can be confusing or downright frustrating at times. But there are certain things that humans can do that will create excellent results in many areas of life. Virtually none of these things are taught in schools, or shared between colleagues in the competitive job environment. So what do those creating One of a Kind Lives know that others do not?

### THINGS TO THINK ABOUT

On each page you'll find a short discussion of an important aspect of your life. Many of these are contrary to what you've been told. Our thoughts are powerfully creative. They actually construct the boundaries we live within, and they attract elements from the environment to help fulfill what occupies our mind. Because of this, it's extremely helpful to formulate thoughts that focus on what we want. This can be done very easily, and anyone can do it. As you do this, your life will move in the direction that you desire. This happens automatically, and you'll get help along the way in sometimes unexpected, wonderful ways!



**WAKE UP  
AND BE  
FABULOUS**



### ONE OF A KIND LIFE CHECKLIST

- Go through this checklist on each page.
- Be thoughtful. Take whatever time you need.
- When you fully understand, check the box.
- Keep a written list or journal of what you learn.
- Integrate these concepts into your life.

### TAKE THESE STEPS

These short exercises are designed to get you moving in the right direction.  
Go for it, and have fun!

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## MONEY AND FINANCES

Money has been given a bad reputation (many times by those who don't have excess). It's been called "the root of all evil." But all money really offers is opportunity, freedom, flexibility and the ability to positively influence the lives of others through giving. It's a person's thoughts and attitudes around money, not money itself, that creates how money affects their life - and scarcity or abundance.

### THINGS TO THINK ABOUT

If you want more money, focus your efforts on things that improve the lives of others. Integrate products and services into your career that make others' lives easy, exciting, fulfilling, satisfying and enriched. Don't be surprised if this diverts your focus from the confines of your current job. Every successful entrepreneur has made their personal fortune by targeting and solving unfulfilled needs. Take a good, hard look at what you think about money. Make friends with it, and learn to love the opportunity it provides. It is a very effective, recognized tool for creating your One of a Kind Life!



### ONE OF A KIND LIFE CHECKLIST

- I love the opportunities money provides for me.
- I am not embarrassed by being wealthy.
- I commit to giving a portion of my new wealth.
- I will not speak as if I lack money.
- I seek out opportunities to merge my personal passion with ways to accumulate wealth.

### STEP 1: DO THIS EXERCISE

For the next 48 hours, become very mindful of how you speak about money to others. Then listen to your internal conversations about your lack of money. Is there a disconnect between your desire for abundant financial independence and how you present yourself in the world - or in your private thoughts?

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## WORK AND CAREER

You are unique. You have billions of cells that are assembled in a combination different than any others in the known universe. Your talents and passions are your own personal guideposts for creating your One of a Kind Life. Trust them, and follow them. Others will tell you what to do with your time and efforts - listen, yes, then make up your own mind. Your reward is in doing great, fulfilling and meaningful work.

### THINGS TO THINK ABOUT

We are taught to be safe and careful about our career choices. Our thinking is limited by what we perceive to be reasonable. But reasonable for who?

Entrepreneurs and business owners are creating amazing, One of a Kind Lives daily by strategically ignoring this warning. Do you wish to take control of your working life? You can, by identifying this method of manipulating and controlling the majority of working individuals. Little satisfaction comes from doing work that ignores your interests, talents and passion. Your work is a huge part of your life.

Create a schedule that includes daily worthwhile achievement. Accumulate your accomplishments.



### ONE OF A KIND LIFE CHECKLIST

- I am not working mindlessly.
- I am seeking work that fulfills me deeply.
- I am finishing all of my current, short-term tasks.
- I make my own decisions about my career.
- I listen to my heart and instincts when making decisions about career and work alternatives.

### STEP 2: DO THIS EXERCISE

In a journal, write the heading "My Job." Now, for one week, put a plus (+) sign below every time you feel you're doing a task that follows your talents and passion. Put a minus (-) sign below each time you're doing tasks that ignore them. After a week, tally to see the personal affects of your work and career.

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## PLAY AND FUN

Having fun is a choice. Play creates its own energy, which others can feel and feed upon. It's contagious. It's pro-health. It carries within it a high vibrational frequency. If you are looking to create a lasting relationship with someone, find ways to laugh, play and have fun with them. You'll soon be sharing fond memories that lay the foundation for a close friendship.

### THINGS TO THINK ABOUT

We've all met people who tend to suck the energy out of a room by simply being present. And we've all seen individuals who lift entire groups of people with their warm, outgoing personalities. What's the difference? Energy abhors a vacuum; higher energy tends to fill spaces occupied by lower energy. Play and fun are high energy activities. Choosing to do them actually elevates the energy level for all involved. Higher energy translates into more creativity, health, wellness, capability and satisfaction. It also creates positive influence among groups, gatherings and teams. So, it's your choice. Which person are you?



### ONE OF A KIND LIFE CHECKLIST

- I bring the possibility of play to every situation.
- I am aware of how I affect others in a group.
- I raise the energy of every group I encounter.
- When I'm down, I look for ways to have fun.
- I seek and support positive energy individuals.

### STEP 3: DO THIS EXERCISE

At your next family gathering or business meeting, make a concerted effort to be positive, bringing a genuine element of fun into the room. Observe how others react. Can you feel your energy filling the space held by lower energy individuals. What is your effect on the room? How do you feel?

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## RELATIONSHIPS

No person is an island. Everyone lives in relationship to others. How you treat others is a clear indication of how you prioritize compassion in your life. It's ultimately a direct mirror of your feelings of self-image and self-worth. At the core of your humanity, how you treat others reveals what you think of yourself. People respond and remember kindness. What kind of legacy are you leaving with your behavior?

### THINGS TO THINK ABOUT

Of course, no one chooses the family they are born in. Some families are kind, others are cruel. How we are raised shapes the relationships we have, but doesn't have to dictate them. Day by day, choice by choice, we can create an environment of love and support, or fear and reprisal. Most will want the best for you, and some (unfortunately) may not. Resist allowing others to impose upon you their ideas about friends, family, associates and acquaintances. Relationships are an extension of self-love. Protect yourself when prudent and be kind at all opportunities. Show compassion toward others and you'll quickly find the warmth you share reflecting back into your life.



### ONE OF A KIND LIFE CHECKLIST

- I act out of kindness rather than react from fear.
- I value my friendships and care for them.
- I treat others as I wish to be treated.
- I give to others without calculating a score.
- I manage my relationships carefully and lovingly, always prioritizing my health and well-being.

### STEP 4: DO THIS EXERCISE

In your journal, make a list of your most valuable relationships. Aside each name, assess honestly your behavior toward that person. Is their room for improvement? Is a modification warranted? Then act upon what you discover. Remember, whatever you do benefits you the most.

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## PERSONAL SATISFACTION

What is the point of life if not filling your days with enjoyment and satisfaction? The secret to living a One of a Kind Life is discovering the often counter-intuitive truths to achieving this: when you give, you receive more in return; when you are kind to others, you shower yourself with love; when you accomplish a task, you reward your soul; when you engage your passion, you dance with your spirit.

### THINGS TO THINK ABOUT

The idea of putting yourself first has gotten a bad rap. Self-awareness is not selfish! Choosing to follow your dreams, goals, passions and instincts (*without harming others*) is the key to creating an incredible life. As you carefully consider, then choose what brings joy to your life, you naturally assist others. The world benefits. Your satisfaction is always the highest when you help those around you. We are taught by schools, religious organizations and corporations that putting ourselves first is a selfish act, and that self-worth is somehow subversive to society. It's not. Real satisfaction is generated when outward acts create inner rewards. Make joy your priority and watch your life change!



### ONE OF A KIND LIFE CHECKLIST

- I find satisfaction at some point each day.
- I prioritize my satisfaction in my work.
- I find ways to inject joy into my day.
- I bring positive energy to everything I do.
- When I need an emotional boost, I do something generous for others.

### STEP 5: DO THIS EXERCISE

Make a list of five things you will do for others in the next week. Do them, without fail. Notice how you feel when you are in the act. Notice how you feel after you've completed each task. Notice how you feel after accomplishing all five. What does this tell you about personal satisfaction?

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## SPIRITUALITY

Life is a delicate and intricate blend of the seen with the unseen. Indeed, what we perceive as solid mass is predominately empty space at the molecular level. The cosmos mirror the quantum. Our fingerprints swirl like galaxies, our neurons fire like lightning, and our hearts pulse with the seasons on earth.

No One of a Kind Life is complete without a close relationship with the spiritual.

### THINGS TO THINK ABOUT

Spirituality is *not* religion. With spirituality there is freedom, expression, love and light. There is connectedness, cohesion, attraction and healing. There is individuality and oneness. Brilliant intelligence. Timelessness. Peace. An awe-inspiring window to witness the invisible. A direct connection to the source.

Spirituality provides no space for cruelty, hatred, manipulation, violence or suppression. If an intermediary is required, be curious. If fear and retribution a primary message, be wary. Love will survive all that we know.



### ONE OF A KIND LIFE CHECKLIST

- I take time each day to be still.
- Wherever I am is where my church is.
- I am patient and kind toward others' beliefs.
- I don't need to be right, just at peace.
- I connect with the source several times throughout each day.

### STEP 6: DO THIS EXERCISE

Take an hour walk in nature. For this entire time, focus on what you see around you. Observe the complex living structures co-existing in balance. Make note of their intricate shapes, colors, sizes and appearance. Keep looking - this is everywhere, in everything. Marvel at the handiwork of divine intelligence!



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## GIVING BACK

Scarcity is a crippling mindset. There is *always* more. It is an abundant universe, and the cosmos is ever expanding. A major key to creating a One of a Kind Life is being generous to the world and its inhabitants. Give freely of yourself, your time and your resources. Each time you do this you create an energy flow, like tides at the shoreline that return to you repeatedly and often.

### THINGS TO THINK ABOUT

Why give? Why not simply hold on to what you've got, hunker down, and ride out the storm that is life?

When you give there is more going on than meets the eye. A high frequency energy is transferred, from one individual to another. A deep communication is established, and new connections are forged. The universal power constantly roves our physical world (in quantum physics, called the "zero-point field"), refilling the vacated space offered by the giver with new, vibrant energy. This takes many different forms, from feelings of deep fulfillment to help for dreams and desires. Each act of giving back initiates the Law of Attraction into our lives.



### ONE OF A KIND LIFE CHECKLIST

- I find ways to give to others every day.
- I am a cheerful giver. I love it!
- I don't expect any reward from the receiver.
- Giving back is an important part of my life.
- I enjoy creating different ways to give my time, talents, ideas and resources to others.

### STEP 7: DO THIS EXERCISE

Begin to incorporate this phrase into your daily life routine: "How can I help you?" Ask it in each encounter that seems appropriate. Ask it genuinely, and be willing to do whatever is reasonably requested. See how this feels. Determine whether your influence in these relationships is expanding.