

MODULE 4:

The Creative Cycle



REthinkU

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



REthinkU Workbook

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The Creative Cycle

**“TRY NOT. DO OR DO NOT.
THERE IS NO TRY”**

- YODA

How to execute what you want and what you don't ant.

An Introduction to The Creative Cycle!

‘CHOICE, CHANCE, CHANGE’

**YOU MUST MAKE A ‘CHOICE’
TO TAKE A ‘CHANGE’
OR
YOUR LIFE WILL NEVER ‘CHANGE’**

You enrolled in this program with the belief that you will discover something new, something different, something better than where you were and what you're doing now. You were not sure what it was that you were searching for, but you believed this program could help you figure some things out.

It can, and it will!

Provided you're willing to get uncomfortable and make this a start to something life-changing.

Changing your perspective on your life - your marriage, your body image, your job, your goals. What ever it is, don't lose faith. This program is designed to introduce you

to the concepts used by Jim for years. If you trust the process and have faith in yourself, this will work for you like it's worked for Jim, Steve, Chuck, and others that we've introduced this program to.

Hang in there and push the throttle forward to get the most out of your commitment!

Remember, that as you change, those around you may push back. Your life is not their choice!

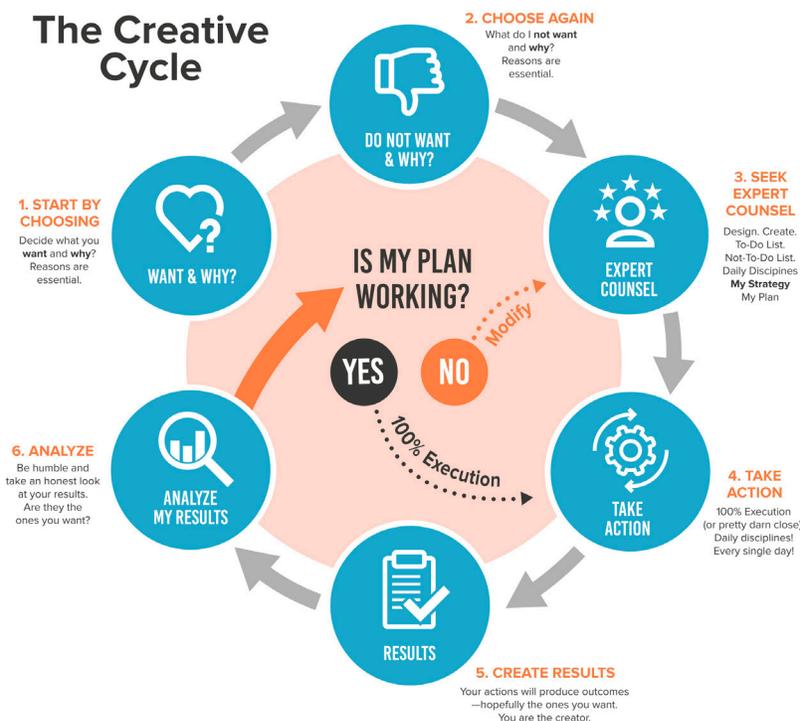
Stand up for yourself. Become a better version of you and become a blessing to all those who stick around for the transformation, because you will transform!!!

In the last module, we covered The Strategic Continuum. A simple concept, but easily overlooked and skipped due to its simplicity. Application is hard, requiring a humble look in the mirror on areas of your life you may have turned your back on. Step up, take the challenge and do some soul searching.

You may discover areas that are easily improved with some attention and action to slide across the continuum to better outcomes! In this module you are introduced to The Creative Cycle.

THE CREATIVE CYCLE:

Print out the next page and put it on your desk so you can do a quick scan when you are working on a current goal or pursuing a new venture.



Start Here

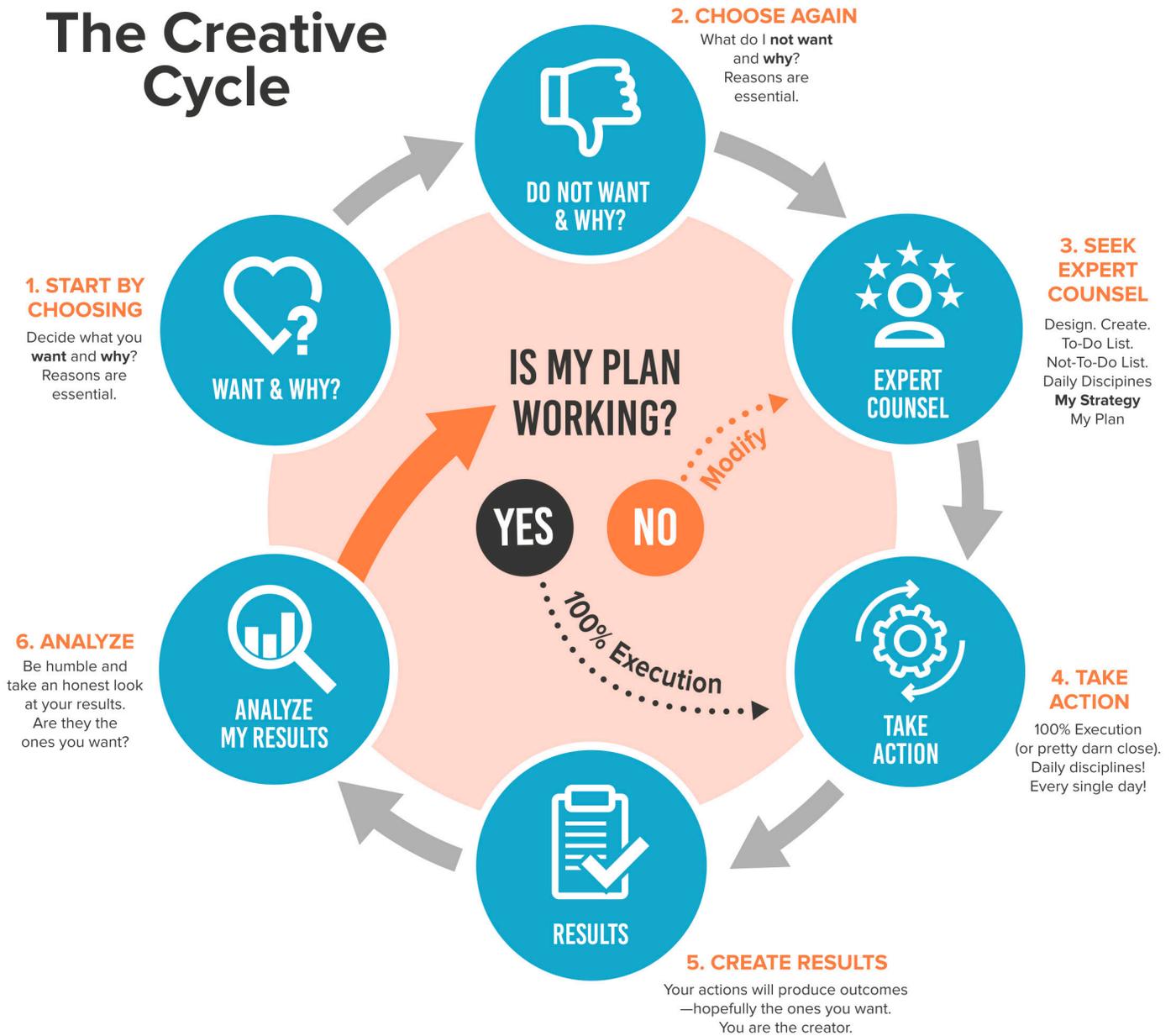
As you work your way around the loop clockwise, starting in the upper left corner, focus on what you want. This step is critical and necessary to have any chance of achieving growth. If needed, start with something easy, less intimidating, just to grasp the process involved.

Work on knowing what you want and what you don't want, and make sure you know your 'why' behind each of these areas as well. Working these two simultaneously can often help narrow down your focus to something tangible and desirable. Remember, your reasons for wanting or not wanting something are critical to keeping this desire alive when your excitement fades and you face setbacks and adversities — they will come!

Once you have a grasp of what you want and what you don't want (and your 'why' behind each), you need to seek counsel to get precise of the key steps to make things happen - expert counsel. Do you want to start a blog? Seek those who are doing it already, successfully. Remember, most successful people love talking about how they achieved their success. Ask them out for coffee or buy them lunch and start by asking for the top 10 things they would do if they were in your shoes. You'll have more information than you can handle initially. **Do Simple First!**

Start with one or two ideas until you get traction and expand from there. You can also read books, search Google and talk with your peers who want you to be successful and understand what you're trying to accomplish.

The Creative Cycle



CHANGE IS HARD AT FIRST,
MESSY IN THE MIDDLE,
AND GORGEOUS AT THE END

- ROBIN SHARMA

Take Action

Take the counsel provided, along with your research, knowledge, interests, etc, and begin designing your to-do lists, your not-to-do lists, your strategy, your action plan and then, without pause, get into action! This is often where most people fail. If you think you can wait until the time is right, chances are you'll miss the clues because you're still functioning as the old you, not the one that will see, act upon and achieve the next level of progress in your life.

You need to think like the person you're working on becoming, and taking action immediately will help in the process. Don't let fear or worry stand in opposition of your progress. Taking a step towards what you want is stepping out of your comfort, that's where progress is made.

You have to act at full capacity - 100% or pretty darn close. Anything less will produce results that will deter you from achieving progress and ultimately success. Also, give the strategy a chance to produce valid results by executing at your highest level.

Results

Moving along The Creative Cycle, you will get some kind of results from your efforts, hopefully, productive ones. Either way, take off your ego hat and don your scientific hat and analyze your results.

Do you like what you see? Do you believe you are heading in the right direction?

If your plan is working, keep implementing at 100% effort (or pretty darn close). Full Throttle!

Welcome to the power of The Creative Cycle! Stay in the loop and keep pushing forward. If your plan is not working, Modify it! Seek more expert counsel. Ask them where you may be going wrong and what they would do differently.

You have to be humble and accept constructive feedback. An elite athlete wants the feedback that makes them even better, the average or mediocre athlete avoids the conversations that matter, or listens with a deaf ear and never improves. Know the difference!

The combination of The Strategic Continuum and The Creative Cycle are the crux and definition of The Law of Action. My successful actions lead me to my success! The Good Life!!! My unsuccessful actions lead me to my failure! The Bad Life!!!

Your actions are always producing results - always! Getting good sleep is an action which produces results. Staying up late and getting poor sleep is also an action, which produces results. You can decide which one is creating The Bad Life and which one is creating The Good Life.

You must have plans which are faultless and you must take daily action on your plans. This separates the top 5% of achievers from the rest of the pack! It's not education, it's not gifted talent, it's the relentless pursuit of desiring something greater than what you have, and going after it against all odds. Be the hardest worker in the room and your progress will soar!

This habit works best when you have a clear vision of your desired future. If you have mental blocks keeping you from getting clear on your goals, you need to spend some time

**I AM THE CREATOR
OF MY OWN CATASTROPHE.**

Remember, you are the creator!!! You are responsible for the things in your life, good or bad. Every single result you must own! Take responsibility because that's the only way you can change the situation, even if you are not at fault.

Blaming others or circumstances leaves you powerless and sitting in misery, praying for someone or something to change in order for your life to improve. This is a bad place to be! Empower yourself by taking charge and fixing what needs fixed in your life. The longer you wait, the harder it is to change.

Study These Two Concepts:

1. An Internal Locus of Control

If a person has an internal locus of control, that person attributes success to his or her own efforts and abilities. A person who expects to succeed will be more motivated and more likely to learn and take action. This is taking full responsibility for the circumstances in your life regardless of who caused it. This is not easy to do especially if you have not thought this way most of your life, but it is extremely necessary for you to do to achieve what you desire. It's up to you to take the actions necessary. This is the thinking necessary to grow regardless of experiencing success or failure. You are responsible - what are you going to do about it?

2. An External Locus of Control

A person with an external locus of control, who attributes his or her success to luck or fate, will be less likely to make the effort needed to learn. People with an external locus of control are also more likely to experience anxiety since they believe that they are not in control of their lives. They may feel helpless and out of control. This is a victim mentality. The blame game. This is a rough place to live. They feel life is happening to them instead of for them!

You can't win with an External Locus of Control. Too many people live their lives this way - you hear it in their talk. You can identify friends and family who live this way. Understand this concept well and you will identify them quickly and guard your mind from the negativity. Question, are you one of them?

You are the creator and you need to live from the inside out - Internal Locus of Control. Accept responsibility for where you are in life and decide to create the results you want moving forward. This is the only way to succeed!

YOU WILL CONTINUE TO SUFFER IF YOU HAVE AN EMOTIONAL REACTION TO EVERYTHING THAT IS SAID TO YOU. TRUE POWER IS SITTING BACK AND OBSERVING THINGS WITH LOGIC. TRUE POWER IS RESTRAINT. IF WORDS CONTROL YOU THAT MEANS EVERYONE ELSE CAN CONTROL YOU. BREATHE AND ALLOW THINGS TO PASS.

- WARREN BUFFET

How do you deserve what you want? You must do the work!

Your daily habits - every single day!

When you have the right daily habits, your successful results are a done deal. This is what you deserve! When you have the wrong habits, your unsuccessful results are a done deal as well. This is what you deserve! Sorry, but reality stings.

TO GET WHAT YOU WANT, YOU HAVE TO DESERVE WHAT YOU WANT. THE WORLD IS NOT YET A CRAZY ENOUGH PLACE TO REWARD A WHOLE BUNCH OF UNDESERVING PEOPLE.

- CHARLIE MUNGER

Consequences are neither rewards or punishments, they are simply the outcomes of actions taken. Think it through and understand the consequences of your actions and you may find you have a healthier understanding of where your life is heading.

Jim Rohn shared some powerful words regarding this concept:

“Discipline is the bridge between goals and accomplishments.”

My daily habits!

“Either you run the day, or the day runs you.”

You are the creator! Preempt! Every single day!

“Motivation is what gets you started, habit is what keeps you going.”

YOUGOTTAWANNA! YESICAN!!! My daily habits!

“We all suffer from one of two things: The pain of discipline or the pain of regret.”

Your daily disciplines lead to your daily routines, which leads to your daily habits!
The Good Life!

**I am working on becoming a better me.
A new and improved better me.
Better today than yesterday.
Better tomorrow than today.**

Discipline Journaling

So let me introduce you to discipline journaling which is the backbone to this entire program. We will be discussing this in depth in a later module. This is simply a introduction to the concept and ideas behind it.

Discipline Journaling is the keystone habit that we want you to learn during this program. We are priming you to take on this critical habit to achieve the success you desire in life. This is ‘the habit’ that will help you establish the habits you need and want on a daily basis. This will keep you focused and geared towards success.

This is not journaling or a day planner. Planners focus more on tasks and commitments and journaling can be a great way to gather thoughts or express inner feelings, but neither help drive the disciplines necessary to achieve specific outcomes.

Discipline journaling will keep you on track to accomplish your goals systematically and by design because it forces you to look at your daily performance as it relates to your desired outcomes.

This habit works best when you have a clear vision of your desired future. If you have mental blocks keeping you from getting clear on your goals, you need to spend some time or seek expert counsel to help you address them. Sometimes it's due to fear of failure or fear of success. Sometimes it's a feeling of not being worthy of the desired success and some even go as far as sabotaging their own efforts to avoid it. Thinking it through and looking in the mirror at your current life are important steps to see things as they are and, hopefully, compelling you to think differently to alter your journey to The Good Life. This keystone habit is the 'secret' to your success!

Here's a rough format of what Jim captures in his daily discipline journal. Keep in mind, his list is created only after he has thoroughly thought his life through on what he wants and what he doesn't want. He had to uncover why he wants his life a certain way (motives), he had to seek expert counsel to help him determine the best choices to make, he had to formulate a plan and he had to begin to take action. His actions are on the daily disciplines he determined that will lead him to hit the image of The Good Life he created in his mind. Can you see the process unfolding in Jim's example? This has worked for him time and again and it will work for you too!!! Here's a rough list of some of Jim's daily disciplines to give you some ideas:

- He tracks his weight
- He tracks his glucose levels
- He tracks his ketone levels
- He records all food and drink consumed each day
- In the evening he does an accountability check with himself on what he accomplished or fell short on. He grades his results and gives himself a score (A through F, based on total disciplines and a mathematical breakdown). This is

where he grades his efforts towards his disciplines. Perfection is the goal in the morning, progression is the goal in the evening! Shoot for perfection, celebrate progression - this is done daily.

- He does a gratitude session and recognizes areas throughout the day that brought him value and blessing. It's a great habit to do in the morning upon waking as well as in the evening before going to bed. You are priming your brain in the positive and you will experience better nights and productive days.
- He tracks his physical movement as well as his meditation practices.
- 24-hour reset. He doesn't beat himself up on the results. He acknowledges the accomplishments and the missed opportunities and clears the slate for a new day.

Question, can you tell what Jim's focus is on? What would your list look like?

You will decide what you want to capture in your journal. We will get you rolling and encourage you to start with a few only to get the feel as well as nurture the habit required to do it consistently.

Feel free to get a notebook and begin capturing some of the disciplines you must do to achieve your desired success.

Don't overload your list now, start with just a handful to get the feel of daily writing in your journal. There are some cool apps on our phones that offers the opportunity to list your disciplines and mark them off as you go. Your call.

There is science behind and value in writing things out so I would try this route first to maximize the experience.



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