

90 Day Burn

The 90 day burn is designed to kick start your successful implementation of a High Trust origination business, one that is focused as much on achieving personal balance as it is on achieving sales success. That is one of the reasons why the life mastery process comes first- we must start with revealing our most basic motivations and core values to establish the right foundation on which to build. Success never comes by accident- it is always predicated by careful planning and purpose. Deriving our life purpose gives us the direction in which we are uniquely qualified to succeed, and in turn experience happiness and fulfillment.

Each day of the 90 day burn will contain a text outline of the topics to be covered, accompanied by the audio lessons for that day. The description text will also include implementation ideas for that particular lesson along with occasional links to other audio sessions and documents related to the topic of the day.

You will be presented with two options for listening to the audio sessions:

- Windows Media Audio Stream – This option allows you to listen to the audio via your computer's media player (Windows Media Player version 9 or higher preferred).
- MP3 Audio Download- Clicking this link will also play the file through your media player, but you may also download the file to your computer by right-clicking the link (ctrl click on Macs) and selecting "Save Target As" from the pop up menu. Once the file is downloaded to your computer, you can then transfer it to any portable MP3 player for offline listening at your convenience.

Congratulations on beginning the first day of your 90 day burn!

The Life Mastery Process

Most people are content to "coast" through life. With a passive surrender to the forces around them, they settle for whatever the tide brings along.

The few who really experience maximum living are demonstrating Life Mastery.

The word "mastery" is rich in promise. Webster defines it as:

Mas-ter y n. :1. mastership; rule; control
2. ascendancy or victory in struggle in competition; the upper hand
3. masterly ability; expert skill or knowledge
4. the art of mastering an art, science, etc.

When we talk about *Life Mastery*, we mean that:

You have control of your life.

You have the upper hand in the struggles of life.

You exhibit expert skills and knowledge about life.

You are regarded as a "master" in the various roles of your life.

Most thoughtful people concede that this kind of experience is uncommon today. While people yearn to be in control, have the upper hand, share their expertise, and demonstrate their leadership abilities, situations and experiences often leave them feeling out of control, overwhelmed, uncertain and inept. How can *Life Mastery* be expected when people are feeling ruled by their circumstances?

People who are out to change their work – for the better – are people who are committed to a life of excellence. They are people who are content with where they are... but are also always willing *to face new challenges and climb* to higher levels.

Life Mastery is about having life “to the full.” It means that every part of life – as it was designed and intended by God –is meant to be experienced to the max. It means that nothing is compromised in the pursuit of fully discovering and demonstrating the potential that was instilled into each of us – and, into life –by a Creator who knows how to do it right.

Follow Up Questions:

- Are you advancing confidently through life?
- Do you have a direction for your dreams?
- Do you have dreams that are bigger than your past?
- Are you endeavoring to live the life you dream about?
- Are you meeting with unexpected success?
- Are things happening to you that leave other people in awe?
- If you are not living the life you desire, what is getting in the way?

Remember- it is never too late to start the life you have always wanted. The future is on the way, and the author is YOU!

Related Resources:

Article- A Few Simple Steps to Sweeping Changes (Tim Broadhurst- Article Showcase link)

Article- Living the Law of the Iceburg (Todd Duncan- Article Showcase link)

Audio- Power of Purpose (Abundant Living- Volume 1 Lesson 1 link)