

*Do your, **Goals and Dreams**, match your, **Habits and Routines**?*

You Tools!

Thinking to doing, theory to practice, stuck to start, dreams to reality...

Making it real!

“We are what we repeatedly do. Excellence then, is not an act, but a habit. Aristotle

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DREAMS & GOALS

=

HABITS & ROUTINES

List dreams & goals

Estimate time spent daily

On a scale of 1 – 10, how would you say your dreams and goals, match your habits and routines? _____

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1- List three of your empowering habits & routines.

How do these habits serve your dreams and goals? _____

On a scale of 1-10, how much time do spend each day on habits that empower you? _____

2- List three disempowering habits that you'd like to break.

What affects are these habits having on your dreams and goals? _____

On a scale of 1-10, how much time do you spend each day on habits that disempower you? _____

3- List three empowering new habits you'd like to form.

How would your life be transformed and empowered if you formed these new habits?

On a scale of 1 – 10 rate how disempowering habits are hurting your dreams and goals. _____

On a scale of 1 – 10 rate how empowering habits are creating your dreams and goals. _____

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Mind space = Time Space

How much mind space, which equals your time space, is focused on positive & negative emotions?
Answer the question in each category below on a scale of 1-10.

Positive emotions:

On a scale of 1-10, how much time each week do you spend being...

Scale of 1 -10

Enthusiastic _____

Grateful _____

Having Fun _____

Forgiving and compassionate of self and others _____

Engaged in something you love _____

Energetic and filled with physical vitality _____

Creative, Imaginative _____

Crazy with laughter _____

Filled with Love _____

Unafraid, Fearless, Carefree _____

Negative emotions:

Resentment _____

Complaining _____

Worrying _____

Gossiping, Judging _____

Afraid of rejection & failure _____

Insecurity about abilities, looks, talent, _____

Obsessing, thinking or talking about yourself _____

Putting other people's approval & thoughts above your own _____

Playing the victim _____

Trying to control the future, present or other people _____

Unconscious guilt, which comes in a matching set with all of the above _____

Overall Estimate: On a scale of 1 – 10 how much mind space is being freed to create, live and give by positivity _____

Overall Estimate: On a scale of 1 – 10 how much of your mind space is being held hostage by negativity? _____

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List five ways you may be letting time slip away from what you really care about.

Avoidance and escaping: Mindless TV, Mindless eating, Facebook, video games, alcohol & drugs, escape partying
verses fun party, phone calls & texting, mindless web surfing

Weekly total? _____

Distractions:

Other people's demands, drama, phone calls, check emails, web surfing, Snapchat, lack of time boundaries

Weekly total? _____

Urgent and unimportant:

Busy-ness to feel like your completing anything verses being focused on desired outcome, urgency due to lack of planning,

Weekly total? _____

Hidden time eaters

(1-hour workout takes 2 hours with prep and travel, partying one night leads to a day of lost productivity)

Weekly total? _____

How much unconscious time do you spend on things that don't serve you? Rate on a scale of 1 – 10 _____

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From waking up, to going to sleep, list the typical things you spend your time on.

Wake up at? _____

Wake up time to Noon? I.E. Meditate breakfast workout commute _____

Noon to 5:00PM: I.E. Professional goal Personal goal Class _____

5:00PM to 8:00PM: I.E. Family and friends TV & Couch Hobby _____

8:00PM to Bedtime: I.E. Read Reflect on day Pray Facebook Surf Web _____

Go to bed at? _____

On a scale of 1-10 how many of your daily activities do you enjoy? _____

How many match your dreams & goals? _____

How many of your daily activities listed hurt your dreams & goals? _____

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Faith is feeling. "According to your faith, (feeling) be it unto you. Mathew 9:29, (Per Goddard)

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How would I feel were my wish realized, is the feeling which should monopolize and immobilize your attention as you relax into sleep. Goddard

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The Power of Three

Three Morning Rituals X Three Minutes = A Powerful Day

Caveat: *You must feel it! When feelings conflict with thoughts, feelings win.*

1-Morning Prayer: Feel as if you have received (3 minutes)

Send love and intentions to family, friends, lovers, others—as if they have received.

Ask for your intentions—pray for guidance and strength—as if you have received.

Surrender the *energy* of negative emotions, worries and problems to God. *Let them go!*

2- Gratitude: Feel why. (3 minutes)

Three things I'm deeply grateful for? (No matter how big or small)

3- Vision for the best day of your life: What do you want today? (3 minutes)

Three outcomes I'm fired up and committed to achieving today? Feel why.

Date: ____ / ____ /20 ____

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The Power of Three

Three Evening Rituals X Three Minutes = A Power Working While You Sleep

This day is gone forever; in its place is something you left behind.

1- Gratitude For Things You Left Behind (3 minutes)

List three positive, loving, empowering, fun, experiences/things, you left behind today.

List three things you can learn from and do better.

2- Evening Prayer: (3 minutes)

Send love and intentions to family, friends, lovers, others – as if they have received.

Ask for your intentions – pray for guidance and strength – as if you have received.

Surrender the *energy* of the day's negative emotions and problems to God. *Let them go!*

3- Tomorrow's Wish Fulfilled, Before You Sleep: *Feel like its Real!* (3 minutes)

Feel as if, your wish for tomorrow is true tonight. Visualize your wish as you fall asleep.

How would I feel were my wish realized, is the feeling which should monopolize and immobilize your attention as you relax into sleep. Goddard

Date: ____/____/20____

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How Do You Tune Your Life?

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You can't know if you're in tune, until you know what you're tuning.

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To know if your life is in tune, you must know what you want for each string. Once you name them, the second step is to... *Create a vision for each lifestring.*

1-Specifically, decide what you want for each string.

Write it down. _____

2-Know why you want it. Feel why you want it. See why you want it.

Write it down. _____

3-Create a soul stirring vision, which pulls you out of your comfort zone, stretches your ability, and propels you heart first into what you want.

Write it down. _____

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The Gap:

What’s the difference between your inner vision and outer reality? How far in or out of tune are you? Once you know where you’re going – know where you are. Be specific.

LifeStrings: What you want:

Where you are:

Money

Physical Health

Career

Relationships

Etc.

*Being out of tune is the difference between what you want, and where you are.
Jimmy Brandmeier*

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You have, 1- named your strings, 2- created a vision for each area of importance they represent 3- Seen the gap between where you are and where you want to go. Next step...

Tune your life!

Is your money string a little flat? List 3 actions you can take now to tune it up.

Is your physical string a little loose? List 3 actions you can take now to tone it up!

Your lifestring: _____

Three actions: _____

Your lifestring: _____

Three actions: _____

Your lifestring: _____

Three actions: _____

Your lifestring: _____

Three actions: _____

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It's not a decision until you commit and take action.

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We are always getting ready to live but never living.
Emerson

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Is there a health goal that you've been thinking about, but not acting on? (Workout, quit drinking soda, lose weight, eat healthy, run a marathon, learn yoga)

List 3. _____

Is there a career goal you've been thinking about, but not acting on?
(Audition, internship, new job, new business idea, contact mentor) List 3

Is there a fun or adventure goal you've been thinking about, but not acting on?
(Vacation, trip to Europe, hike the Rockies, new car, new toy, bungee jumping) List 3

Is there a school goal you've been thinking about pursuing but not action on?
(Join a club, form a club, try a class, meet an instructor, blend a major) List 3

Is there a relationship goal you've been thinking about, but not acting on?
(Boldly meet new friends, nurture old friendships, heal old wounds) List 3

Is there a project goal that you've been thinking about but not acting on?
(Write a script, form a group, write a definitive white paper, create a website) List 3

Is there a skill or talent you've been thinking about mastering but not acting on?
(Excel, powerpoint, protocols, grammar, final cut pro, public speaking, piano) List 3

How would your life be different, you mastered any of the goals listed above? _____

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To find your passion, live with passion, and your passion will find you.

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Daily Life... Is Life!

Live every bit of it with passion

Bring passion to breakfast
Bring passion to boring
Bring passion to your dreams
Bring passion to your routines
Bring passion to fun
Bring passion to wiping crud off the bathroom floor
Bring passion to work
Bring passion to play
Bring passion to homework
Bring passion to soul work
Bring passion to relationships
Bring passion to internships
Bring passion to the most menial and torturous duties you routinely hate.
Bring passion to what you deeply love.

Don't "save up" passion for certain things... bring it to everything!

Why?

Passion is a magnet. It attracts what it is.

Being passionate,

Bringing passion, to "everything" we do,

Pulls our dreams to us.

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“Boring” worksheet

Bring passion to boring.

What do you “have to do” everyday, that you consider boring?

List whatever “boring things” come to mind. Brainstorm how you can...

Spice it up... Why & How? ... Or

Eliminate it... Why? List consequences.... Or

Accept it ... Why?

Boring thing 1 ☹ _____

Spice it up! Why _____ How? _____

Eliminate it. Why _____ Consequences? _____

Accept it! Why? _____

Boring thing 2 ☹ _____

Spice it up! Why _____ How? _____

Eliminate it. Why _____ Consequences? _____

Accept it! Why? _____

Boring thing 3 ☹ _____

Spice it up! Why _____ How? _____

Eliminate it. Why _____ Consequences? _____

Accept it! Why? _____

Boring thing 4 to Infinity: You get the picture.

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Passion is an energy field that attracts what it is. The more you have, the more you attract.
How can you bring more passion to your daily life?

Bring passion to relationships

Who? _____

Why? _____

How? _____

Bring passion to school

What class or activity? _____

Why? _____

How? _____

Bring passion to work

What? _____

Why? _____

How? _____

Bring passion to daily routine

What? I.E. cleaning, laundry, errands, commuting _____

Why? _____

How? _____

Bring passion to what you love

What? _____

Why? _____

How? _____

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Is your passion wounded, or on life support?

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The pressure of quiet desperation will mount into an explosion of frustration.

When the dam finally bursts, and all inner-hell breaks loose, someone's going to get hurt.

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Passions on Hold?

What passions are you currently putting on hold? (Interests, goals, projects, fun and adventure, romance, learning a skill?)

Why are you putting your passions on hold? What are you waiting for? _____

Name three things you love to do?

When is the last time you spent a day, doing what you love to do?

If you haven't been spending any time doing what you love... why not?

How would your life be different if you took any of the passions listed above off hold, and made them a part of your daily life?

Liberating who you are takes courage. The sword of truth will sever imitation foundations, cut open hidden wounds, and expose the raw nerves of sick relationships. Like any healing crisis . . . Truth is pain before it's peace. Jimmy Brandmeier

Like Neil's father in the movie, *Dead Poet's Society*, is there anyone in your life, pressuring you to do anything other than what you love, or be anything other than who you are?

Are you saying yes to a family member's vision for your life and saying no to yourself?

(Yes or no)

Are your saying yes to peer pressure and saying no to yourself?

(Yes or no)

Are you saying yes to parents, friends, lovers, advisors, shadow pressure from the *real world*, and saying no to yourself?

(Yes or no)

Who? _____

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Truth is Pain before it's Peace.

Had Neil stood his ground in the movie *Dead Poets Society*, his father may have disowned him. It may have taken years, if ever, for him to accept Neil's acting. But, in the end, pain would have caused his father to grow as a person. In the end, the pain would have healed his father's marriage and the family. Instead of fake family happiness, the pain of truth would have brought real family happiness. It takes strength to raise a volatile problem from the shadows and express it with love. Fear wants to deny, scream, lash out or leave.

Stand your ground, but do it with love. *Love and strength are one.*

Like the advice Neil's teacher gave about showing his father acting was *more than a whim*, write a letter of liberation, to whoever is pressuring you, explaining why you **MUST** pursue **YOUR** passion. (Or write it to yourself and simply tell the person how you feel)

The outline on the following page is to help you get started. Ignore it completely if you'd like. Trust your own thoughts. Find your own words. Express yourself as only **YOU** can.

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Dear _____

I have a hard time talking to you about what matters most to me. I'm writing it down so you can see. Please listen to what I have to say with an open mind.

You may think this is not practical or secure, but what I really love, what I really MUST to do with my life is _____

This is *what* makes me come alive... giddy with happiness! I'm wildly passionate about _____

This is *why* my passion is so important to me _____

This is *how* I'm going to bring my passion to life. Here is the plan. These are the actions I'm going to take starting today. _____

I believe my passion serves the world, and what serves the world makes money.

I believe my passion will create a perfect income and abundant life because _____

I need your moral support. I want your help.

Here's why our relationship will deteriorate if I do not pursue what I love. _____

Here's why it will blossom into a mutual sanctuary of love and fun if I do pursue my passion. _____

If I'm not happy with myself, we will never be happy together.

I know if I'm free from the weight of disapproval, I can achieve anything.

Please take this journey with me. I'm going anyway and want you by my side.

"Whenever you have truth it must be given with love, or the message and the messenger will be rejected" Gandhi

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I don't want you to spend a lifetime working hand to mouth for money.

I want you to learn how to make your money work for you.

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FREEDOM to make the most of yourself

How is money affecting your potential?

If I had the money I'd be free to master this _____

If I had the money, I'd be free to create this _____

If I had the money, I'd be free to attend this college _____

If I had money, I'd be free to choose a field I care about, which is _____

If I had the money, instead of deferring my dreams, I'd start this dream now _____,

If I had the money, I'd be free to start this business _____

If I had the money I'd be able to help these people in my life _____

If I had the money be free to, _____ fill in the blanks

How has money handcuffed your dreams?

I have given up on this dream _____ because of a lack of money.

I never started this dream _____ because of a lack of money.

I quit pursuing this dream _____ because I don't believe I can make a living from it.

How has money forced you into doing time, instead of spending time the way you choose?

If I had the money, I wouldn't be forced to do this _____

If I had the money I would spend my day doing this _____ instead of this _____

If I had the money, I'd have time to focus on what I love, which is _____

Most people are pursuing what they already have.

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Definition of Financial Independence

Buckminster Fuller famously defined wealth as, “*A person’s ability to survive so many number of days forward,*” In other words, how many days could you survive, if you had no job? According to Fuller, that’s how wealthy you are. The ability to survive 90 days without working makes you 90 days wealthy.

I believe this is a narrow definition, which on its surface, doesn’t consider inner wealth and... ***wealth without fulfillment is poverty.***

What Mr. Fuller is really defining is financial independence.

Financial independence = not needing to work:

True wealth (well-being) is determined by consciousness level, not income level.

I would respectfully amend Fuller’s definition as follows.

Financial independence = Freedom to pursue wealth: *A person’s ability to pursue fulfillment, free of financial constraint, so many number of days forward:*

Specifically, how much money, per month, would it take for YOU, to be financially independent? Free your imagination and answer the following question.

If money were no object for one month, what would you do? How would you live?

Design your perfect one-month lifestyle. This is not an exercise in budgeting. It’s a quest to determine your definition of financial independence.

It’s an exercise to help you define, how you define your financial dreams.

So let your imagination run wild, and just have fun with this.

For example...

Dream home?	Cost per month <u>\$10,000</u>
Dream transportation?	Cost per month <u>\$2,000</u>
Dream cuisine?	Cost per month <u>\$1,500</u>
Dream Wardrobe?	Cost per month <u>\$2,000</u>
Health? (massage, health club, dental, medical, personal trainer, spas)	Cost per month <u>\$1,000</u>
Entertaining and going out?	Cost per month <u>\$1,500</u>
Giving to a worthy cause?	Cost per month <u>\$1,000</u>
Utilities? (cell phone, electric, internet, cable, water, heat, etc.)	Cost per month <u>\$1,000</u>
Pets	Cost per month <u>Etc. ___</u>
Insurance	Cost per month <u>_____</u>
Emergency fund	Cost per month <u>_____</u>
Lawn work,	Cost per month <u>_____</u>
Home repairs	Cost per month <u>_____</u>
Dry Cleaning	Cost per month <u>_____</u>
Laundry	Cost per month <u>_____</u>
Cleaning service	Cost per month <u>_____</u>

Add up the numbers to determine monthly definition of financial independence.

Under this partial scenario, financial independence is defined as \$20,000 per month.

\$40,000 of cash on hand equals 2 months of financial independence:

\$60,000 = three months of financial independence:

\$240,000 = one year of financial independence:

\$2,400,000 = ten years of financial independence:

Your Life!
Your Financial Independence Dream Spreadsheet
(Just have fun with it)

Dream home?	Cost per month _____
Dream transportation?	Cost per month _____
Dream cuisine?	Cost per month _____
Dream wardrobe?	Cost per month _____
Dream vacation, adventure, fun?	Cost per month _____
Dream monthly entertainment?	Cost per month _____
Dream charitable giving?	Cost per month _____
_____	Cost per month _____
_____	Cost per month _____
_____	Cost per month _____
_____	Cost per month _____
_____	Cost per month _____
_____	Cost per month _____
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_____	Cost per month _____
_____	Cost per month _____

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Your definition of financial independence

Total of all costs listed above equals \$_____ per month.

1 year of financial independence without working: \$_____

2 years of financial independence without working: \$_____

5 years without working, \$_____

10 years without working, \$_____

20 years without working, \$_____

30 years without working, \$_____

40 years without working, \$_____

50 years without working, \$_____

How financially independent are you? \$_____

How financially independent do you want to be? \$_____

Your definition of financial independence per year? \$_____

Per 5 years? \$_____

Per 10 years? \$_____

Per 20 years? \$_____

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Definition of Financial Independence Table

*A person's ability to **thrive** so many number of days forward without working:*

<i>Thrive</i> <i>Your definition, Cost per month</i>	<u>1-year financial Independence</u>	<u>5 yr.</u>	<u>10 yr.</u>	<u>20 yr.</u>	<u>30yr.</u>
\$2,500	\$30,000	\$150,000	\$300,000	\$600,000	\$900,000
\$5,000	\$60,000	\$300,000	\$600,000	\$1,200,000	\$1,800,000
\$10,000	\$120,000	\$600,000	\$1,200,000	\$2,400,000	\$3,600,000
\$20,000	\$240,000	\$1,200,000	\$2,400,000	\$4,800,000	\$7,200,000
\$30,000	\$360,000	\$1,800,000	\$3,600,000	\$7,200,000	\$10,800,000
\$40,000	\$480,000	\$2,400,000	\$4,800,000	\$9,600,000	\$14,400,000
\$50,000	\$600,000	\$3,000,000	\$6,000,000	\$12,000,000	\$18,000,000
\$60,000	\$720,000	\$3,600,000	\$7,200,000	\$14,400,000	\$21,600,000
\$70,000	\$840,000	\$4,200,000	\$8,400,000	\$16,800,000	\$25,000,000
\$80,000	\$960,000	\$4,800,000	\$9,600,000	\$19,200,000	\$28,800,000
\$90,000	\$1,080,000	\$5,400,000	\$10,800,000	\$21,600,000	\$32,400,000
\$100,000	\$1,200,000	\$6,000,000	\$12,000,000	\$24,000,000	\$36,000,000
\$150,000	\$1,800,000	\$9,000,000	\$18,000,000	\$36,000,000	\$54,000,000
\$200,000	\$2,400,000	\$12,000,000	\$24,000,000	\$48,000,000	\$72,000,000
\$250,000	\$3,000,000	\$15,000,000	\$30,000,000	\$60,000,000	\$90,000,000
\$300,000	\$3,600,000	\$18,000,000	\$36,000,000	\$72,000,000	\$108,000,000

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When you ask a creative person how they did something they may feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after awhile. That's because they were able to connect experiences they've had and synthesize new things. Steve Jobs

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CONNECT THE DOTS

Steve Jobs played a simple game of dot to dot and changed the music industry.

Dots he connected:

- Peer to peer file sharing
- High tech gadget industry
- Unmet consumer habits and needs
- Ineffective yet *standard practice* of producing and selling stand-alone gadgets

The constellation that emerged after he connected these seemingly unrelated dots...

A brand new star called...

The iPod

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YOU... Connecting the dots
Look ahead; Look around; Look up; Look in.

Like the Big Dipper, Hercules or iTunes, can you see any new constellations among the dots?

Scan the skies of your experience... interests... love... passion... hobbies... job... expertise... calling

Let the picture emerge.

THE DOTS

- _____
- _____
- _____
- _____
- _____

NOW CONNECT YOUR DOTS!

Introducing... YOUR CONSTELLATION!

Name it _____

What does your product or service do? _____

Who does it serve? _____

What value does it provide? _____

What problem did it solve? _____

What dots did you connect? _____

What's the connection? _____

What's different about it? _____

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*Obi-Wan Kenobi mentored Luke Skywalker. Dumbledore mentored Harry Potter.
Who's your Obi-Wan Kenobi? Who's your Dumbledore? Dad*

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A master points the way to possibilities. Networking with the masters in your field will help you gain clarity on what you really want. Jimmy Brandmeier

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Who's Your Dumbledore?

Modeling a Master

What people/companies do you really admire and respect? _____

Is there someone out there who's working at a dream job that you'd just love to have?

List Who: _____

Someone who's mastered the skills that you'd like to master? _____

Someone who represents the best of the best in your industry or field? _____

Became the kind of person that you'd like to emulate- demonstrates the character, values and ethics that you'd like to live by? I.E. Grandma Hanky? _____

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Once you decide which masters are worth modeling for YOU...

Contact them directly. (Even though she's gone, you can still contact Grandma Hanky directly)

Create a relationship.

No matter how high up, out of the way, famous or aloof...

Ask them yourself,

Preferably in person,

Learn from them directly,

No matter who they are,

They had to start out as an imitation, before becoming an original.

The best among them will see your sincerity, drive, talent and potential...

Some will help - some won't

So what!

If you don't ask, the answer is always no.

Build a pool of mentors and masters that you can learn from, talk to emulate and work with...

There's a mentor out there waiting for your call!

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Name your Dumbledores
An exercise in networking and self-discovery

Who are the masters in your field of interest that you'd like to model and talk with?

To begin creating a lifelong relationships with the greatest minds in your field.

List 3 masters you'd like to meet and model below!

Do it with passion, commitment and a no limit mind.

1: _____

2: _____

3: _____

Once you have identified 3 potential masters to model...

Find their contact information,

Research their lives,

Create a compelling reason for them to meet or talk to you.

Contact and pitch them.

Document the communication and process

Sometimes - all you have to do is ask. If you don't ask, the answer is always no.

But sometimes - even when you do ask - the answer will be a big, heck no!

So what! Ask anyway! Dad

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Questions for your Dumbledore

For someone who's working at a dream job that you'd love to have?

What is the day-to-day routine of your job really like? How did you get there? What is your educational background? How well did college prepare you for your job? If you could re-do college, what would you do differently to prepare for your career? Does work leave time for a personal life? Can you help me get there? How can I help you? Why did you choose this job? What are "your" goals and dreams now? How can I help you achieve them?

Someone who's mastered the skills that you'd like to master:

What motivated you to dedicate your life to mastering this skill? How did you do it... where did you learn your craft... did you put the 10,000 hours in that it takes to master anything... what daily habits did you form to do so? What is your daily routine like now? Was it worth the price?

Someone representing the best of the best in your industry or field:

What is the state of the industry and where is it headed? What future trend or change in the field should I be aware of - capitalize on - redefine and fulfill? Where are the future opportunities Can you help? Can you refer me to connections that could help get my foot in the door so I could prove my value? What are your company's future objectives? Your goals? How can I help you?

Someone living the life that you'd like to live:

Why do you do what you do? If you could change anything about your life, what would it be? What's the best thing about your life? What's the worst thing? What part of your job is the most fun? What part is the least fun? How do you live a balanced life? Do you feel called to do what you do? What brings you the most meaning? What gives you a sense of purpose? What would you do with the precious time of your life if money were not an object?

Someone who's held on to their authenticity through the minefields of conformities call, family pressure, money troubles, self doubt:

Is it a struggle to hold on to your authenticity? Is it worth the price? Why? Is it clarity or compromise, settling or choice, security or maturity, safety or satisfaction that causes people to give up? What did you dream of when you were a child? Do you still dream of it? What were you passionate about in high school? Are you still passionate about it? How did your views as a young person change as an older person? What should never change? What should? What cannot be compromised? What can? Why?

Became the kind of person that you'd like to emulate - demonstrates the character, values and ethics that you'd like to live by?

What is your definition of "having it all"? What does a successful life look like to you? How has the meaning of a "successful life" changed from when you were younger? Who are your heroes? What are the most important things in life to you? What drives you? How does spirituality play a role in your life? How do you rise above the negativity, dysfunction & dishonesty in the world? What books have had the most influence on you? What routines and actions have accounted for most of your success? If you could change anything about your life, what would it be?

Reached the heights to which you'd like to soar - learned the lessons that you've yet to learn - paid the dues that you've yet to pay - made mistakes so you don't have to?

If you knew then, what you know now, what would you do differently? What were some of your biggest mistakes along the way? What aspects of your career or job turned out to be much different than you expected when you started? What were the most painful lessons... unexpected pitfalls or obstacles... expected pitfalls or obstacles? How did you handle them? How do you handle defeat, setbacks, and failure? Was it worth it? Like Oprah would ask, what do you know for sure?

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How can you achieve greatness in little things, on the mountain of *your* dreams?

You Tools!

Thinking to doing, theory to practice, stuck to start, dreams to reality...

Making it real!

*Gargantuan goals can only be reached,
One action,
One focus,
One present moment at time, fully lived.*

Jimmy Brandmeier

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No matter what the big goal, the first step is always laying the cornerstone - a solid foundation of *what and why*, from which the path can rise:

Foundation: Know your what and why? Write it. See it. Feel it.

Big Goal? _____

Why is this goal important to you? How will it change your life? _____

Name one small action you can take towards milestone 1, as soon as you're done reading this sentence. _____

Do it now!

Result? _____

To reach a big goal, complete a small action with greatness - one small action at a time!
Jimmy Brandmeier

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No matter how glorious the goal, there is always a small action that can be completed with greatness – now! List big goals and a small action you can take now to go with it.

BIG GOAL

Small Action, done with Greatness

Get In World Class Shape: _____

Drink a glass of water:

Start a World Class Company:

Google similar companies:

Get That Dream Job:

Write a dream application letter:

Create Mailbox Money For Life:

Read a book on financial literacy:

*Small is All - because small is now.
What are you doing now? This second?
Whatever it is – no matter what’s on your plate . . .
Do it with greatness!
Life is now! Nothing else exists.*

Dad

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How do you raise your level of consciousness?

“To become more conscious is the greatest gift anyone can give to the world; moreover, in a ripple effect, the gift comes back to its source.” *Dr. David R. Hawkins*

You Tools!

Thinking to doing, theory to practice, stuck to start, dreams to reality...

Making it real!

If raising your level of consciousness sounds to hoity toity and vague, think of it as raising your energy level, getting your mojo working or, changing your charge! No matter what the label, the bottom line is . . .

If your consciousness level is high life is good. If it's low life sucks.

Jimmy Brandmeier

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Objective: Perfect happiness

Solution: Raise your level of consciousness (Change your Charge)

Method: *Feeling Transfusion*

How do you change your charge?

Like a magnet, each consciousness level attracts a matching field of feelings.

To Change your Charge...

*Change your **Feelings!***

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A Worldwide Misunderstanding:
(Thoughts verses feelings)

*We are formed and molded by our ~~thoughts~~ **[feelings]**. Buddha 1*

We cannot control our thoughts.

Thoughts do not create our moods, state, or outlook on life.

It's the accumulated *energy* of feelings that *cause thoughts* and color our attitudes.

*The world we have created is a product of our ~~thinking~~ **[feeling]**: Einstein 2*

Every feeling comes with a matching set of thousands of involuntary thoughts.

Thoughts are signposts, pointing to the *mother ship feeling*, from which they arose.

Thousands and even millions of thoughts can be replaced by a single emotion. Hawkins

*A man is the product of his ~~thoughts~~ **[feelings]**. What he ~~thinks~~ **[feels]** he becomes.³ Gandhi*

Change your feelings and you'll change your thoughts.

Change your thoughts and you'll change your charge.

Change your charge and you'll change the power of your life.

*Man can alter his life by altering his ~~thinking~~. **[feeling]** 4 William James*

1,2,3,4: Replaced the word, ~~thought/think~~ with the word *feeling* on Buddah, Einstein, Gandhi and James quotes.

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Our minds like our stomachs, are whetted by a change of food Quintillian

Stewing on a nasty comment?

Resentment running your relationships?

Feeling bummed out, run down, gossipy, judgy, curmudgey, bored, bad or mad?

You don't need...

Emotional liposuction,

Plastic surgery for your smile,

A Band-Aid for your blues, more money or a new boyfriend:

You need a...

Feeling Transfusion.

To power up your mind, body and spirit, take advice from a Disney song and just,

Let It Go!

Raise your mojo level with the,

The Seven-Day Letting Go Diet! *

*The 7-Day Mental Diet was developed by Dr. Emmet Fox in the 1930's. It points in the right direction, but falls short of creating permanent and effortless happiness, because it targets negative thoughts, instead of the feelings, which caused them.

The Letting Go Technique developed by Dr. David Hawkins, deals with the root (feelings) not the branches (thoughts) The Seven Day Letting Go Diet is a variation/mash-up of Fox's work, based on the book, *Letting Go, The Pathway of Surrender*, by Dr. Hawkins.

The Seven-Day Letting Go Diet

3 simple rules:

1- **For seven days you must not allow yourself to be controlled, for a single moment, by any kind of negative feeling. Shift from unconsciously experiencing the feeling, to *witnessing* the feeling.** “You must watch yourself for a whole week as a cat watches a mouse.”¹ Emmet Fox

2- **When a negative feeling comes up, see it, free it and, let it run till it's done.** ²

“Letting go involves being aware of a feeling, letting it come up, staying with it, and letting it run its course without wanting to make it any different or do anything about it. Let the feeling be there and focus on letting out the energy, behind it. Allow yourself to have the feeling, without resisting it, venting it, fearing it, condemning it, or moralizing about it. Let go of wanting to resist the feeling. It is resistance that keeps the feeling going. A feeling that is not resisted will disappear as the energy behind it dissipates.” Dr. David R. Hawkins

As the feeling dissipates, so do the uncontrollable thoughts, which come part and parcel with it.

3- **“If you make a false start, or even go on well for two or three days and then for any reason fall off the diet, drop the scheme all together for several days, and then to start again afresh.”³**

1, Variations on the 7-day Mental Diet by Dr. Emmet fox. Switched the word “feeling” to “thought”.

2. Underline added by author 3 Fox

Miracles are just a shift in perception from fear to love. Acim

You Tools!

Thinking to doing, theory to practice, stuck to start, dreams to reality...

Making it real!

George Baily: Before finding meaning and gratitude, in his everyday life:

It's this old house. This drafty old house: Why did we have to live here in the first place.

George Baily: After Clarence the guardian angel, helped him, *look at things differently:*

Oh, look at this wonderful old drafty house, Mary! Mary!

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Objective: Perfect happiness

Solution: Raise your level of consciousness:

Method: George Baily Technique: (Change the way you look at things)

In the movie, *Its a Wonderful Life*, George Baily didn't change his job, lifestyle, financial situation, marriage, family or daily routine. He simply changed the way he looked at things, and his life transformed from a living hell, to heaven on earth. What was in the secret sauce that packed the power in George Baily's transformation...

Meaning: Seeing the meaning in things he habitually whined or wallowed about.

Gratitude: Seeing the treasure chest of people, place and things he already had.

Change the way you look at things and the things you look at will change. Max Planck

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George Baily Technique

An exercise in wanting what you have:

How would Clarence the Angel want you to look at the following things differently?

Bad job? Look at it differently.

Gratitude _____

Meaning _____

Imperfect boyfriend/girlfriend/spouse? Look at relationship differently.

Gratitude _____

Meaning _____

Boring Daily Routine? Look at your daily routine differently.

Gratitude _____

Meaning _____

Person, problem or situation you could look at differently? _____

Gratitude _____

Meaning _____

Person, problem or situation you could look at differently? _____

Gratitude _____

Meaning _____

Person, problem or situation you could look at differently? _____

Gratitude _____

Meaning _____

Person, problem or situation you could look at differently? _____

Gratitude _____

Meaning _____

Why Forgive?

Forgiveness takes us to a place where nothing interferes with love. Acim

You Tools!

Thinking to doing, theory to practice, stuck to start, dreams to reality...

Making it real!

To forgive is to set a prisoner free and discover that the prisoner is you. Smede

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Objective: Perfect happiness

Solution: Raise your level of consciousness

Method: Forgiveness (The ultimate way to look at things differently)

There are two layers to Being Human. *Human and Being.*

1: *Human* (ego)

2: *Being* (spirit).

The ego is fear. The spirit is love.

Forgiveness looks beneath the layer of fear, (human) and sees the love. (being)

The shift from perceiving sin, to seeing innocence, is the essence of forgiveness.

Look through the bad behavior, and you'll always see the fear.

Look through the fear, and you'll always see the love. Jimmy Brandmeier

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Like a 3D movie...
Put Your God Glasses On.
Take your ego shades off.

An exercise in looking at grievances, people and bad behavior differently:

1- Select one person to forgive: (See differently)

In a word, what is your perception of this person? _____

What is your grievance? _____

Reflect _____

2- Put your God Glasses on. Visualize the fear behind the person's "bad behavior."

List 3 fears that may be driving his actions. _____

List 3 loving qualities you admire about this person. _____

Reflect _____

3 - Put your God Glasses on. Take the tainted lenses of your ego shades off.

Ask to see this person/grievance through God's eyes not your own.

Visualize the whole (holy) person. Human (ego) and Being (love)

"Let your mind be shown the light in him beyond your grievance." Acim

Reflect _____

Look for the good in others, and you'll find the good in yourself. Jimmy Brandmeier

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Before and After Pictures

Before Forgiveness: Condemnation: **After The Miracle** (Shift in Perception): Compassion

Forgive them, for they know not what they do. Jesus, after being mocked, beaten and crucified:

Before Picture: Grouchy Guy

After Picture: I see frustration and hurt behind his anger. He knows not what he does.

Before: Gossipy Girl

After: I see insecurity—the need to build herself up by tearing others down. She knows not what she does.

Before: Narcissist Friend

After: I see someone lost and limited by ignorance and pride. Always on guard, defensive and wanting—can't feel real joy. He knows not what he does.

Note: Compassion and forgiveness do not mean approval. Full acceptance does not mean becoming an apologist for grossly negative, destructive behavior. A bull may misperceive a bystander as a potential enemy, but that does not mean that one thereby allows oneself to be needlessly gored. Hawkins

Before and After
Snapshots of Forgiveness

Mean friend? Bad parent? Difficult boyfriend? Like a weight loss program—take before and after *forgiveness snapshots*, of anyone who comes to mind.

Before Picture? _____

After Picture? _____

Before Picture? _____

After Picture? _____

Before Picture? _____

After Picture? _____

Before Picture? _____

After Picture? _____

Forgiveness lets the veil be lifted up that hides the face of Christ from those who look with unforgiving eyes upon the world. Acim

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Forgive, forgive and forgive yourself a million times a million times over.

Jimmy Brandmeier

You Tools!

Thinking to doing, theory to practice, stuck to start, dreams to reality...

Making it real!

You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection. [And Forgiveness] Buddha

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Objective: Perfect happiness

Solution: Raise your level of consciousness

Method: *Forgive, forgive and forgive yourself!*

You can't forgive anyone unless you've forgiven yourself.

You can't see the good in anyone until you've seen it in yourself.

Forgive yourself first.

You will screw up, blow up, fall short and fall down in a million different ways...

You lied. Instead of guilt, *substitute a healthy regret*. Learn. Make amends. Move on.

Stole. Instead of guilt, *substitute a healthy regret*. Learn. Make amends. Move on.

Cheated. Instead of guilt, *substitute a healthy regret*. Learn. Make amends. Move on.

You didn't stick up for yourself.

Said yes when you wanted to say no.

Didn't pursue an opportunity out of fear.

You used someone for money, gain or sex.

Abused yourself with drugs alcohol.

Didn't live up to your own expectations.

You blew up at your sister/spouse/friend/child.

Screwed up your grades by not studying.

Sabotaged your goal of getting in shape by eating a box of cookies for lunch.

So What! Give yourself a break!

Instead of guilt—"Substitute a Healthy Regret." (Hawkins)

Learn.

Make amends.

Move on!

Healthy Regret
An exercise in self-forgiveness

List your errors. Make amends. Lose the Guilt. Learn. Move on.

Error: _____

Instead of guilt substitute a healthy regret.

Make amends with yourself and/or others. _____

Learn. _____

Move on!

Error: _____

Instead of guilt substitute a healthy regret.

Make amends with yourself and/or others. _____

Learn. _____

Move on!

Error: _____

Instead of guilt substitute a healthy regret.

Make amends with yourself and/or others. _____

Learn. _____

Move on!

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When we played softball, I'd steal second base, feel guilty and go back. Woody Allen

You Tools!

Thinking to doing, theory to practice, stuck to start, dreams to reality...

Making it real!

Guilt isn't always a rational thing. Guilt is a weight that will crush you whether you deserve it or not. Maureen Johnson

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Objective: Perfect happiness

Solution: Raise your level of consciousness

Method: Will Hunting Technique

What is... *it's not your fault guilt?*

Self blame for things you can't control, or didn't do. Self- shame for the dysfunction of others,

Matt Damon's character, *Will Hunting*, in the movie *Good Will Hunting*, spent a lifetime accumulating unconscious guilt for something he had no control over – an abusive father who's daily routine, was beating him like a dog with a wrench.

With every bludgeoned bruise his father gave, Will Hunting subconsciously took the blame. The energy of accumulated guilt consumed Will's life until his therapist Sean (Played by Robin Williams) helped him *feel* the truth of four powerful words.

Its – Not – Your – Fault

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Sean: *Let me tell you one thing. All this history, (case file) this sh-t... Look here, son.*

This is not your fault.

Will (nonchalant)

Oh, I know.

Sean

It's not your fault.

Will (smiles)

I know.

Sean

It's not your fault.

Will

I know!

Sean

It's not your fault.

Will (Dead serious)

I know!

Sean

It's not your fault.

Will

Don't f- -k with me!

Sean (comes around desk, sits in front of Will)

It's not your fault.

Will (tears start)

I know.

Sean

It's not...

Will (crying hard)

I know, I know...

Will knew on surface, but didn't *feel it* deep down.

He carried shame around for years for something his sick father did. Many of us do the same thing—blame ourselves for other peoples thoughts, actions and shortcomings. But, *it's not your fault guilt*, is not always so dramatic. It's found in “normal” lives, everyday, everywhere.

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Will Hunting Technique
It's not my fault

List any people, situations or events that may be causing, *it's not your fault guilt*.

A friend who's unhappy with her life, ripped my life to shreds. It's not my fault

Parent with a drinking problem is emotionally absent. It's not my fault.

Narcissistic sibling criticizes, controls and belittles me. It's not my fault.

Situation/person _____ It's not my fault.

Situation/person _____ It's not my fault.

Situation/person _____ It's not my fault.

Situation/person _____ It's not my fault.

Situation/person _____ It's not my fault.

Situation/person _____ It's not my fault.

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Simple kindness to one's self and all that lives is the most powerful transformational force of all. *Dr. David R. Hawkins*

You Tools!

Thinking to doing, theory to practice, stuck to start, dreams to reality...

Making it real!

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It's so simple!!

Be kind to yourself!

Be kind to others.

Be kind in feeling and thought.

Be kind in deed.

Be kind to every living thing you come in contact with.

And your mood, energy level, and life, will transform into a force of powerful happiness.

To share this, click here. I'd be honored! To download go to www.JimmyBrandmeier.com

Simple Kindness
Train your brain for kindness

Beating yourself up? Putting yourself down? Catch yourself. Be kind instead.

Reflect _____

Saying or doing something unkind to someone else? Catch yourself. Be kind instead.

Reflect _____

Feeling something unkind about others or yourself? Catch yourself. Be kind instead.

Reflect _____

From strangers on the street to family in the home use every interaction as an opportunity for kindness.

Reflect _____

From a smile to a thank you, perform one simple, random act of kindness each day.

Reflect _____

Be kind, for everyone you meet is fighting a hard battle. Plato

Words To Live, Love and Laugh By:

Read these beautiful words by Dr. David R. Hawkins over and over. Within them lies the path to unconditional, unbreakable, immovable love and happiness.

Ask to be the servant of the Lord, a vehicle of Divine love, a channel of God's Will. Ask for direction and Divine assistance, and surrender all personal will through devotion.

Dedicate one's life to the service of God. Choose love and peace above all other options.

Commit to the goal of unconditional love and compassion for all life, in all its expressions, and surrender all judgment to God. David Hawkins

Believe these words! Trust these words! Live these words! Be these words!

This is what a successful life looks like.

If you do nothing else but this—and there is nothing else . . .

You will raise your level of consciousness from fear to Love.

Have faith that what I've learned the hard way—what I'm still learning—what I'm echoing from the wisest people who have ever walked the face of the earth is true.

Be Who You Are—Inside and Out—No Matter What!

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Closer pg TBD

