



Personal Organization SET
BECOMING:
Designing Your Empowered Life!

Dedications:

My parents

Henry and Beverly Sahlein



My son Solomon

Hawk Sahlein & family



Love of my Life

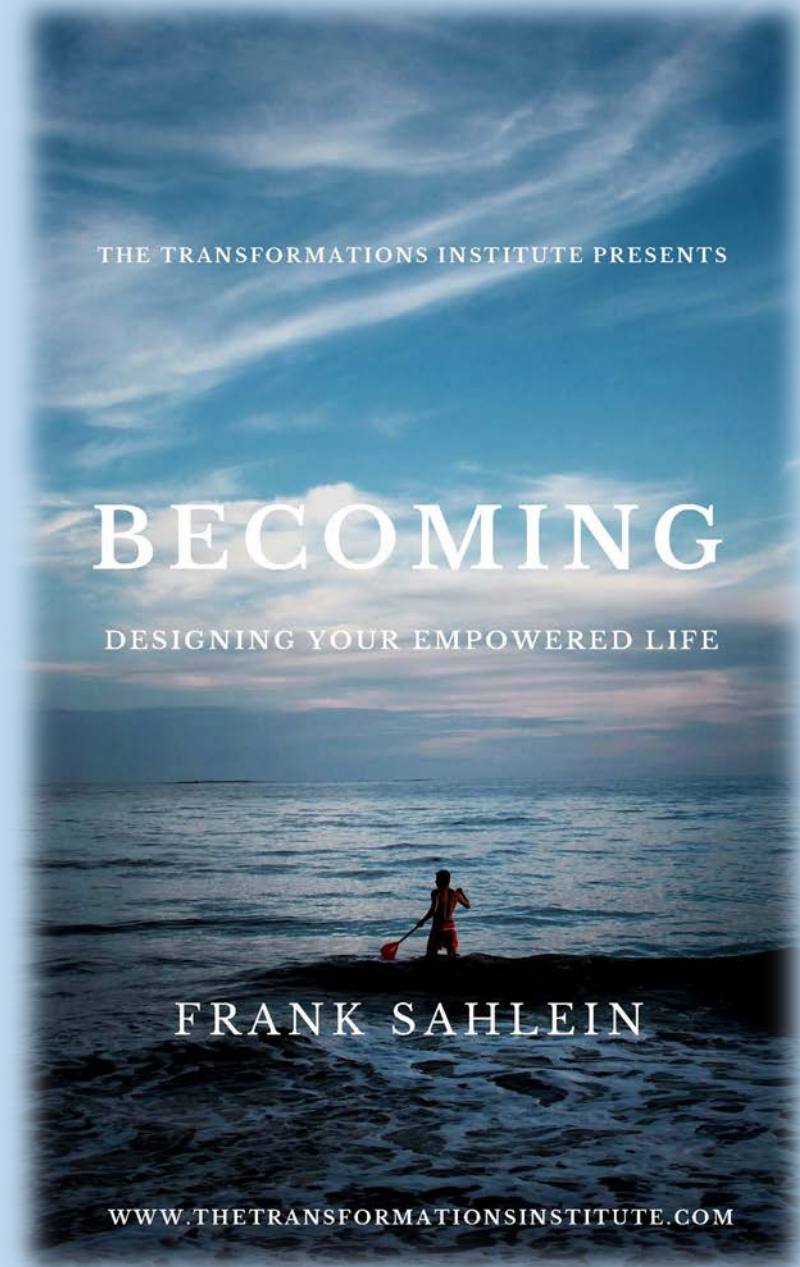
Lourdes Gonzalez





Personal Organization Level 1 Course outline

Getting In Control



Personal Organization Journey

Foundations: Getting In Control

- Why Organize?
- Determining Your 3 “Whys”
- Formula for Human Potential
- Daily Strategic Thinking (DST)
- Knowing Where and How To Start
- Energy, Stress and Time
- Managing Energies
- The Art of the Personal Calendar

WHY's and VALUES can be separated into 3 categories:

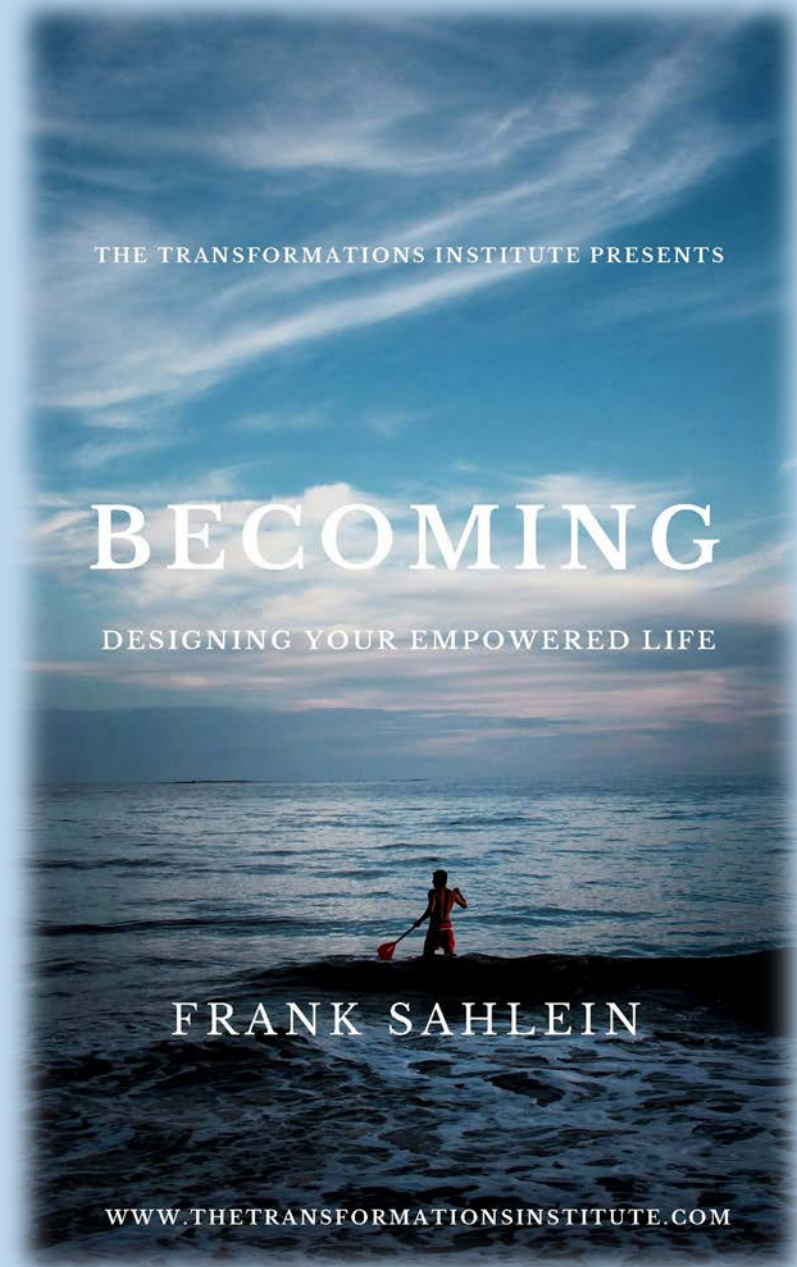


- Personal **Freedom**
- Professional **Passion**
- Interpersonal **Relationships**



Personal Organization Level 2 Course outline

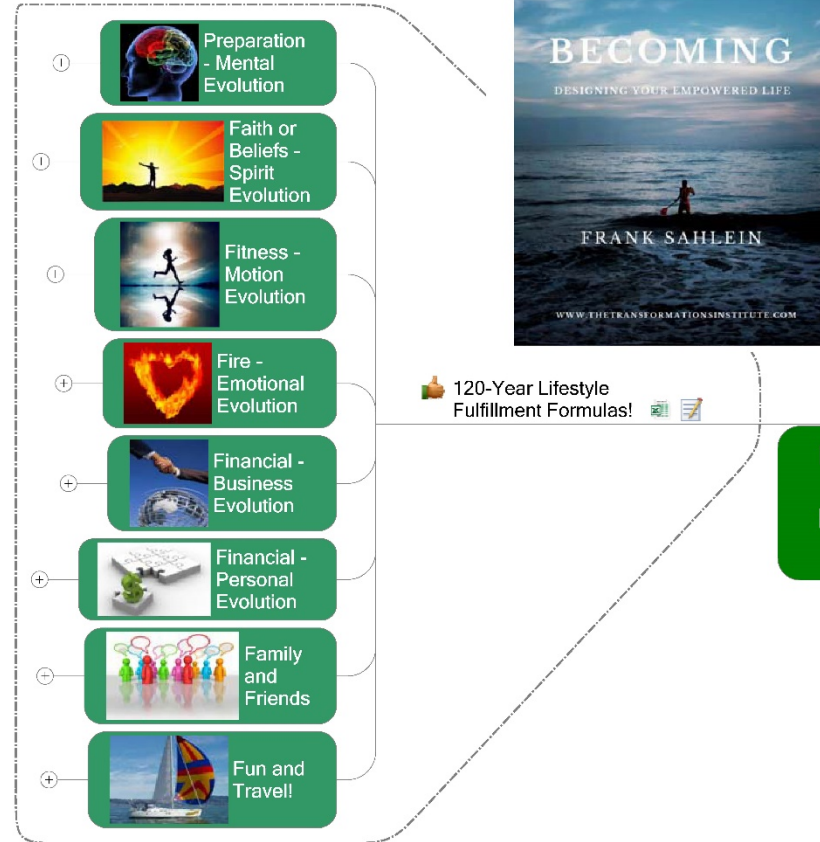
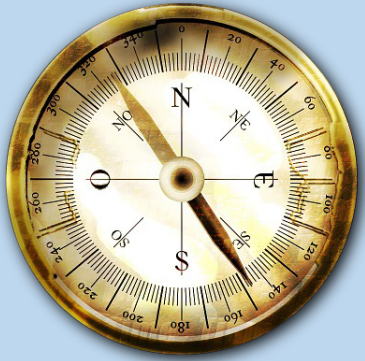
Staying In Control



Personal Organization Journey

Focus and Align Power: Staying In Control

- Mind Mapping
- Positive Pressure of Priorities
- Focus, Visualization and Power Learning
- Time Wasters and Time Savers
- Musical Motivation
- Duplicate Your Success



Balance

Growth

"Wild Cards" - people, places and passions!

+ Current Mentors

3rd LEVEL Consulting
Building your business potential

THE TRANSFORMATIONS INSTITUTE

Smart moves

RiskAssure SOLUTIONS

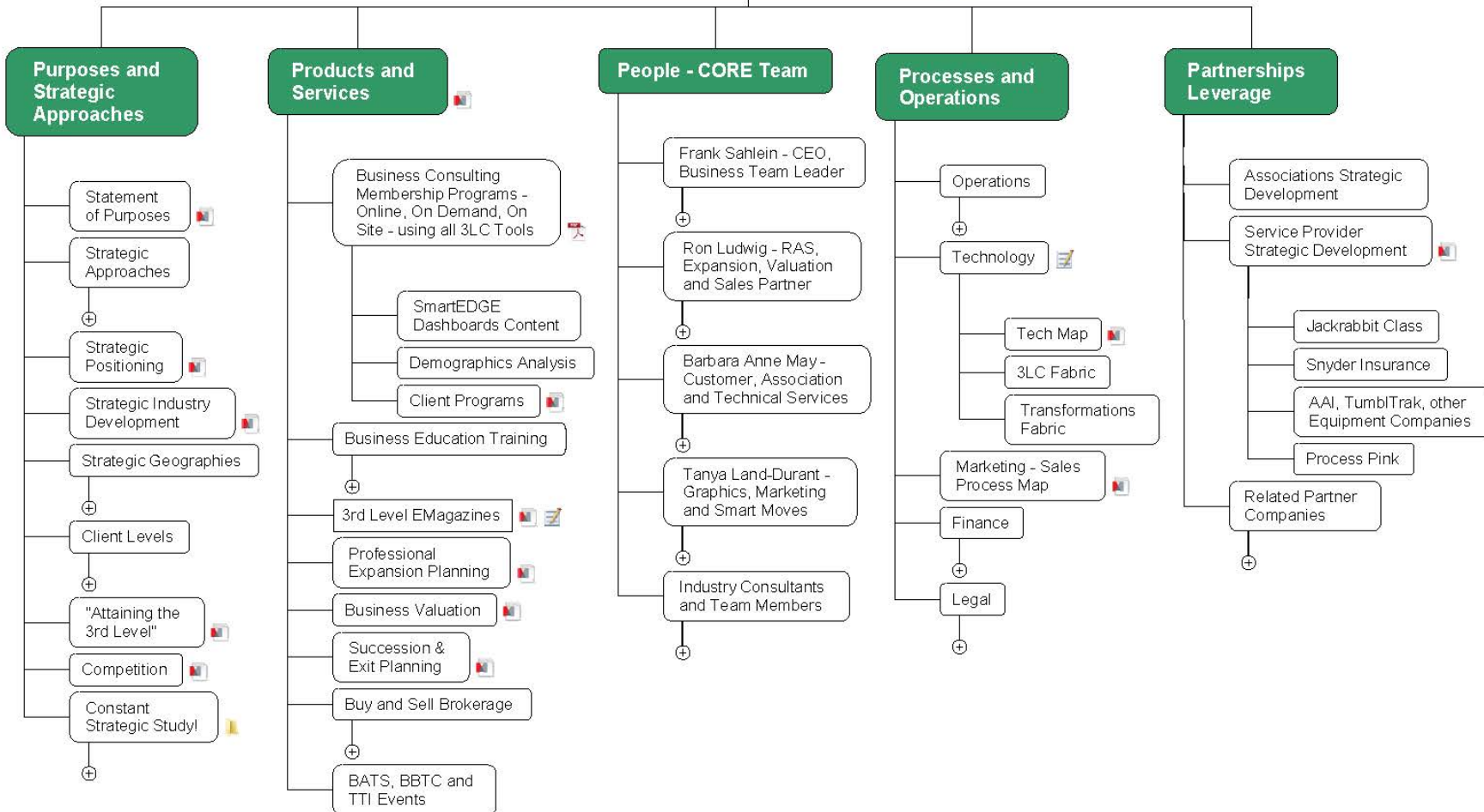
CHILD CARE BUSINESS INSIGHTS

Wings Center



Experience. Systems. Teamwork. Results.

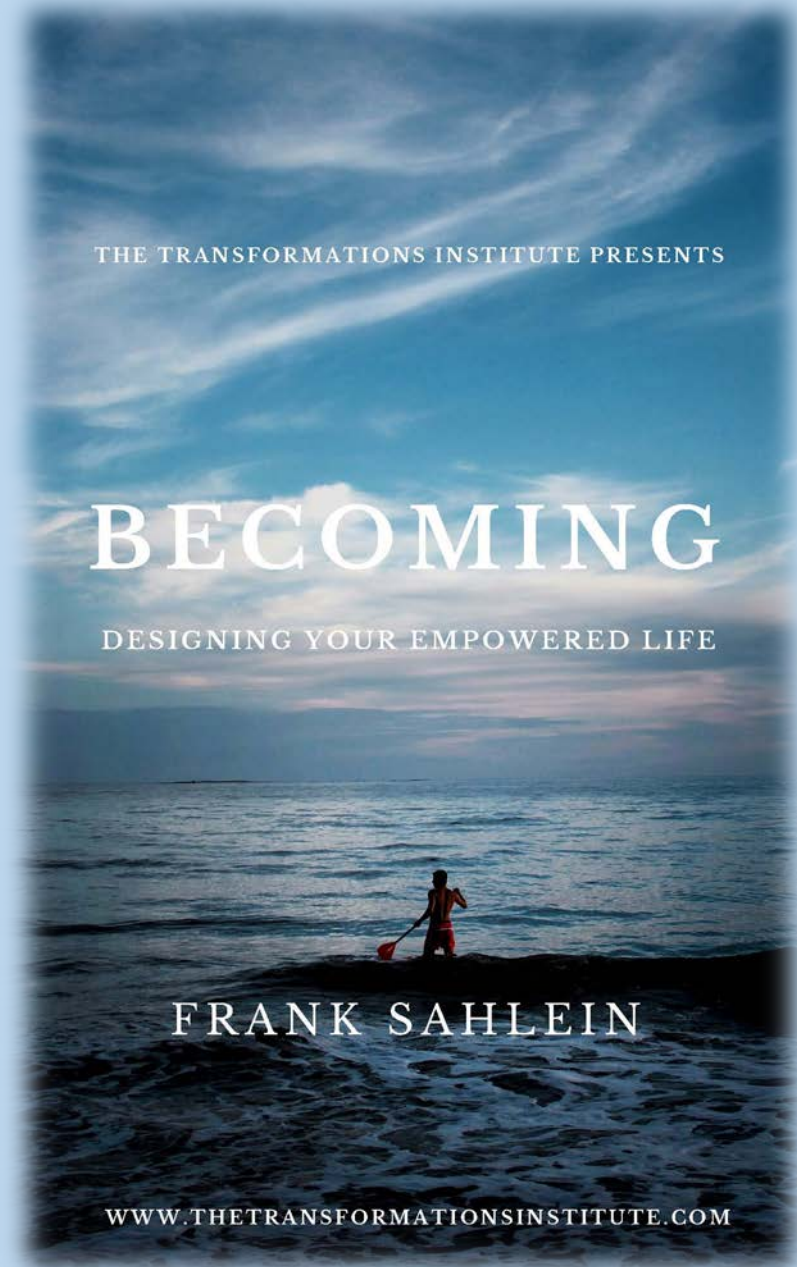
Strategic Development Overview





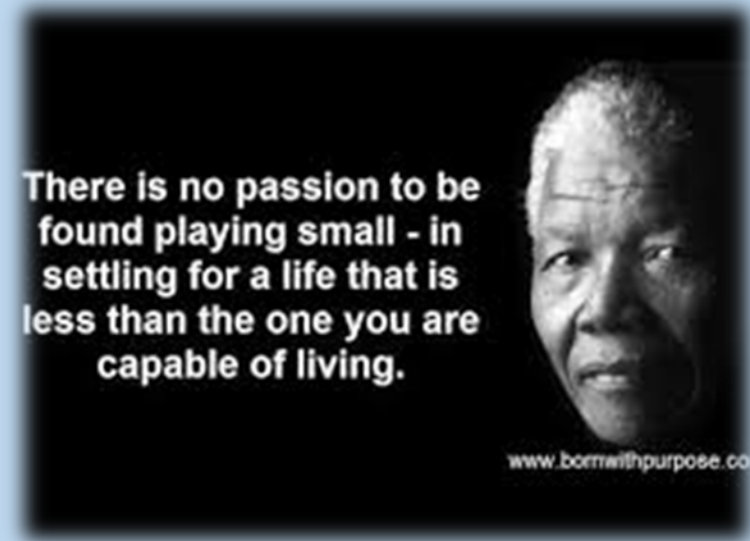
Personal Organization 3
Interactive eBook
Edition 1 outline

***Designing Your
Empowered Life***



BECOMING: Designing Your Empowered Life

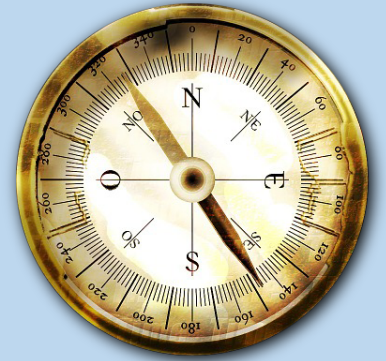
- Protect Your **Brain!**
- Identify Your **Archetype**
- Discover Your **Strengths**
- Design Your **Legacy**
- **Start** and **Share** Your Legacy Journey



Subsequent B:DYEL eBooks will feature contributing TTI Authors



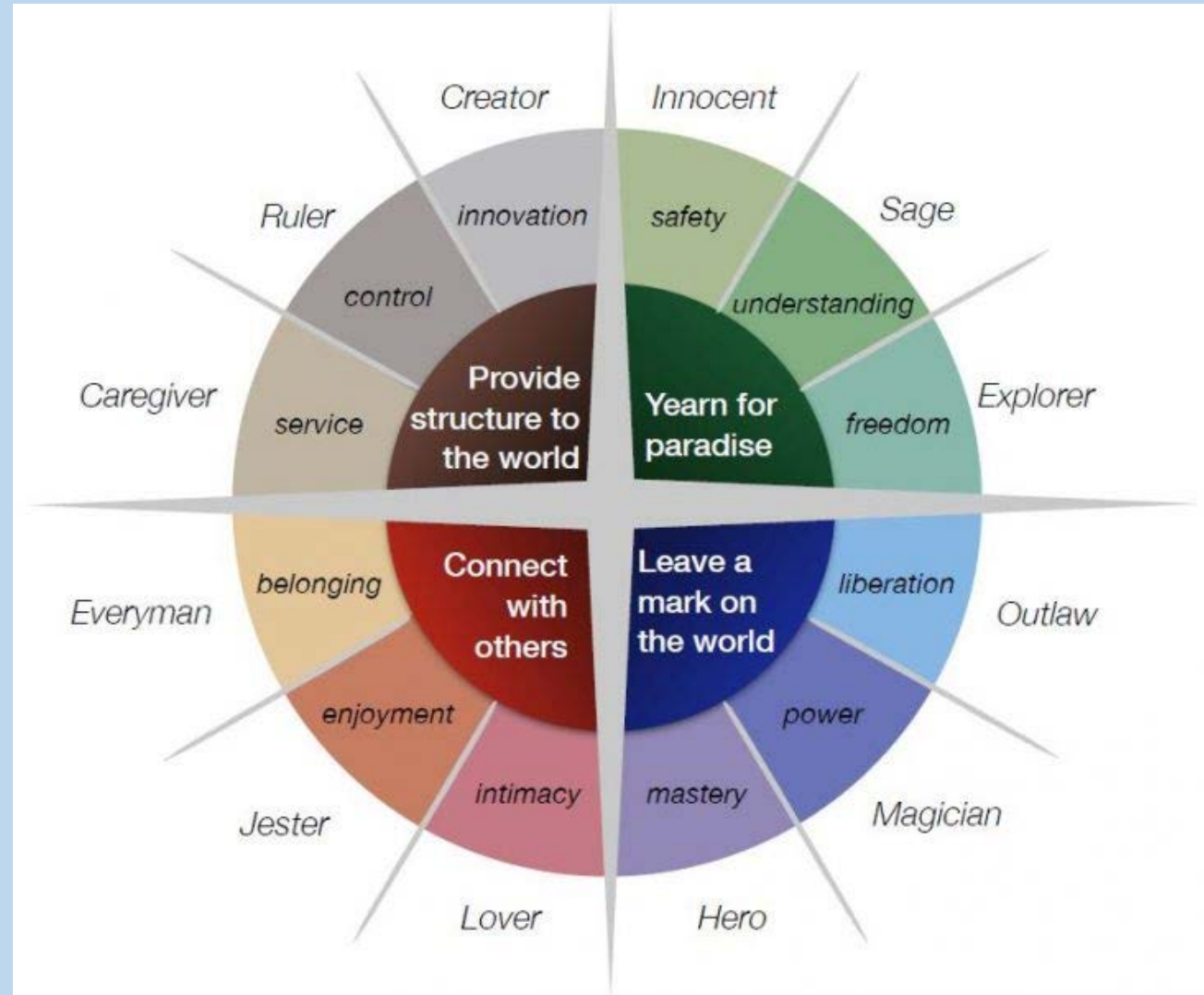
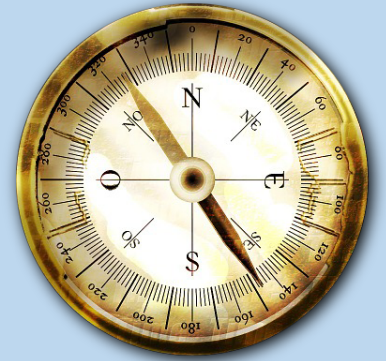
Protect Your Brain



- Sleep!
- Exercise!
- JOY
- Nutrition
- Internal Medicine
- Inflammation

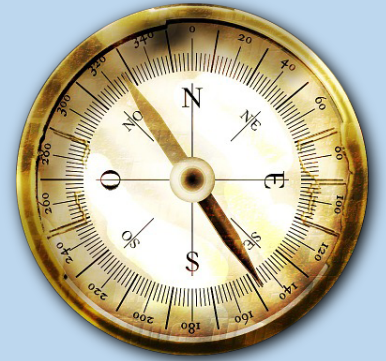


Identify Your Archetype





Identify Your Archetype



THE CREATOR'S CHARACTERISTICS

Creators live to express themselves creatively and in the way they want to

Creators are not particularly receptive to conflicting opinions

Creators adore working with their hands and avoid theoretical applications

Creators are often introverted and find the most peace when they keep to themselves

Creators feel the most fulfillment when they create things out of nothing

Creators absolutely despise repetition and will do anything that they can to avoid it, even if it's taking a different route to work or school



Discover Your Strengths



EXECUTING	INFLUENCING	RELATIONSHIP BUILDING	STRATEGIC THINKING
People with dominant Executing themes know how to make things happen.	People with dominant Influencing themes know how to take charge, speak up, and make sure the team is heard.	People with dominant Relationship Building themes have the ability to build strong relationships that can hold a team together and make the team greater than the sum of its parts.	People with dominant Strategic Thinking themes help teams consider what could be. They absorb and analyze information that can inform better decisions.
Achiever Arranger Belief Consistency Deliberative Discipline Focus Responsibility Restorative	Activator Command Communication Competition Maximizer Self-Assurance Significance Woo	Adaptability Connectedness Developer Empathy Harmony Includer Individualization Positivity Relator	Analytical Context Futuristic Ideation Input Intellection Learner Strategic



Discover Your Strengths



Strengths Insight and Action-Planning Guide

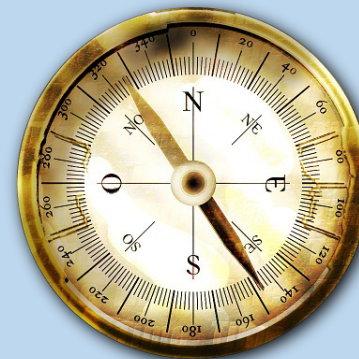
Frank Sahlein

Your Top 5 Themes

Strategic
Achiever
Self-Assurance
Futuristic
Learner



Design Your Legacy



- What do you want to **HAVE**?
- What do you want to **BE**?
- What do you want to **DO**?
- **Have – Be – Do** worksheet
- What do you want to **LEAVE**?

Design Your Legacy

HAVE BE DO LIFE GOALS - from the 4 Hour Work Week (Timothy Ferris)					
"Without passion, you don't have energy; without energy, you have nothing. Nothing great in the world has been accomplished without passion."					
The KEY question is: What EXCITES you, and puts WIND IN YOUR SAILS for the near term future?					
	3 Months out	6 Months out	12 Months out	Cost/Need	Notes or Steps Now
HAVING					
Personal					
Professional					
Interpersonal					
BEING					
Physically					
Mentally					
Emotionally					
Spiritually					
DOING					



Start Your Legacy Journey



Example 1: *intersecting
the Personal Growth
journey areas ...*

[Home](#)

[Growth Modules](#)

[Design Your Journey](#)

[Transformation Guides](#)

[Events](#)

[Connect](#)



THE
TRANSFORMATIONS
INSTITUTE

Where Life-Long Learners Collaborate



Mental Growth



Emotional Growth



Spirit Growth



Motion (Physical) Growth



Creative Growth



Leadership and Social Change



Personal Financial Growth



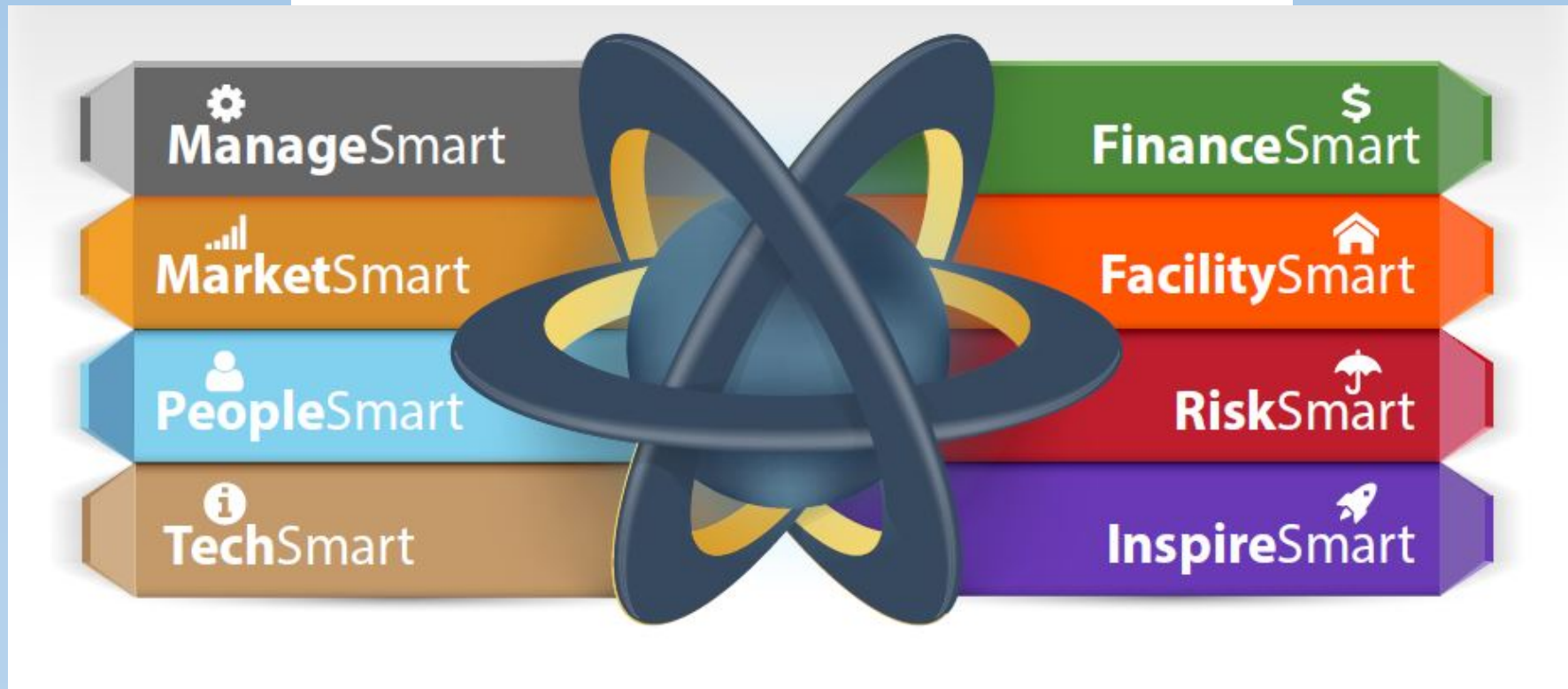
Business Growth

Have You Ever Wondered What Your True Human Potential Really Is?

*... with the SmartEDGE™
Dashboards business
modules!*

SmartEDGE

DASHBOARD™





IN A CULTURE OF POSSIBILITY

**SUCCESS NEVER
LOOKS LIKE A
STRAIGHT LINE.**

BECOMING: Designing Your Empowered Life!

8 x 8
Grid

Mental
Growth

Emotional
Growth

Spirit
Growth

Physical
Growth

Creative
Growth

Leadership
Growth

Pers. Financial
Growth

Business
Growth

ManageSmart

MarketSmart

PeopleSmart

TechSmart

FinanceSmart

FacilitySmart

RiskSmart

InspireSmart



Example 2: *merging
personal growth with the
elements of Inspiration!*

InspireSmart STEPS TO SUCCESS



1
MOTIVATION

your
WHY

2
SUCCESS
FORMULAS



3
GOAL
SETTING



4
CHANGE
FACTORS



keep change
SEAMLESS



5
INNOVATION



FUTURE
THINKING
Trendsetter



6
CREATIVITY

create
a climate



where people
WANT
to be



7
NEGOTIATING
SKILLS



craft
WIN-WIN
Situations



8
ENDLESS
LEADERSHIP

LEADERS
BUILD
MORE
LEADERS



LEAD
with
INTENT



BECOMING: Designing Your Empowered Life!

8 x 8
Grid

Mental
Growth

Emotional
Growth

Spirit
Growth

Physical
Growth

Creative
Growth

Leadership
Growth

Pers. Financial
Growth

Business
Growth

Motivation

Success
Formulas

Goal Setting

Change
Factors

Innovation

Creativity

Negotiating
Skills

Endless
Leadership





Share Your Legacy Journey



"We rise
by lifting
others."

-Robert Ingersoll

yourbeautifullife.org



Build someone up. Put their insecurities to sleep. Remind them they're worthy. Tell them they're magical. Be light in a too often dim world.

APLUS.COM

A white rectangular card with a torn-edge effect is centered on a yellow background. The card is framed by green leaves and white flowers. The quote is written in a bold, black, sans-serif font.

**“IF YOU SEE
SOMETHING
BEAUTIFUL IN
SOMEONE,
SPEAK IT.”**

- RUTHIE LINDSEY



Share Your Legacy Journey

Alternating elements of Personal
Growth with the InspireSmart system



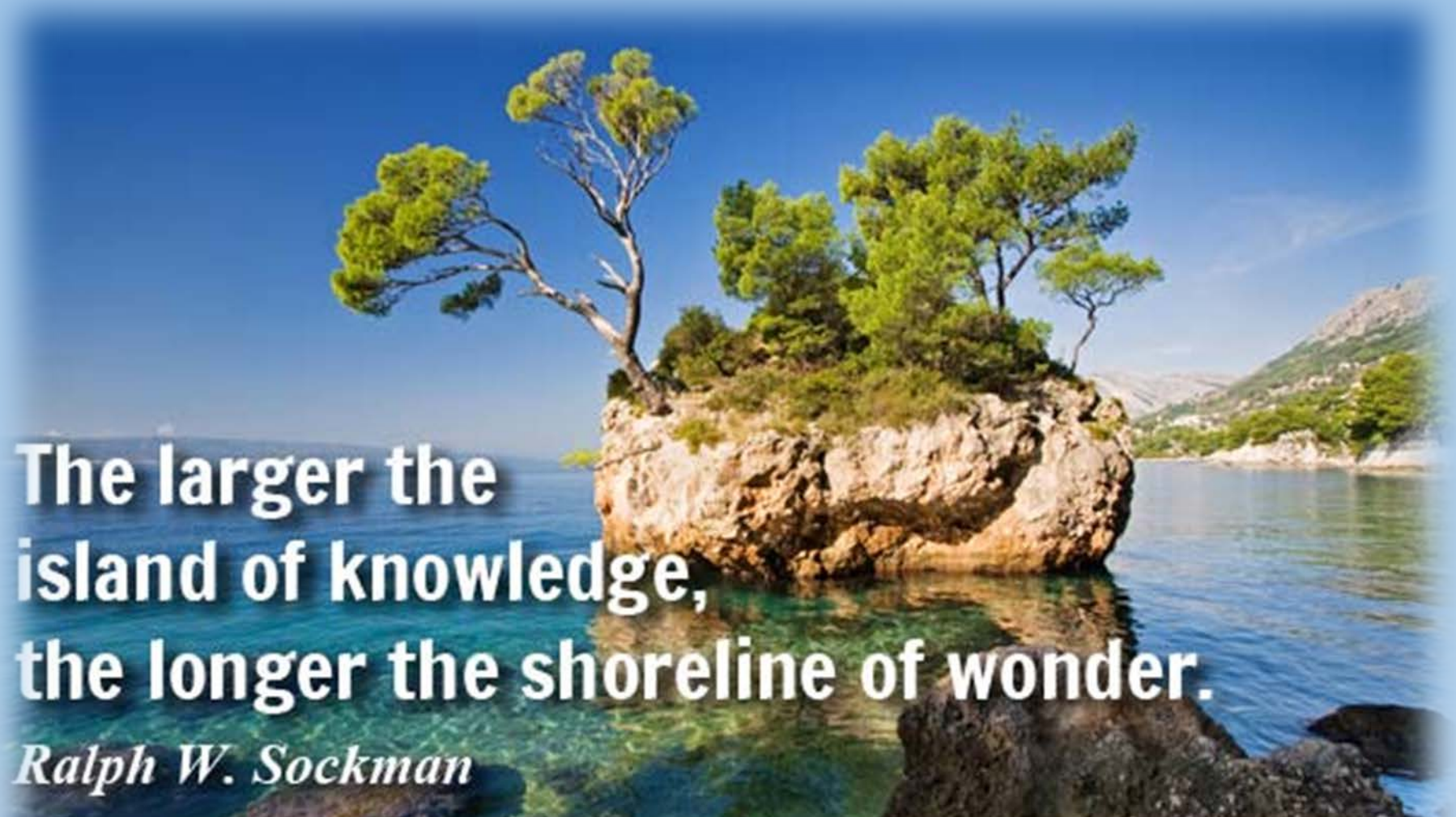
Mental Growth & Motivation



Mental Growth Journey

**NEW MONTH.
NEW BEGINNING.
NEW START.
NEW MINDSET.
NEW FOCUS.
NEW INTENTIONS.
NEW RESULTS.**





**The larger the
island of knowledge,
the longer the shoreline of wonder.**

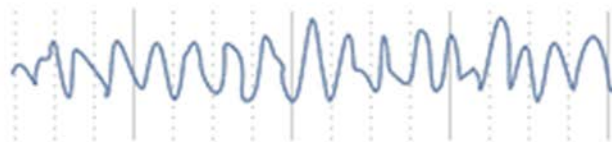
Ralph W. Sockman

Four Categories of Brain Wave Patterns



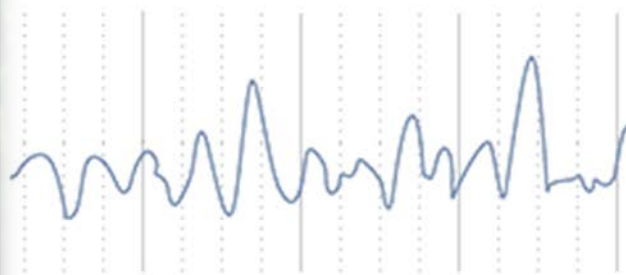
Beta (14-30 Hz)

Concentration, arousal, alertness, cognition
Higher levels associated with anxiety, disease, feelings of separation, fight or flight



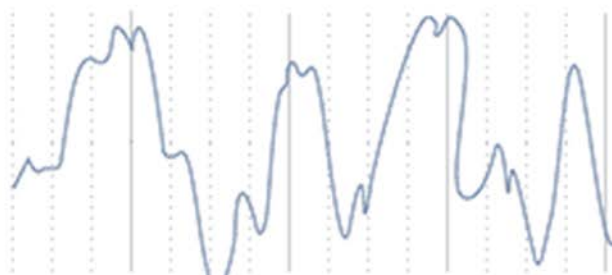
Alpha (8-13.9 Hz)

Relaxation, superlearning, relaxed focus, light trance, increased serotonin production
Pre-sleep, pre-waking drowsiness, meditation, beginning of access to unconscious mind



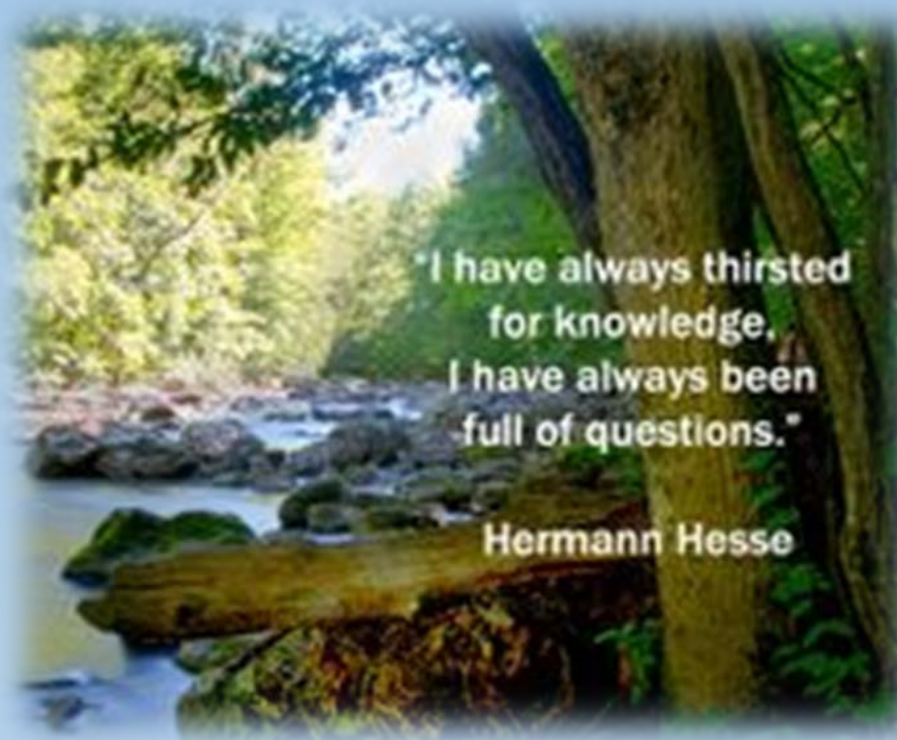
Theta (4-7.9 Hz)

Dreaming sleep (REM sleep)
Increased production of catecholamines (vital for learning and memory), increased creativity
Integrative, emotional experiences, potential change in behavior, increased retention of learned material
Hypnagogic imagery, trance, deep meditation, access to unconscious mind



Delta (.1-3.9 Hz)

Dreamless sleep
Human growth hormone released
Deep, trance-like, non-physical state, loss of body awareness
Access to unconscious and "collective unconscious" mind, greatest "push" to brain when induced with Holosync®



"I have always thirsted
for knowledge,
I have always been
full of questions."

Hermann Hesse



MOTIVATION

WHEN YOU WANT TO
SUCCEED AS MUCH
AS YOU WANT TO BREATHE,
THAT'S WHEN YOU
WILL BE SUCCESSFUL

kelvin@pymotion.com

Moonshot Thinking

Moonshots live in the gray area between audacious projects and pure science fiction; instead of mere 10% gains, they aim for 10x improvements **(100 x difference!)**

The combination of a huge problem, a radical solution, and the breakthrough technology that might just make that solution possible is the essence of a Moonshot.

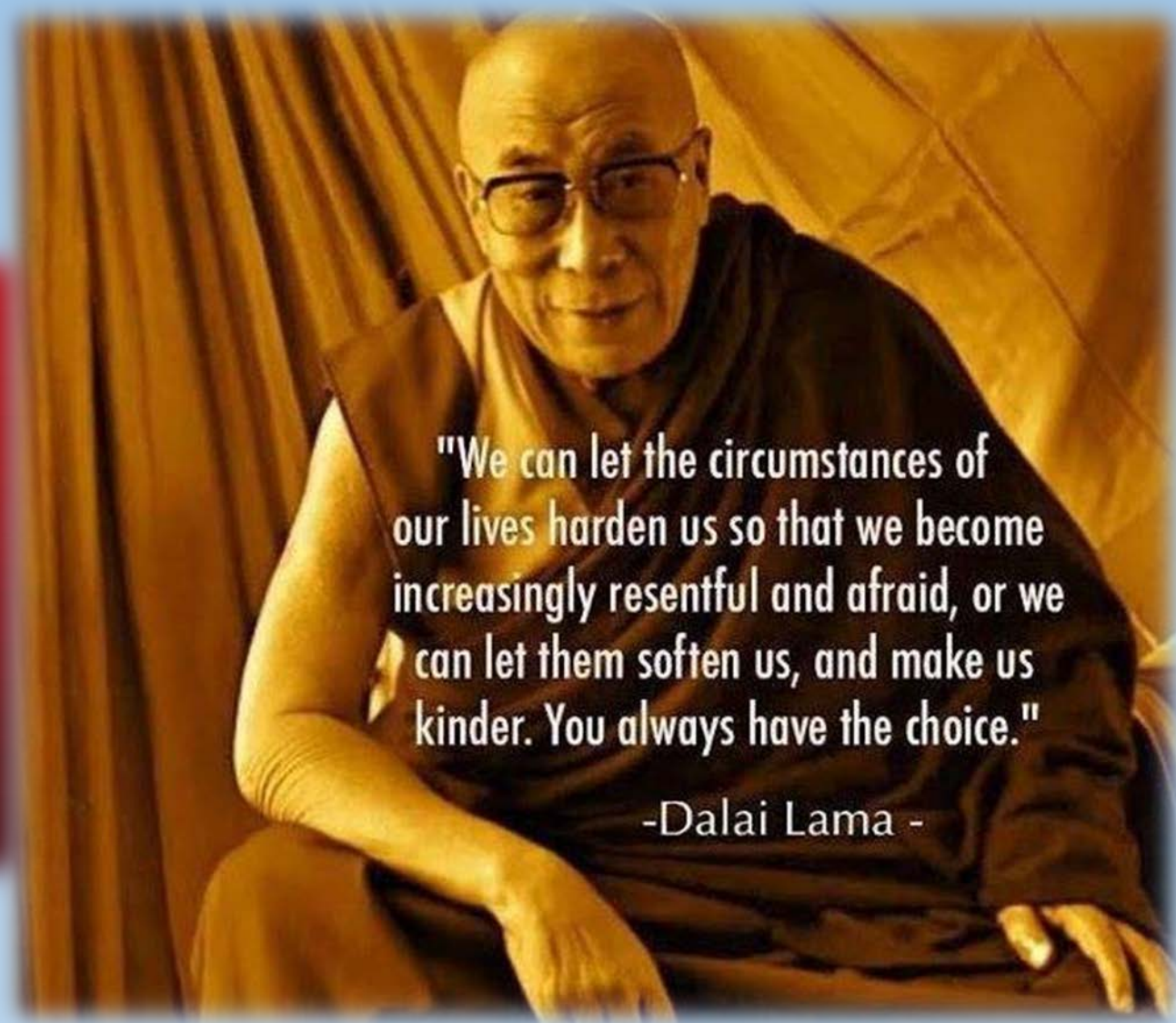




Emotional Growth & Success Formulas



Emotional Growth Journey



"We can let the circumstances of our lives harden us so that we become increasingly resentful and afraid, or we can let them soften us, and make us kinder. You always have the choice."

-Dalai Lama -

MOST OF US, AT ONE TIME OR
ANOTHER, HAVE IMAGINED WHAT IT
WOULD BE LIKE TO SEE INTO THE
FUTURE. IT CAN BE DONE, BUT
THERE'S A **SECRET** TO IT. FIRST,
IMAGINE YOUR FUTURE AND WHAT
IT IS YOU WANT. THEN, GO GET IT.
THE SECRET? **YOU.**

MIKEGILLETTE.COM

SUCCESS
formulas

Compounding Laws of SUCCESS ...

- ▶ Definite Chief AIM
- ▶ Self-Confidence
- ▶ Habit of Saving
- ▶ Initiative Leadership
- ▶ Imagination
- ▶ Enthusiasm!
- ▶ Self-Control
- ▶ Habit of Doing More Than You Are Paid For
- ▶ Pleasing Personality
- ▶ Accurate Thinking
- ▶ Concentration Focus
- ▶ Cooperation
- ▶ Tolerance
- ▶ Profit from Failure
- ▶ Golden Rule
- ▶ Master Mind Alliances!

Napoleon Hill – 1928, “Laws of Success”



Spirit Growth & Goal Setting



Spirit Growth Journey



***“Then where does the power come from,
to see the race to its end? From within.”***

Chariots of Fire

An arrow can be shot only by pulling it backward. So when life is dragging you back with difficulties, it means that it's going to launch you into something great.



fb/david avocado wolfe



GOAL setting



4th Element – **GOAL** Quantum Jumping

The first 3 elements are **Detail, Consistency and Belief**.
The most powerful (and my personal favorite) way to use visualization is to use the 4th element:
the “**Quantum Jump**”.

This involves visualizing your twin or “doppelganger” in an alternate universe who is *already* “doing the thing or getting the thing” we want to make real in our current lives.

The process takes you through imagining yourself talking to this *already-successful version of yourself* and receiving tips, instructions, and specific information to help you now.





Physical Growth & Change Factors



Physical Growth Journey



9 Things That Happen When You Get Fit

Thing 1: You'll Want More Exercise

Thing 2: Bedtime Will Be Better

Thing 3: Confidence Becomes You

Thing 4: You Eat Well

Thing 5: Showers Feel Better

Thing 6: Heavy Isn't Heavy

Thing 7: Your Body Functions Improve

Thing 8: You'll Go Shopping

Thing 9: You Won't Fear Sore

*On this earth, in these physical bodies, we can use the gift of **movement** to connect to the energy of our entire being.*

YOU
CAN'T START
THE NEXT
CHAPTER
OF YOUR LIFE
IF YOU KEEP
RE-READING
THE LAST ONE.



CHANGE
factors

LIFE ROI: What is your “Return on TimeMonErgy?”

- Return on your **TIME** investment
- Return on your **MONEY** investment
- Return on your **ENERGY** investment
- ***Synergistic TimeMonErgy ROI***



GREAT

~~Good~~ things
come to those
who wait.

DON'T



Creative Growth & Creativity



Creative Growth Journey



Creativity promotes both physical health and mental happiness. But, you don't have to write a best seller or paint a masterpiece to reap the benefits. Frequently trying new things is the real key. If you're feeling stuck, make up new and fun ways to light that **creative spark!**

CrEaTiViTy



Opal Pool



Full-time Creativity



- ▶ You can't force yourself or others to be creative
- ▶ You can set up an environment where Creativity is more likely to happen



Leadership Growth & Endless Leadership

Leadership Growth Journey



Social Namaste

Spreading Love, not hate

A transformational journey in creating a "politics of love"

As our country experiences a "spiritual crisis", remember you are the solution. Engage yourself on a higher level in this year long opportunity. Learn how to intersect spirituality with social/political issues:

- communicate respectfully/deep listening
- remove fear
- practice forgiveness
- promote compassion
- craft new personal goals...



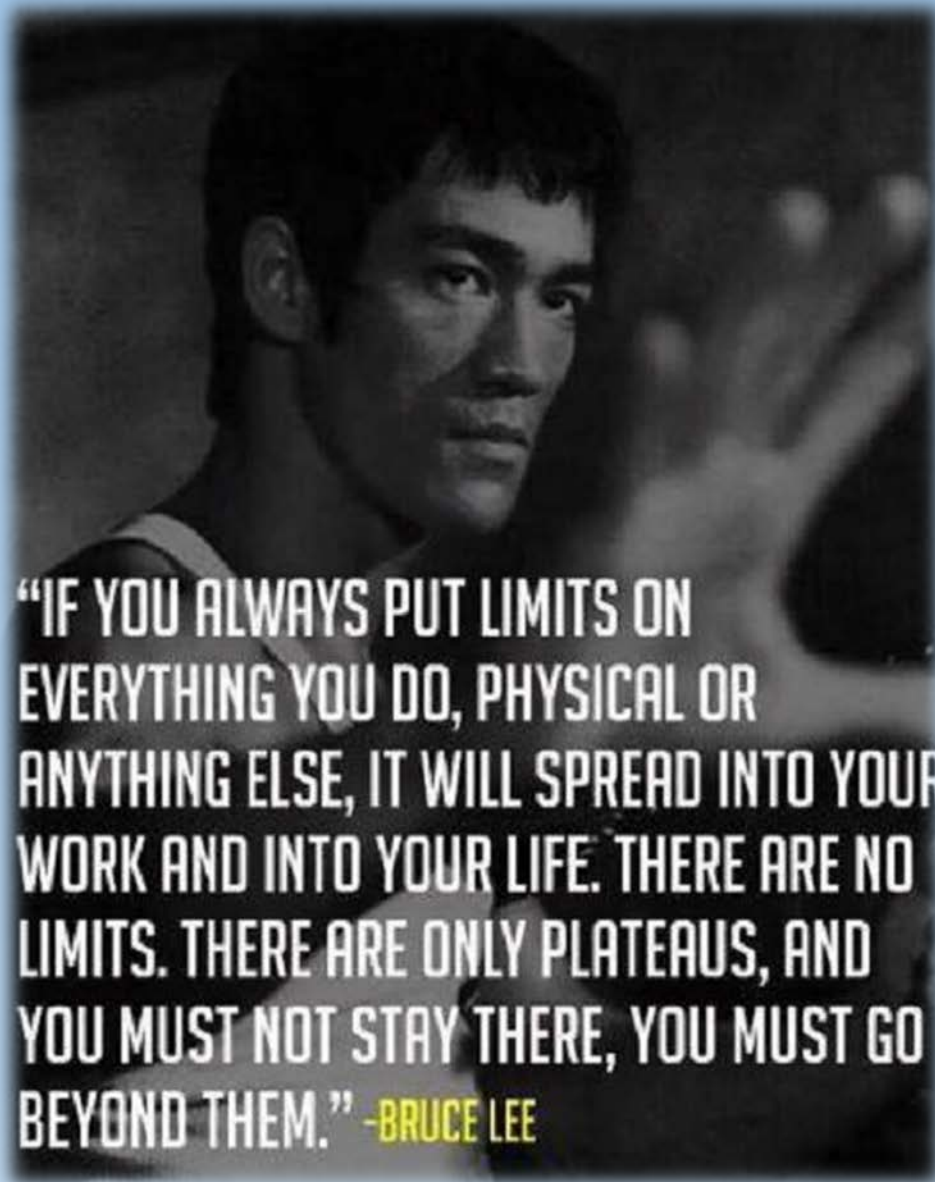
*Leadership
for
Social Change*



or ashalome.lynne@gmail.com



Endless LEADERSHIP

A black and white portrait of Bruce Lee, looking slightly to the right with a serious expression. He is wearing a dark, possibly wet, shirt.

“IF YOU ALWAYS PUT LIMITS ON EVERYTHING YOU DO, PHYSICAL OR ANYTHING ELSE, IT WILL SPREAD INTO YOUR WORK AND INTO YOUR LIFE. THERE ARE NO LIMITS. THERE ARE ONLY PLATEAUS, AND YOU MUST NOT STAY THERE, YOU MUST GO BEYOND THEM.” -BRUCE LEE



Key Leadership Skill Sets



- ▶ The Art of Organization
- ▶ The Art of Communication
- ▶ The Leader's Cultural Quotient (CQ)
- ▶ The Art of Delegation
- ▶ The Art of Deal-Making (negotiating)
- ▶ The Anti-Hero Leader (quiet charisma)



As you shift, your
transformation is mirrored
in the greater world

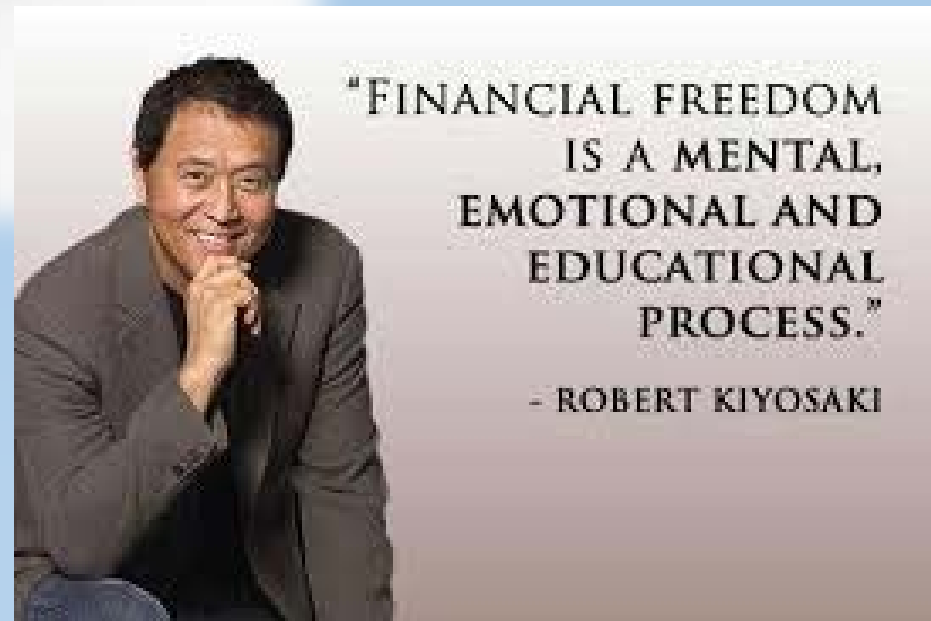
 PANACHE DESAI



Personal Financial Growth & Negotiating Skills



Personal Finance Growth Journey



"FINANCIAL FREEDOM
IS A MENTAL,
EMOTIONAL AND
EDUCATIONAL
PROCESS."

- ROBERT KIYOSAKI



NEGOTIATING skills

The Art of Negotiating



- ▶ *“Negotiating for the Win-Win scenario is one of life’s great joys”*
- ▶ *“Negotiation is the only tool that will obtain and sustain any station in life you truly desire”*



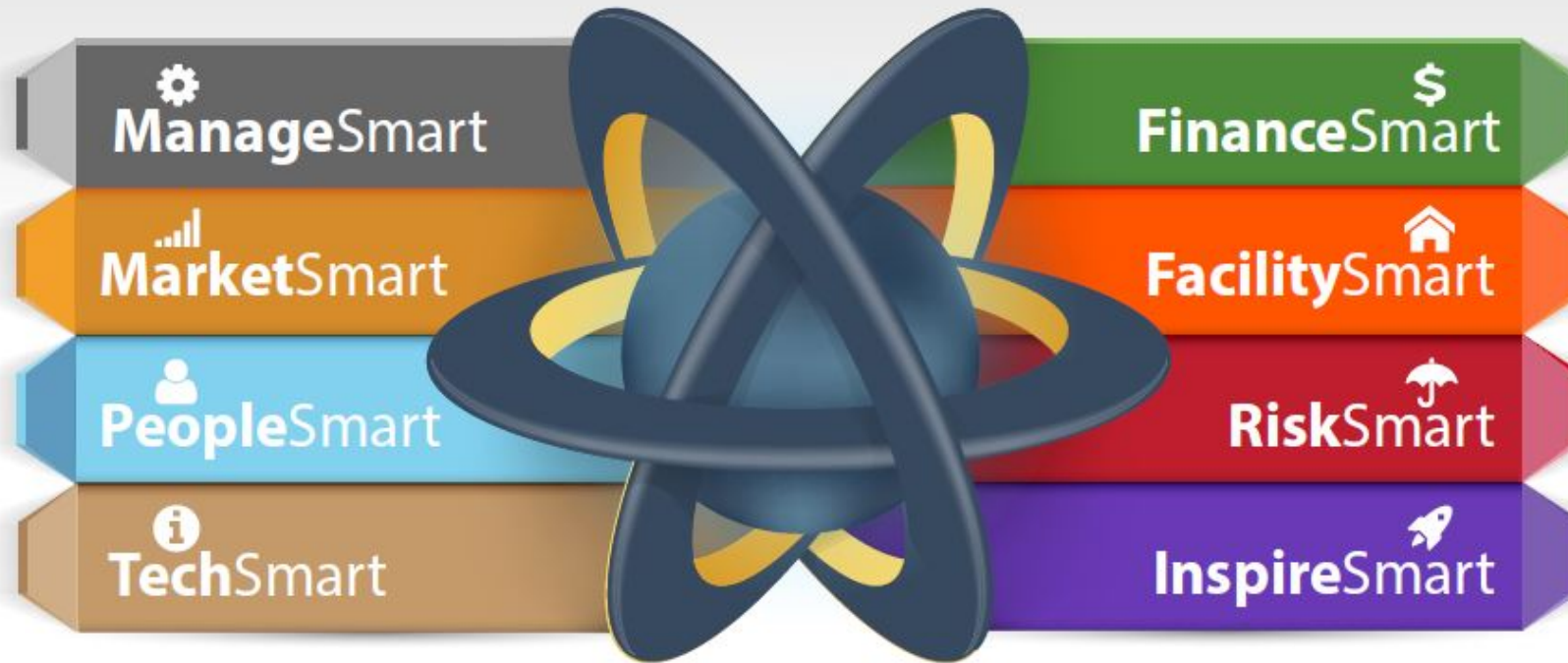
Business Growth & Innovation

Business Growth Journey



SmartEDGE

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Luck is what
happens when
preparation
meets
opportunity.

-Seneca

INNOVATION



Innovation

- ▶ Blue Ocean Strategy (Mind Map)
- ▶ Breakthroughs are found at the ***Edge of the Impossible!***
- ▶ “Headlines From the Future”
 - ▶ Backcasting Innovation Technique



“ We have just one life. Live your life to the fullest, give your best in everything, do what you love, regret and fear nothing.

The master in the art of living makes little distinction between his work and his play, his labor and his leisure, his mind and his body, his information and his recreation, his love and his religion. He hardly knows which is which. He simply pursues his vision of excellence at whatever he does, leaving others to decide whether he is working or playing. To him he's always doing both.

There is no compelling evidence that this quote was crafted by James Michener. Nor is there evidence of a Zen Buddhist origin. [Lawrence Pearsall Jacks](#), an educator and Unitarian minister, crafted the quotation and used it in a book he authored in the 1930s. His name is often abbreviated as [L. P. Jacks](#).

namasté

(*nah-mas-tay*)

My soul honors your soul.
I honor the place in you where
the entire universe resides.
I honor the light, love, truth,
beauty & peace within you,
because it is also within me.

In sharing these things
we are united, we are the same,
we are one.

