

The Life Success Workbook

*A Comprehensive Resource and
Success Plan Designed to Help
You Keep Your Weight Off, Stay Healthy and Reach All of Your Goals in
the Next 12 Months!*

WELCOME

We would like to officially welcome you to the Life Success Plan!

This is the most exciting venture we have ever embarked upon, and we are so glad that you have made the decision to be a part of it.

We believe this program is one of the most comprehensive resource and success plans ever created and is designed to help you achieve your desired goals and keep weight off permanently!

Most of us have the desire to either improve (successful people are always the first to act on their desire to continually grow) or we have a need or challenge in one or more of the areas of time, money, faith/belief, managing an ongoing game plan, balance, new skills, leadership, health and relationships. As we all know, there can be a huge need/benefit to have an outside support system that can provide on a weekly basis a plan, tools, follow-up communication, cutting edge training, leadership and perhaps most importantly - synergy.

As a result of this we have created a program that involves a one-year game plan, 12 essentials for success, weekly communication, written resources, audio resources (listen while in your car), monthly conference calls and special bonus books/audios/conference calls... all from premier experts and trainers. This plan empowers you to grow and continually transform yourself over a one-year (daily/weekly/monthly) period of time while focusing on a new essential for success each month.

Let's begin the journey!

THE 12 ESSENTIALS FOR SUCCESS

Month 1) Personal Development - Become the person you truly desire to be by engaging in a life-long strategy of skills, knowledge and self-improvement for every area of your life. When one area is going well, it's so much easier to see the others go well. By the way, relating to your career, this also puts you into the upper echelon of your particular industry and keeps you permanently fit, healthy, happy and balanced.

Month 2) Goal-Setting - Achieve a sense of purpose behind every action, as well as multiply your long-term success quotient by having a set of clearly defined goals.

Month 3) Physical Health - Improve your looks, confidence, energy, quality and length of life by having a consistent health/fitness philosophy and maintaining a health plan.

Month 4) Emotional/Spiritual- Learn that peace of mind is possible and emotions don't have to control you.

Month 5) Accelerated Learning - Quickly improve your skills and aptitude to gain and retain knowledge in any area

Month 6) Social/Family/Relationships - Improve your ability to be a more effective and loving parent, spouse and friend by improving your relational skills.

Month 7) Money - Financial Independence/Getting Out of Debt/Saving/Giving -Place yourself ahead of 85% of the population and increase by 90% your odds of achieving financial independence by retirement age, simply by having a sound financial philosophy and proven investment plan.

Month 8) Career/Selling/Negotiating/Networking - Increase your production by 10%-50% without investing more time or effort by improving your selling, networking and negotiation skills. Tap into one of the greatest resources we possess and have a greater, more positive influence in the marketplace by utilizing our current relationships and networking base.

Month 9) Time Management - Gain between 10 and 15 additional forty-hour work weeks per year (multiply one to two hours a day by 365 days a year) by applying more productive time management methods each day.

Month 10) Leadership - Multiply your efforts and have a positive influence over a larger sphere of people by learning effective leadership and management skills.

Month 11) Communication/Presentation - Increase every level of performance related to your company, staff and individual performance, as well as all your personal relationships by mastering the art of communication.

Month 12) Legacy/Contribution - Take the time to apply your gifts and skills in making a difference in your community and world--something that will have an impact on future generations.

WEEK ONE

There are many ingredients to creating permanent weight loss results, health and success, but we made the decision based on our observations and conversations over the years to create a program based on these core ingredients:

- Having a plan that takes into account the fact that people are very busy and have very full schedules. This is big; we want to do it all, but sometimes you have to start modestly and then fall in love with the process so that you then make learning and growing a priority. So we will go at a pace that is doable for even the busiest of people.



- Long-term perspective. This will be a marathon, not a sprint (win the war not the battle...). You know the clichés, but it is true – the real success of this program will be based on the person you become and the results you have achieved one year from now. You see, just going on a diet or joining a gym doesn't get permanent results because there's a human being doing these things. Working on the human being though... now THAT leads to permanent results!

- Have a specific focus for 30 days at a time on a core building block or essential for success. Then use that essential as a foundation to build on the following month. This allows us each to focus on these 12 individual areas over a period of a year, without becoming overwhelmed.

- Using weekly email to bring continuity, accountability and synergy. It's easy for most of us when we don't have to call all the plays. The weekly emails will help you to jump in and get going without having to create the beginning motion.

- Supplemental audio and books to listen to in the car and read at night. This is important, so that we are all receiving multiple injections of ideas and strategies in a variety of ways through the week and month. I call this BYoB or "bombarding your brain" with the positive stuff that makes life easier.

- Conference calls from industry experts focused on the specific topic that month – again, a variety of voices and input.

- Plus bonus calls, emails and downloadable books and audios as we go...

Our job will be to deliver the above to you. And even more important will be your job to take the above and invest yourself into the process. Some weeks and months you will be more involved in the process than others – That's okay. The key here is the plan-not the amount. Just stay with the plan and as you participate you will see remarkable growth and betterment start to happen in your life overall and in the results you have, and even more

so in the specific areas we focus on. And please stay focused on how all these areas are inter-related to each other. When our relationships are strong, it's easier to do well as work. Or when we're doing well at work, it's easier to lose weight, save money, achieve any life-long dream.

We look forward to taking the journey together with you!

“All lasting and permanent change starts on the inside and works its way out. Becoming better, making positive and lasting changes on the inside, has the same affect in all areas of life. Staying fit and healthy permanently starts with the person, as does business, increasing finances, improving relationships or any other type of success... from the inside of me to the outside. One system for becoming better in one area will work the same for all areas providing it works on the person first. Use that system and your entire life is going to get better, not just your weight or business!”

Donna Krech

A photograph of a sunset over a body of water. The sky is a gradient of purple, orange, and yellow. The water is dark and reflects the colors of the sky. In the foreground, there is a large, dark rock. The text "Personal Development- The First Essential for Life Success" is overlaid on the image in a yellow, outlined font.

Personal Development- The First Essential for Life Success

PERSONAL DEVELOPMENT

Personal Development is a journey because you will not get there overnight. But you will get there. Step by step, you will get a little bit closer – a little bit further down the path. It is a journey because it is both a process and a destination (though you will find that when you get “there” you will have another destination in mind – one that is still further down the road).

It is a journey because it will be fun, just as an adventure you would set out on would be. It is a journey because it will be hard at times and it will take time. You will plug away and wonder when you will get there, but you will be making progress, getting closer and closer with each passing mile you travel. This is exciting!

So what are the keys to Life Success? This is a good question and one in which you should pay careful attention to the answers.

Four Main Thoughts on Life Success:

First, I believe the Life Success road is an invitation that is sent to all but recognized by few. It seems to me that those on the LS road often times are somehow invited into a special banquet hall to take a sneak look at what is possible. This glimpse then invites those rare questions that most people simply don't ask themselves. What if I decide to set and reach higher goals? What if I decide to go for my dreams? What if I can change certain unpleasant things about myself? What if I can significantly make a difference in the lives of others? What if I can be happy and permanently healthy? So from this special sneak preview and these new questions, a new life begins to evolve. Why? Because of your new vision and possibilities. Yes, it can be said Life Success (Personal Development) opens up a whole new world of potential and possibilities for you and for those you affect.

Secondly, Life Success requires a plan. I've often said that all good things in life are upstream, but the natural flow of life is downstream. So you need a plan. You need a map to help you get where you need to go. (We will cover this more in depth in Week Two).

Third, Life Success is about your Circle of Influence. Someone dear to Donna labels it very simply “It's all who and what you hang around.” We are affected by everything around us. What we read, what we watch, who we talk with, who we spend time with; it all plays a part in how we view our world, our relationships, our opportunities but mostly ourselves. (We will cover this more in depth in Week Three).

And fourth, Life Success is about learning and education. All 12 Essentials for Success we study over the next year will involve personal development and becoming a student and learning. (We will cover this more in depth in Week Four).

Bonus Point – Personal Development is about having a Celebration! Yes, you heard me right. Every investment needs to have a payoff. And yes, the payoff will be the person you become and the results you receive, BUT also go ahead and create your own unique, only-you-deserve-it-because-you-did-it, one-of-a-kind celebration! So yes, along the way we will encourage you to celebrate your progress. On small milestones you get a small celebration. At larger milestones you get bigger celebrations. And that is all part of the Personal Development/Life Success equation.

BUSINESS THOUGHT- "No one limits your growth but you. If you want to earn more, learn more. That means you'll work harder for a while; that means you'll work longer for a while. But you'll be paid for your extra effort with enhanced earnings down the road."

-- Tom Hopkins

We will cover each of these 4 points more in depth over the next month. But I want to focus on the first one this week -

Personal Development, the Invitation.

We have all received an invitation to a party or an event, and are then faced with the decision to go or not. Obviously, multiple outcomes can come from our decision. But here are two specific outcomes we've all probably experienced:

- 1) We went, in spite of our hesitations or difficulties, and it was a great - maybe even a life-changing experience. Perhaps we met our future spouse or a life-long friend or had an experience that we will treasure for a lifetime.
- 2) We didn't go, but our spouse or friend did and they told us how much we missed out on what could have been a life-enhancing experience.

I'm pretty sure almost everyone participating in this program has at least some understanding and definitely an appreciation of Personal Development and growth or you probably would not be participating. Perhaps you're new to the world and are involved in this because of the life-changing, positive effects that can be yours for whole health. But I want to thank you and congratulate you on accepting this invitation to step out and into a program that makes so many bold promises. I want you to know that we have committed ourselves to doing our part of the equation. I believe by accepting the invitation, you are taking that all-important first step. And now our journey begins, hand in hand. As Donna stated above, this is not a sprint and we are not in a hurry. Let's watch as the very process and commitment itself begins to take us in the direction of high achievement, goal accomplishment and TRUE success (true success is living the life you truly desire to live – spiritually, physically, relationally and mentally--as you have defined it).

You've taken the first step, now let's let each week's lessons and ideas, along with the monthly conference calls and recommended audio and reading lessons, take us where we desire to go... to total Life Success!

Below, Chris Widener is going to walk you through this week's Action

Exercises and recommended listening.

Until next week, let's do something remarkable!

Jim Rohn

Hello, I'm Chris Widener and it is great to be joining Jim, Kyle, Donna and all the great guests they have lined up over the next 12 months. This is truly an exciting project and one that I'm very honored to be part of!

I want to reiterate what Jim is saying about the invitation and just timing, in general. Yes, personal development takes place all of the time but there are also punctuated moments of time when we are more apt and able to grow. I believe that this is your time!

You have to be ready. Jim says that when the student is ready the teacher will appear. This is true. And I believe – no, I KNOW – that you are ready because of your participation in this yearlong development, whole life health program. You are set to go and to grow. That's great!

As a Silver and Gold Member, you have or will be very shortly receiving the 20 CD's from the Jim Rohn Weekend Event – Excelling in the New Millennium (Gold also receives this on DVD).

In addition to our weekly emails and monthly conference calls, I will be directing you toward the next week's recommended listening and reading, in addition to doing an overview of the previous weeks.

As we focus this month on personal development, I would like to elaborate on Jim's point about being a student. Reading is the core of any personal development program. Jim says on CD Two that books are what you step on to take you to a higher shelf. The higher your stack of books, the higher the shelf you can reach. Want to reach higher? Stack some more books under your feet! Reading is what brings us to new knowledge. It opens new doors. It helps us understand mysteries. It lets us hear from successful people. Reading is what takes us down the road in our journey. Jim says, "Everything you need for a better future and success has already been written." (Note from Donna. "Not a reader? It's okay! I wasn't either. But when I began- even just a little bit, like these email lessons, my life took off, my weight came off and my success exploded! Just begin. You don't have to be a great reader in order to start, but you do have to start in order to be a great reader.")

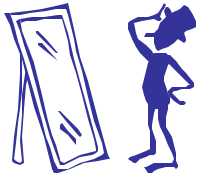
Personal development is whole life. Some people might only want to get rich and thus allow other parts of their lives to suffer. Others might just want to be healthy, thus letting the other parts suffer. Our perspective is that success in personal development is whole life: Physical, Spiritual, and Mental. All through this journey we will focus on different areas of your life so you can arrive at your destination a well rounded, wholly healthy and balanced person.

Here are some other thoughts to think about in regards to personal Development and Life Success:

It will take discipline. Each and every day you must take another step forward toward your destination. This is a discipline. Some days it may mean going to the gym or to Thin&Healthy. Some days it will mean listening to a CD. Some days it will mean having a difficult conversation with the goal of restoring a relationship or even trying something never done before at work. All of these are things we must discipline ourselves to do. (By the way-discipline IS your friend. It will take you to places you've never even imagined you can go!)

It will take perseverance. Many people start. Permanently successful people finish. All of them hit hard times. All of them are tempted to quit. People who will always stay at the average level are those who will not persevere. Those who succeed are the ones who, regardless of the size of the obstacle, persevere. Onward they move.

It will take a plan. This is one of the key strengths of this program. We give you a plan. We keep you on track. We nudge you to work the plan and the plan WILL see you through. This group has over 100 years of knowledge and experience working for you in this plan. Take advantage of it. Follow it.



Questions for Reflection:

Q. Are you ready? I mean really ready? Are you tired of being where you are and excited to get where you want to be? Are you ready for whole health?

Q. Will you make the commitment to read? Think about one great book or item you have read and the changes it brought about in your life. Now imagine what this next year is going to do for you!

Q. If personal development is whole life, then which area of your life is in the best shape? Which is the worst? Take some time to think through where you are so you can evaluate where you stand and how you are going to grow in the next year. Think about your emotions, do you react more times that you'd like to or does depression or stress take up far too much of your time? Do these feelings ever cause you to run for the comfort foods or "veg out" on the couch for hours? How about our mental growth, what would you like to learn to be better at? What are your specific physical goals, these are absolutely vital to this program- have a vision of what you want to look like and feel like. How about your financial desires? Does your money situation ever bring about stress? If it were improved can you see how the nervous eating urges might be less? How's your spiritual life, your peace of mind? Are your relationships happy and if they were even better would you be happier? When you're happy it's easier to feel good about yourself and do the things that are good for you. What about communication, both social and with family? Could they be better? And do you see how they can relate to your eating habits and/or your exercise patterns? And finally what career goals would you like to see happen? When work feels good, life feels better. Again, which area of your life is in the best shape? Which is the worst? Please take a few moments to think through where you are so you can evaluate where you stand and how you are going to grow in the next year. These areas all affect each other. If it helps, list where you are now and how you could improve in the next year for each area. Be especially mindful of how that area relates to what you're ultimately wanting to accomplish through Life Success (permanent weight loss, business success, financial improvement, etc.)

Emotional-

Mental-

Physical-

Financial-

Spiritual-

Social-

Family-

Career-

REMEMBER- AS FAR AS HEALTH GOES, THESE AREAS, WHEN NOT GOING WELL, CAN CAUSE YOU TO NOT WANT TO EXERCISE AND EXERCISE WILL DIRECTLY MAKE EACH ONE OF THESE AREAS BETTER! LIKEWISE, THESE AREAS, WHEN NOT GOING WELL, CAN CAUSE US TO RUN FOR COMFORT FOODS OR TOO MUCH FOOD, YET WHEN THESE AREAS ARE STABLE AND GOOD, WE DON'T DO THAT. IT'S TRULY ALL RELATED.

Q. How disciplined are you? Is it something you struggle with or is it a strength of yours?

Q. Which are you more focused on: Intake (learning, gathering information) or output (doing, taking action)? We all have a bias, so to speak. The answer to this will determine how you need to make adjustments over the coming year.

“The few who do are the envy of the many who only watch.”

Jim Rohn



Action Steps This Week:

Here are four action points for you this week.

1. Write down three great books or pieces of information you have read and three great books or pieces of information you want to read. Now, buy one (or pull it off the shelf) and start. (I recommend Jim's Five Major Pieces to the Life Puzzle and also his Season's of Life and Napoleon Hill's book Think and Grow Rich - If you have already read these books or just have something else in mind that's fine, just start the process of reading daily). Jim, Kyle, Donna and I all recommend reading the Bible or a book that will spiritually enhance you in the morning, and reading what is on your recommended reading list at night.

2. Take at least one tangible action to make yourself stronger in the following area that you are weakest in: Physical, Spiritual or Mental. For example, if you are weakest in the physical arena, then walk a mile three times this week. What tangible action will you take?

3. Take an area you lack discipline in and set up a pattern for yourself to follow this week and then do it! Don't overwhelm yourself, just pick one area.

4. Lastly, celebrate the fact that you have accepted the invitation to go on the journey of self-growth and personal development. Rejoice in the fact that you realize how all the areas of personal development relate to a life a permanent health and success. Regardless of the challenges you may be facing, today is a new day, the beginning of infinite possibilities. As Jim says, "You cannot change your destination overnight, but you can change your direction." Congratulations on taking that step.
