You Create It All

To be powerful you need to take the position that you create or allow everything that happens to you. By create, I mean that you directly cause something to happen by your actions or inactions, thoughts, feelings, mindset, etc.

Realize that in all situations, you are not the victim. Good, bad, or indifferent, you played a role in creating what is unfolding.

When you find yourself "off-course", life will send you little signs and alerts... what I call "Yellow Alerts", to warn you.

Your homework is to take some time to ask yourself, "What external yellow alerts am I currently ignoring in my life?" And then, "What internal yellow alerts am I ignoring in my life?" And finally, "What actions, however uncomfortable they might be, do I need to take in order to avoid the unwanted consequences of ignoring these important messages?"

Jot down a few recent "Yellow Alerts" that have appeared in your life. How did they appear? What was the result?

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