

DAYONE 1



BE CLEAR

DAYTWO 2



BE RESOURCEFUL

DAYTHREE 3



BE ENGAGED

DAYFOUR 4



BE AWARE

DAYFIVE 5



BE TRUE

DAYSIX 6



BE EFFECTIVE

**6 WAYS
TO CREATE
POSITIVE CHANGE
IN 6 DAYS**

SELF-STUDY PROGRAM

6 WAYS TO CREATE POSITIVE CHANGE IN 6 DAYS

SELF-STUDY PROGRAM

www.jeremyflagg.com

www.createcoaching.com

©2013 The Flagg Group, LLC.

All Rights Reserved.

This program contains proprietary content and must not be duplicated, distributed, or trained from without written permission.

No portion of this material may be shared or reproduced in any manner under any circumstance whatsoever without advance written permission from The Flagg Group, LLC.

DAYONE 1

6 WAYS TO CREATE POSITIVE CHANGE IN 6 DAYS



BE CLEAR

DAYONE | BE CLEAR

by Jeremy Flagg

There's hardly anything more relaxing than sitting on the beach. It's so calming and peaceful. The sounds of the ocean rushing in and out, the blue sky above giving the perfect hue of blue to your view, the heat of the sun shining on your skin and reflecting up off the sand, and the wind blowing in from the expansive sea bringing with it the aroma of freedom and possibilities.

And then there's the water. Clear enough to see the life that teems underneath its surface and deep enough to lose sight of exactly what might be sharing the same space with you. Gentle enough to float you calmly for hours and powerful enough to destroy entire cities. And so big. The vastness of the water itself is what inspires us when we're near it and also what makes us afraid. Afraid of its size. Afraid of its strength. Afraid of its power over us. So what keeps us coming back to this ocean?

On my family's last trip to the ocean in Destin, Florida, we

had a lot of transition happening in our world. The kids were starting a new school, my wife was starting a new role in her workplace, and I was coming to the realization that what I had been doing for the last 5 years needed to come to an end but I had no idea what I was going to do next. What a perfect time for a trip to the beach, right?

Transition has a funny way of creeping up on us. It serves as a constant reminder that change is inevitable, but progress is optional. Change is happening all around us, everyday, in every way. But positive progress is not always the result of the changes taking place around us. Creating positive changes in our lives requires us to make choices in alignment with our desired direction.

That's why visiting the ocean can be such a powerful and enlightening experience for many of us. Sitting next to the sea we begin to feel so small in comparison that it becomes almost impossible to continue to be the center

of our own world. Being next to something so big, so expansive, beckons us to look at our lives in a different way. It calls to the deepest parts of ourselves and invites us to think bigger about the many different possibilities that exist in front of us.

Maybe you're in desperate need of a trip to the ocean today. You've got so much change going on in your world that you feel as though your life is spinning out of control. You don't know what's around the corner for you, but you know something's there, just waiting for you, to add to the feelings of helplessness and powerlessness that you can't seem to escape.

Maybe you're in a job that doesn't feel like the right fit.

Maybe you're in a relationship that isn't going quite the way you'd hoped.

Maybe your business isn't doing quite as well as projected.

Maybe your kids are beginning to act in ways that you didn't expect and don't know how to handle.

Maybe your money's too tight to mention.

Maybe you're being faced with the reality that the path you chose many years ago is not an available option for you to continue your journey on right now.

Whatever the case may be, there's good news for those of us willing to listen to the call of the sea and rise to the challenge it presents us on day one of our 6 day journey together - BE CLEAR.

BE CLEAR ABOUT WHAT YOU WANT. Have you ever had that moment with a friend or your spouse or loved one when you're about to go to a restaurant with them and you ask them where they want to eat and you hear, "I don't care. Whatever you want"? Then, being kind you ask them what type or style of food they would prefer, hoping to gain some direction about the choice you're now saddled with making and then you hear, "Just pick a place...I don't care." Ugh! Then you start rattling off suggestions rapid fire and all you hear from them is, "No...not tonight...I don't feel like that place...I had Italian last week..." Frustrating, right?

Isn't that how so many of us approach our lives? We look around us and what we're experiencing doesn't feel satisfying or fulfilling and we say things like, "How did I get here?" or "Why are things like this?" or "I don't like where I'm at." But almost none of us decide to focus on what it is that we *do* want. Instead we begin to obsess over the

things in our lives that we would like to get rid of. What we need to know, though, is that where our focus goes our energy flows. That's why it's absolutely imperative that we are being clear about what is that we actually want. When we take the time to understand what it is that we really desire to have, do, and be in our lives then our energies will begin to work on how to get where we're headed.

BE CLEAR ABOUT WHERE YOU'RE GOING. I have a friend who's a pilot who shared with me an interesting fact about flying one day that has always stuck with me. He told me that for every single degree you fly off course, you will miss your target landing spot by 92 feet for every mile you fly. So the longer you fly off course, the farther you travel from your target. That means that if you're flying from Los Angeles to New York and only one degree off course, you'll land approximately 43 miles away from your intended target. One degree off. There's no room for error when you're flying a plane of passengers at 30,000 feet which is why every plane leaves the ground with a crystal clear flight plan and an air traffic control feedback monitoring system to help guide them to their target.

Don't you think your life's direction deserves at least as much attention as any pilot gives to his flight plan? During World War II, Sir Winston Churchill said, "He who fails to plan is planning to fail." This bit of wisdom is unfortunately true. If you're struggling because you know what you want but you haven't taken any steps to get there, then it's time to get clear about where you're going. After all, you don't want to end up miles away from where you wanted to be.

BE CLEAR ABOUT WHAT YOU'RE DOING. We've all seen movies where dream sequences are used to tell parts of the story. There's all this action and drama and excitement built into the dream sequence that you sometimes forget that what's happening on the screen isn't really happening to the character in real time. They wake up and the story resumes where we left them. Nothing really happened. But our minds sure do get fooled easily into thinking that something did!

Sometimes we get so excited about where we're headed and what we envision our future to look like that we forget to take meaningful action towards the completion of our goals. Coach Anthony Robbins says, "What's talked about is a dream. What's envisioned is exciting. What's planned becomes possible. And what's scheduled becomes a reality." If we're not taking real, concrete action towards our dreams and goals every single day, then we can't expect to make them a reality. If we're not clear about what we're doing, then we'll wake up one day to face the reality that nothing's really changed.



**"IF YOU DON'T
KNOW WHAT YOU
WANT, YOU END
UP WITH A LOT
YOU DON'T."**

CHUCK PALAHNUK

1



DAYONE | EXERCISE

Remember: Creating positive changes in our lives requires us to make choices in alignment with our desired direction. So it's time to **BE CLEAR** about what you want, where you're going, and what you're doing. *You can start by sitting down in a quiet place and journaling your thoughts to these questions:*

BE CLEAR ABOUT WHAT YOU WANT. What do you want your relationships (spouse/partner, children, family, friends) to be like? What is it that you want to accomplish and experience in your professional career? What do you want more of in your life? What do you want less of in your life? What do find exciting and engaging in your life? What do you find draining and dismal in your life? What purchases would you like to make in the future (houses, cars, vacations, etc.)?

BE CLEAR ABOUT WHERE YOU'RE GOING. What are you going to have to do to make what you want real? What are you going to have to give up? Who are you going to have to become? What will you have to sacrifice in order to achieve the life of your dreams? What skills are you going to have to learn? Sketch a plan for achieving your dream.

BE CLEAR ABOUT WHAT YOU'RE DOING. What are three things you're going to have to do every single day to in order to make your dream a reality? What about your daily habits/rituals will need to change in order to support the success of your goals? What amount of time will you need to dedicate on a daily basis to moving your dream forward?

"It always seems impossible until it's done." -Nelson Mandela