

MODULE 1:

Think It Through... The Whole Way Through



REthink**U**

Change the way you think.
Get the results you want.



REthinkU Workbook

Published by Results from Thinking, LLC.
Pittsburgh, Pennsylvania 16127 U.S.A.

Copyright © 2019 by Results from Thinking, LLC.
All rights reserved. No part of this workbook may be reproduced
in any form without permission in writing from Results from Thinking, LLC,
except in the case of brief quotations in critical articles or reviews.

Think It Through... The Whole Way Through

**“STATUS QUO,” YOU KNOW,
IS LATIN FOR “THE MESS WE’RE IN.”**

- RONALD REGAN

What’s your mess and what are you willing to do about it?

An Introduction to the Good Life!

**WE ARE NOT GIVEN A SHORT LIFE
BUT WE MAKE IT SHORT,
AND WE ARE NOT ILL-SUPPLIED
BUT WASTEFUL OF IT ... LIFE IS LONG
IF YOU KNOW HOW TO USE IT.**

- SENECA

The above statement written at the turn of the era (AD) stands true today for all of us. For those who understand it, much will be accomplished; and for those who fail to Think it Through, the Whole Way Through, life is found to be hard and challenging.

We built this program around the belief that we are all given the opportunity to live a healthy, happy, abundant life. What you choose to do with this information may determine your direction and how far you go. The reason being is we will open your eyes to the power of intentional thinking.

You will see how your future can be predicted by the dominating thoughts you choose and the actions you take each and every day.

Worst yet, if you do nothing different and continue to live as you always have—stuck between your current successes or struggles and the life you’re truly capable of living—you will have the taste of bitterness in your mouth and can only dream of what you could have accomplished had you been truly believed you can do more.

The reality is, we all can do more; we all can be better.

We are going to walk you through several concepts and ideas. This program was crafted to help anyone achieve their goals faster and with greater results. It has been developed, vetted, and applied over several decades, achieving powerful results time and again.

Give yourself the time to go through and process this information. It may be the best decision you’ve ever made.

STEP 1: THINK IT THROUGH. THE WHOLE WAY THROUGH.

You have to begin with the end in mind.
Stephen Covey got this right when he said:

**BEGIN EACH DAY, TASK, OR PROJECT
WITH A CLEAR VISION OF YOUR
DESIRED DIRECTION AND DESTINATION,
AND THEN CONTINUE BY FLEXING
YOUR PROACTIVE MUSCLES
TO MAKE THINGS HAPPEN.**

- STEPHEN COVEY

Covey is also quoted as saying, “the main thing is to keep the main thing the main thing.”

Very well said! We couldn't agree more as this idea is at the center of our first step:

Begin with the end in mind—think your life through to the end.

Most people do not think things through to the end. Common examples include:

- Smoking cigarettes or vaping
- Not exercising today, the same as you did yesterday and the days and weeks before.
- Going to bed angry with your significant other, again...
- Not saving a portion of your income for the future, again...
- Not enjoying life and tolerating certain pain points, and assuming it's easier that way.

Here's the deal, the real deal. Most people do not **Think it Through, the Whole Way Through**. They can't begin with the end in

mind because they don't truly know what their desired end is; they simply focus on the present moment and suffer from short-term pleasure in place of long-term gain. You must know what your end goal is. You must!

You must take the time to think things all the way through to the desired outcomes, then work backward to determine if your current thoughts and actions will get you to where you want to be.

That's it in a nutshell.

It's not complicated, but it can be difficult to complete. The team at Results from Thinking have done this. We've thought the whole way through—not easy, but critical to determine if you are on par with living a life you desire.

This program is built around this concept, with the goal of getting you to think your life through to the end in order to live The Good Life. We have chosen to think it through as a team and as individuals within our own personal lives. We know where we desire to go, and more importantly, where we desire not to go.

Ask yourself the following:

- What do you want in life?
- Are you achieving it?
- What's missing?
- How do you want to live your life?
- What needs to change to get you there?
- Also, what don't you want in your life?
- Does it look like this is becoming a reality?

These questions are important to get a clear picture of what you really, *really* want out of life. Also, this vision will help you in determining what needs to change today—*now*—to achieve that life.

THE TROUBLE IS,
YOU THINK YOU HAVE TIME.

- BUDDHA

How right is Buddha? We love this quote and share it because it goes against the beliefs that many, many people have—they think they have time. Wrong!

Have you ever said to yourself any of the following:

- “I’ll start going to the gym next week...”
- “I’ll start saving money next pay...”
- “I’ll just smoke this last pack of cigarettes, and then start...”
- “I’ll work on my marriage, but first we just need to get the kids through school...”

LIFE’S BIGGEST TRAGEDY IS
THAT WE GET OLD TOO SOON
AND WISE TOO LATE.

- BENJAMIN FRANKLIN

The decisions we make today can have a detrimental effect on the longevity of our life. Some choices made consistently ‘today’ will lead us to a life of poverty, ill health, loneliness, and unhappiness—The Bad Life.

Nobody wants to think about what it will be like on his or her deathbed. But **just as much as we need to seriously consider a life insurance, a will, or a power of attorney, we need to evaluate that defining day, our last day.** Will you have regrets? Will you wish life worked out differently?

Your choice—no delays. How do you want your story to end: The Good Life or The Bad Life?

WE MUST ALL SUFFER FROM
ONE OF TWO PAINS: THE PAIN OF DISCIPLINE
OR THE PAIN OF REGRET.
THE DIFFERENCE IS DISCIPLINE
WEIGHS OUNCES
WHILE REGRET WEIGHS TONS.

- JIM ROHN

Let’s cover a few ideas:

We define The Good Life based on the quality of the following:

- **Passion.** A strong feeling of enthusiasm or excitement for something or about doing something. A strong and barely controllable emotion.
- **Health.** The state of being free from illness or injury. The condition of having a sound mind, body, and spirit.
- **Love.** An intense feeling of deep affections (romance, family, friends, self, nature).
- **Abundance.** A very large quantity of something. Overflowing of the good things in life. Prosperity. Plentifulness.
- **Joy.** An emotion that’s acquired by the anticipation, acquisition or even the expectation of something great or wonderful. It remains intact in the midst of both happiness or sadness.

Note: You need to define each of these in your own terms – that which is most meaningful to you.

Discovering your passion(s) in life will generate a cascade effect with the other key principles of living The Good Life. This is the turning point for many people—discover what you are passionate about and your journey begins with vigor.

If you have great passion, it will lead to: 1) great health, 2) great love, 3) great abundance, and ultimately leading you to great joy in life—The Good Life.

Again, it all begins with discovering your passion. Discover this and you wake every day with intention and a drive to carry it out

Remember, we truly don't have time, and the choices you make today impact the life you live in the future.

**YOU WILL NEVER CHANGE YOUR LIFE
UNTIL YOU CHANGE SOMETHING YOU DO DAILY.
THE SECRET OF YOUR SUCCESS
IS FOUND IN YOUR DAILY ROUTINE.**

- JOHN MAXWELL

You see, if you decide on a few disciplines that you will or will not do on a daily basis that aligns with your goals, and you stick to the process, you can't help but succeed.

Success doesn't all of a sudden appear in your life; neither does failure. The occurrence of a heart attack or diabetes are years in the making; they don't just suddenly appear. Each outcome is a result of choices made along the way. Your choices.

Situations in your life may not be your fault, but they're your responsibility! However, if they continue to negatively impact your life, it is your fault! We must take responsibility for our lives and the circumstances we face. If not, we forfeit any power we have over our life and rely on external factors to improve in order for our lives to improve. This is not healthy.

Develop an Internal Locus of Control

When you think it through, and decide you will live your life by design—*by choice*—you begin to realize how much of a direct impact you have on the direction your life takes. You gain a sense of confidence and control over your life.

This awareness is powerful and is known as an Internal Locus of Control—your thoughts, beliefs, and actions have a major impact on your life. Someone with an External Locus of Control blames outside forces for everything. They believe life happens to them, not for them.

You know people like this; after a while you start to avoid them so as not to be sucked into their mess, right?

That's not what this program is about. You are in charge and you control your destiny. The question is when will you begin to believe this, and when will you start to act on this belief?

Who you become is the result of what you do. You are either building The Good Life for yourself, or you are building The Bad Life. The question you need to ask yourself is, "what am I building?" Are you living your life by choice or by chance? Are you in control of your outcomes?

"Well, you don't understand. This and that happened and I never recovered. I'm still living my life, altered by something that happened to me XX days, months, years ago. You just don't get it!!!"

We get it! Bad things can happen to good people. Sometimes you feel like you have a dark cloud following you and you never get a break. We have been there, honestly.

A favorite quote that has provided a lot of comfort and focus:

“IN EVERY ADVERSITY LIES THE SEED OF AN EQUAL OR GREATER OPPORTUNITY (OR BLESSING).”

- NAPOLEON HILL

Life is partially difficult, but it is certainly not all difficult. There are landmines out there to be avoided. They can kill you, or at a minimum, derail you and your efforts drastically. Run from landmines! They will steal your chances of experiencing the life you desire.

The Bad Life

So what is The Bad Life? What does the opposite of a life full of Passion, Health, Love, Abundance, and Joy look like?

You're living The Bad Life if you are experiencing any or all of these:

- **Apathy.** Lack of interest, enthusiasm, or concern. Lack of feeling or emotion towards something or someone. An indifference.
- **Illness.** A disease or period of sickness affecting the body or mind. Ill health.
- **Loneliness.** A state of solitude or of being alone and isolated. A subjective, negative feeling related to deficient social relations.
- **Poverty.** The state of being extremely poor. The scarcity or lack of a certain amount of material possessions or money.
- **Depression.** Feelings of severe despondency and dejection directly affecting how you feel, think, and act. Slump.

These are powerful mental traps that can crush your spirit and strip you of your dignity. If you've experienced any of these before, you understand the burden these have on your mind, your body, and ultimately your health.

This is The Bad Life. Failure to think your life through can lead you to any or, most often, all of these. Many people never truly live because they've accepted one or more of these conditions for their life and fail to live the life they were meant to live.

They have accepted a life marked by a dull pain in one or more areas of life that, over time, festers into a significant problem that can no longer be avoided, maybe even past the point of repair such as one's health, marriage or financial despair.

So, what do you want? *Really* want? Also, what do you not want?

Most importantly, 'WHY'? Knowing why you want something gives incentive and motive behind your actions—your daily, weekly, monthly, and yearly actions that lead you to your overall success.

If your beginning is apathy, your ending will be depression. No doubt.

Apathy leads to ill health, loneliness, poverty, and ultimately, depression.

FACT: If your mind and body are living in any of these states for long, you will shorten your life—expire sooner. Your body cannot function long term with the burdens of illness, stress, or deep negative emotions that create a breeding ground for disease.

Stopping Bad Habits

What if stopping a bad habit (i.e. smoking or eating sugar) added 10 years to your life? Bonus years! Would it be worth it? What

could you do with that time? Who would you share it with? What if you saved \$50-\$100 per paycheck instead of spending it? What could it do for you after several years of doing this new habit?

Think this through. The choice is yours, today: apathy or passion? The journeys are drastically different and the outcomes are polar opposites.

Choose passion, and you experience the benefits of good health, love, abundance, and ultimately joy.

Choose apathy and experience ill health, loneliness, poverty, and depression. No doubt! Realize also, no choice is a choice. **Avoiding the challenges and uncomfortableness of change by choosing to stay in the status quo is a choice.**

Survival

The idea of “Survival of the most fit” is key to The Good Life. Survival means you have a flight or fight instinct and a desire to live.

To thrive keeps you focused on the Good Life. The fear of poverty, loneliness, and depression keeps you fighting for so much more. This is a simple idea that is not as complicated as most people make it.

You have to think your life the whole way through, knowing what you’ve done in the past, do today, and will do moving forward will have a direct impact on your survival long term. You want to be the best you can—the most fit—and you desire and deserve the experience of living The Good Life.

You can’t change your past, but you can learn and adapt moving forward to take full control of where you’re at and where you want your life to go.

‘I must! I will! I promise! I am!!

Use this as a daily mantra to move yourself in the direction you want to go. But here’s the catch—you must do it RIGHT NOW!

Yes, Right now!

Why so urgent you ask? Because we truly don’t have time and the longer you stay on the wrong road leading you to somewhere you don’t want to go, the harder it is to make the needed changes to get on the right road to where you want to go. It’s almost as if the road of life narrows as we travel along, and the ability to do a u-turn becomes harder and harder.

When’s the best time to plant an oak tree? Twenty years ago! When’s the next best time to plant an oak tree? RIGHT NOW!

So, choose. You must choose now – Joy or Depression. **Begin with the end in mind.**

This program is all about choosing joy and living The Good Life, not living apathetically and experiencing the turmoil of poor decisions down the road.

**Better today than yesterday.
Better tomorrow than today.**

The above statement is important. “Better today than yesterday. Better tomorrow than today.”

- Do you know what you want, and why?
- Do you know what you don’t want, and why?

The answer to each of these is very important and powerful! Run to what you want; run from what you don’t want.

Survival instincts are just that – instincts. It’s hardwired into us. It’s self-preservation or behavior that ensures survival.

Unfortunately, most people live in a world of luxuries and instant access to anything or anyone and have experienced their survival instincts becoming dulled or dormant. We've become lazy, weak and soft. We still have the instinct inside to react to any threat, but rarely do we see them.

If you're in this program, there are real threats solidifying in your life that you need to fear:

- Apathy
- Illness
- Loneliness
- Poverty
- Depression

These five conditions are real threats and will suck the life out of you. If you're not careful, they can defeat you and strip you of the life you are capable of having.

Again, think! Think in terms of survival of the most fit. If we are going to conquer these five and thrive, we must become the most fit.

Prevent—Delay—Mitigate→Bad Life!

Encourage—Advance—Intensify→Good Life!

Fear & Hate

Fear is an unpleasant emotion caused by the belief that someone or something is dangerous—likely to cause pain or a threat.

Hate is the feeling of intense or passionate dislike for someone or something.

Fear and hate are very strong emotions. We use fear and hate to advance our program, to achieve The Good Life and avoid The Bad Life.

Think of something you fear in life (spiders, heights, snakes, the dark, etc.). How far you will go out of your way to avoid it?

If you allow the emotions of fear and hate to stand between you and the things in life that lead you to The Bad Life, how powerful will that be in helping you steer clear and push towards The Good Life?

This is what this program is all about, maximizing your longevity and getting the most out of life—The Good Life.

What if your bonus years were filled to the brim with great passion, health, love, abundance, and joy? This is possible!

This formula to achieve The Good Life works every single time! The variable is you.

You need to **Think it Through, the Whole Way Through**. You need to know what you want and why. You also need to know what you don't want and why.

If you get this and are in agreement with this approach to shift your thinking towards your end goals, then you are right where you need to be. Get ready for a life-changing shift that will feel uncomfortable, but will align you with where you want to be, desire to be, and deserve to be.

Cognitive Dissonance

If you think we are digging too deep on this concept and our approach is overkill, here's my one challenge to you: Have you ever heard of **Cognitive Dissonance**?

Cognitive dissonance is the state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change.

What all that means is, sometimes people hold a very strong core belief. When presented with evidence that works against that belief, the evidence is not accepted as valid. Because the belief is so deep, and to avoid discomfort, one will rationalize, ignore,

and even deny anything that doesn't align with their core beliefs. Doing so creates a feeling of extreme uneasiness and discomfort. This is called cognitive dissonance.

With this stated, a wise man proportions his beliefs to the evidence. Instead of dismissing this concept, digest the information to find flaws. Don't be surprised when you wake one day with a new belief that you do have authority over your life and can change the course of your journey beginning today; that you can take a poor life and make it good, a good life and make it great, and a great life and make it unbelievable.

Jim Shorkey has been studying these concepts for decades, has experienced tremendous success in his professional life, as well as in his personal life. Together with Jim, our team has well over 40 years of validation to the fact that true thinking can and will lead to prosperity in all areas of your life.

So, if you're on board, let's move to the next step:

STEP 2: MOVING THE NEEDLE

First, you need to declare your intentions.

Make an affirming statement that you will decide the course of your life—intentionally.

- The Good Life?
- The Bad Life?

Mediocrity is not a healthy choice. There is no in-between. If you're not pushing yourself and growing, you're dying.

Here's a way to help with your decision,

Stand naked in front of the mirror—seriously!

Strip yourself of the clothing you hide behind and stand naked in front of a mirror. This is a private and personal evaluation, so do so when you will not be interrupted.

What do you see?

Honesty is key and you need to look past your biased perceptions and justifications and take a hard look at what you see.

Look into your eyes, look at your face, look at your body, your posture, and everything represented by the image you see (passion, health, love, abundance, joy).

Do you love what you see? Do you even like what you see?

Has your life gotten better over the years, or worse?

Are you concerned for the future if things continue as they are?

Are you ready and willing to do something about it?

Pause here and get naked! We'll wait...

Did you do this? Seriously? It's a humbling experience. Don't deny yourself this opportunity to see your life as it really is.

Now do this with your happiness...your love life...your finances...your friends and family... your joy in life...

What do you see?

Do you like what you see?

Did you gloss over one of those areas in your life because you don't want to face what you would see?

This program is all about keeping things simple and achievable.

- Where are you now?
- Are you happy with your trajectory moving forward?
- Would you like to make changes?

Move the needle, even just a little bit, to a better improved you?

**GIVE A MAN A FISH
AND YOU FEED HIM FOR A DAY.
TEACH HIM HOW TO FISH
AND YOU FEED HIM FOR A LIFETIME.**

- CHINESE PROVERB

Our mission is to teach people how to live The Good Life, the best life they can. Passion, Health, Love, Abundance, Joy—all five! You can have it all!

Are you ready?

Please take the assessment on the next page and evaluate where you are currently.

- Where are you right now?
- What decisions are you making?
- What direction are you moving—towards a good life or bad life?

This is you determining where you are in life, not a time to be critical and regretful. Do not be hard on yourself if you are not happy with your answers.

Be honest and transparent with the process and we will take you to the next phase of this program to help you make strides to improve. It's never too late to change. Please be kind to yourself!

THE GOOD LIFE OR THE BAD LIFE

Which will it be? You Choose.

The Good Life

Passion. A strong feeling of enthusiasm or excitement for something or about doing something.

Health. The state of being free from illness or injury. The condition of having a sound mind, body, and spirit.

Love. An intense feeling of deep affections (romance, family, friends, self, nature).

Abundance. A very large quantity of something. Overflowing of the good things in life. Prosperity. Plentifulness.

Joy. An emotion that's acquired by the anticipation, acquisition, or expectation of something wonderful. It remains intact in the midst of both happiness or sadness.

The Bad Life

Apathy. Lack of interest, enthusiasm, or concern. Lack of feeling or emotion towards something or someone. An indifference.

Illness. A disease or period of sickness affecting the body or mind. Ill health.

Loneliness. A state of solitude or of being alone and isolated. A subjective, negative feeling related to deficient social relations.

Poverty. The state of being extremely poor. The scarcity or lack of a certain amount of material possessions or money.

Depression. Feelings of severe despondency and dejection directly affecting how you feel, think, and act. Slump.

**WHATEVER THE MIND OF MAN
CAN CONCEIVE AND BELIEVE
IT CAN ACHIEVE.**

- NAPOLEON HILL

Self Assessment

On the assessment, mark the number that best represents where you are currently in each of the five areas—Passion, Health, Love, Abundance, and Joy. Avoid scoring yourself down the middle as this would probably not be an honest assessment of yourself.

This is not judgment; this is an honest assessment of your life as it is. You can't get to where you want to be without knowing your starting point!

Apathy	1	2	3	4	5	6	7	8	9	10	Passion
Illness	1	2	3	4	5	6	7	8	9	10	Health
Loneliness	1	2	3	4	5	6	7	8	9	10	Love
Poverty	1	2	3	4	5	6	7	8	9	10	Abundance
Depression	1	2	3	4	5	6	7	8	9	10	Joy

Next, add up your score from each of the five areas.

My total score: _____ / 50

<p>How did you do?</p> <p>50 = A+</p> <p>45 = A</p> <p>40 = B+</p> <p>35 = B</p> <p>30 = C</p> <p>25 = D</p> <p>5-20 = F</p>	<p>The Good Life</p>  <p>The Bad Life</p>	<p>Where are you, right now, on this continuum?</p> <p>What's your trajectory if you don't make any changes?</p> <p>A-A+The Good Life</p> <p>C-B+Mediocrity</p> <p>D & belowThe Bad Life</p>
--	--	--

Writing and Self-Reflection Exercise

1. Based on your evaluation on the previous page, would you like to make some changes? _____

2. Would you like to move the needle forward? _____

3. Are you sick and tired of being sick and tired? _____

4. Per your response to the assessment, what number did you score for Passion/Apathy? _____

What one thing can you do to improve this score? _____

5. What number did you score for Health/Illness? _____

What one thing can you do to improve this score? _____

6. What number did you score for Love/Loneliness? _____

What one thing can you do to improve this score _____

7. What number did you score for Abundance/Poverty? _____

What one thing can you do to improve this score? _____

8. What number did you score for Joy/Depression? _____

What one thing can you do to improve this score? _____

9. What is the biggest struggle you're dealing with that, if you can gain some control and resolution quickly, would improve your life significantly?

Writing and Self-Reflection Exercise *(continued)*

10. What is the second biggest struggle you're dealing with that, if you can gain some control and resolution quickly, would improve your life significantly?

11. If money, education or time weren't a factor, what would you want in your life? What would you want to be doing? What would you want your life to be like?

12. Again, without the concern for money, education or time, make a list of the goals you would want to accomplish—big or small—during your lifetime:

<hr/>	<hr/>

Writing and Self-Reflection Exercise *(continued)*

13. Now, prioritize the top 5 goals you would like to accomplish in the next year:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

If you were successful in creating this list, your vision moving forward is clear and your chances of achieving these goals has just increased tremendously. Congratulations!

If you had difficulty in creating this list, try it again and this time don't focus on what you think you can achieve, but rather focus on what you desire.

To narrow down to what you really desire, consider what you don't want. This may intimidate you and make you feel uncomfortable. You may have a thought and quickly dismiss it because you rationalize why that can happen. **DON'T DO THIS!**

Allow yourself to dream. Focus on what you desire or wish for. We will get to the actionable steps to achieve these goals in due time. For now, stay focused on what you want.



REthinkU

Change the way you think.
Get the results you want.

resultsfromthinking.com