

## **Ample Discipline, Abundant Success**

There are times throughout the journey of life where you will want to rebel or deviate from what is right. Nothing in life comes easy and the temptation to stray from your purpose will always be there. It may come in the form of delinquent friends, peer pressure, lack of motivation, laziness and much more. But remember that the people who succeed do what is right even when wrong is the easier option. They are so confident in themselves and their purpose that they don't even hear the negative noise from the outside. They have tunnel vision and they will sacrifice instant gratification for long-term happiness. I often ask myself, how badly do I want it and what will I give up to get it? It may mean working late nights, Saturdays, early mornings or holidays. I have seen too many friends and peers give up because they thought process was taking too long and they didn't realize that they were so close to attaining what they desired.

Failure is not one massive event. It is a series of bad habits, decisions and rituals that compound over time. If most people didn't live in an unconscious state, they would see their poor decisions adding up. The same is true for a positive outcome. There is no "overnight success". It takes years of hard work combined with informed decisions and habits to achieve success. Any musician, dancer or actor will tell you that you rarely see the practice, failures, rehearsals, education, growth and development that goes on for years before they ever become recognized, but the daily progress and small steps eventually lead to greater rewards in the long-term. It is important, therefore, to continually educate yourself and build your internal worth. This will lead you to experience greater achievement in time. Little by little, day by day, and you will see these positive actions and affirmations pay dividends later on in your journey. As Tony Robbins once said, you see progress and growth when "your *shoulds* become your *musts*." Replace *I should do that* with *I must do that*. You accomplish things when they must be a part of your day and life.

## **Belief Systems and Rituals**

Rituals and belief systems are very important and crucial to personal growth. I will use the analogy of a house and the foundation. You need the foundation and infrastructure to be built first before you can inhabit a house. Your belief system in the metaphysical realm is like that foundation. What do you value? What do you believe in? What level of standards do you hold? What are your rituals that you do every day that validate your beliefs? Understanding the foundational answers to these questions is essential because almost everything you do can be traced back to your standards and beliefs. If you don't believe in yourself, how can you expect others to believe in you? Do you think we are just here to do whatever we want with no repercussions or do we have a greater purpose? We all have a greater purpose and it is up to us to find that calling. Once we do, we are then responsible for acting on it in a positive way.

I get asked quite frequently what my belief system is and what rituals I perform on a daily basis. My belief is that we are here to add value to other human beings and to love and support each other while we are in this material world. I believe that every good deed goes noticed and there is someone keeping track of how you live your life. I believe there are no accidents and that everything and everyone has a purpose. We are spiritual beings

living in a material world and our time on earth is limited. We need to share our talents with other people. My rituals begin with adhering to many of the principles I describe in this book. I get up around 5 a.m. each morning, give thanks for this life, my family and what I am about to accomplish during the day. I consistently nourish my body with healthy food and supplement where required. I work-out five to six days a week, meditate late at night before bed and attend church on Sundays with my family. I also ensure I treat people with respect and courtesy each and every day. I pride myself on being a role model for my family but also to strangers. I want people to be better off for having met me. We all have tough days but a smile, an embrace or a positive comment can change someone's day or life. Never underestimate the power of influence and genuine sincerity.

People generally seek these three things in life: love, happiness and progress. Love is what makes people feel alive and vibrant. Happiness is derivative of love, but it can exist on its own when you are content and at peace with yourself. *Love* and *happiness* are common goals, but *progress* is less commonly considered. In my functional medicine practice, I see many patients who suffer from depression and everything seems so daunting to them. They look at the big picture and it overwhelms them. One approach to overcome this that I have found successful is to approach the day in 10 minute increments. Focus on what you need to do for the next 10 minutes, then another 10 and so forth. When you start chunking your life down and begin to make small, steady progress, you start to feel worthy. Remember that momentum is an action that can be unstoppable in both directions and once you start seeing progression, it begins to take on a life of its own. Progress is major key to life, so continually seek improvement and forward movement. It will do wonders for your inner soul and eventually your outward appearance.