
Scroll One – Making and Keeping Commitments



1) Begin a New Life:

Describe your old life

Affirmation: I learn from the past not live in it!

2) Learn from the Wisdom of Others

Make a List of your Mentors

Affirmation: I learn from the wisest of my profession!

3) Reject Failure

Why I deserve to be successful

Affirmation: I reject failure!

Scroll One – Making and Keeping Commitments



4) Trust you are capable

What are my beliefs about needing more education before I enjoy success?

Affirmation: I have the knowledge and capacity to succeed!

5) Embrace Principles

Define the word success.

Affirmation: I embrace principles for they will lead me to greatness!

6) Form good habits

What are my good habits?

Affirmation: I am a slave of good habits!

7) Read the scrolls as prescribed (7 days – 3 times a day)

Am I committed to...._____

Affirmation: I read each scroll daily for 7 days!



Scroll Two – The Love Paradox

1) Show gratitude

List pleasant experiences in your life

List experiences that have caused pain

What lessons have I learned from the painful?

Affirmation: *I find good in everything that happens!*

2) Find the good in others

Make a list of three attempts this week to find the good in other

Affirmation: *I actively look for the good in others and I affirm it!*

3) Build bridges

Listen without giving advice

Reach out to a neighbor

Do research about someone, find what they like and surprise them with a gift!

THREE OTHER IDEAS I HAVE

Affirmation: *I emotionally connect with everyone that I meet!*



Scroll Two – The Love Paradox

4) Choose to respond not react

Describe your heightened state of awareness this week

How did I make a different choice as a result of my awareness?

How did the outcome change as a result of my awareness and choice?

Affirmation: I consciously choose how I respond to every situation and avoid purely emotional reaction!

5) Give others silent affirmation

How do I judge others?

How has saying silently to yourself “ I love you” affected your judgment?

Affirmation: I fill all my thoughts about others with positive affirmation!



Scroll Two – The Love Paradox

6) Love myself

Do I eat healthy food? NO 1-2-3-4-5-6-7-8-9-10 YES

Do I drink in moderation? NO 1-2-3-4-5-6-7-8-9-10 YES

Do I take illicit drugs? NO 1-2-3-4-5-6-7-8-9-10 YES

Do I exercise? NO 1-2-3-4-5-6-7-8-9-10 YES

Do I read positive books? NO 1-2-3-4-5-6-7-8-9-10 YES

Are my thoughts positive and focused? NO 1-2-3-4-5-6-7-8-9-10 YES

What is the FIRST change I can make, to start loving myself more today?

Affirmation: *My thoughts, feelings and reactions reflect the love I have for myself!*



Scroll Three – I will persist until I succeed

1) Be brave

What things sting me on a daily basis?

How did I make a different choice as a result of my awareness?

How did the outcome change as a result of my awareness and choice?

Affirmation: *I charge forward everyday in spite of the sting of the blade!*

2) Be self motivated

What are the signs and symptoms of this deadly disease?

1.

2.

3.

4.

5.

What will I do differently?

NOW DO IT!!!!

Affirmation: *I am in charge of my own destiny!*



Scroll Three – I will persist until I succeed

3) Take another step (Move Forward)

Why do we stop?

What does it take to get us moving again?

Affirmation: I focus on the prizes at the end of the journey and then find the strength to take another step!

4) Do the little things consistently

What are my goals?

1. GOAL

Little thing

Little thing

Little thing

2. GOAL

Little thing

Little thing

Little thing

Affirmation: I focus on the little things that when consistently completed result in excellence!



Scroll Three – I will persist until I succeed

5) Eliminate negative self talk

Make a list of your negative self talk

1.

2.

3.

4.

5.

6.

Affirmation: I focus on the positive and eliminate the negative!

6) Refrain refusal

Each failure brings you closer to your dreams.

Give an example of a time you felt failure, but looking back, you learned a valuable lesson that has brought you closer to success!

Affirmation: I know that each failure brings me one step closer to success!



Scroll Three – I will persist until I succeed

7) Overcome obstacles

Give another example of a time you felt failure, but looking back, you learned a valuable lesson that has brought you closer to success!

Affirmation: I turn obstacles into stepping-stones to success!

8) End each day with a success

This week write *ONE MORE* thing I could do today that would positively impact my future?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

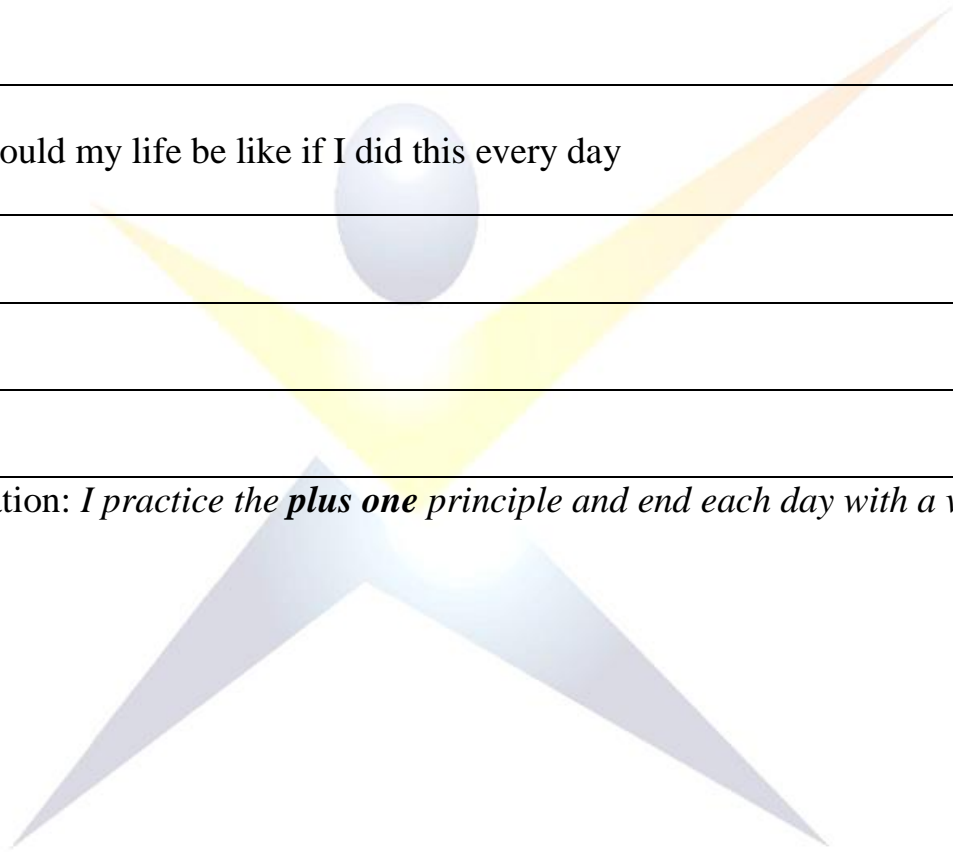


Scroll Three – I will persist until I succeed

What would be different had I not completed these tasks?

What would my life be like if I did this every day

*Affirmation: I practice the **plus one** principle and end each day with a victory!*





Scroll Three – I will persist until I succeed

9) Sustain momentum

What could I do daily to make sure I have a consistent storage of resources?

Affirmation: I celebrate yesterday's success with today's hard work and enthusiasm!



Scroll Four – I am nature’s greatest miracle

1) Recognize your uniqueness

Take at least 5 minutes to look at yourself in the mirror to recognize your uniqueness.

What do you recognize about you that makes you unique?

Affirmation: *I am the only me in the world!*

2) Embrace your internal Flame

What are some feelings that burn inside that makes you feel the **need** to change?

1. _____

2. _____

3. _____

Affirmation: *I will be better than I am!*

3) Display your uniqueness

What makes you rare and unique as an individual compared to others?

Affirmation: *I am different from all others and proud of the difference!*

Scroll Four – I am nature’s greatest miracle



4) Maximize your potential

To maximize you potential circle the one item below that is the most important and/or the first priority in having all we desire.

Have

To Do

To Be

Affirmation: *I maximize my potential!*

5) Have a purpose

What three goals can you write down that will improve your life?

1. _____

2. _____

3. _____

Affirmation: *I grow and improve daily to achieve my purpose!*

6) Live in the now

- Do you have a challenge being present sometimes?
- Who can you ask, that is close to you, the following question for feedback?
- Name that Person: _____
- Ask this question and write down the feedback given to you ...When I am with you do you feel that I’m really here or like I’m somewhere else?

- How does that make them feel?

Affirmation: *I compartmentalize my life and am present in the moment!*

Scroll Four – I am nature’s greatest miracle



7) View obstacles as opportunities

What are some obstacles you think may try to get in your way?

1.

2.

3.

4.

What opportunities do you think you can turn these obstacles into?

5.

6.

7.

8.

Affirmation: I turn obstacles into opportunities!



Scroll Five – I will live this day as if it is my last

1) Bury Yesterday

Make a list of the things that haunt you from the past. The evil that was spoken, things you have done, the pain you have or even may have caused. Once this list is created, dispose of it as if to say goodbye to those past issues. Get rid of it once and for all!!

Affirmation: I live today and I no longer worry about yesterday's misfortunes, misdeeds, defeats and heartaches!

2) Live in Today

Describe a few of the dreams you have and then write down the steps or goals you need to set to make these dreams come true.

- a) My Dream House is.....
- These are the Steps I can take to get it.....
- b) My Dream Car is a

Affirmation: I live in today and no longer worry about what might happen tomorrow!



Scroll Five – I will live this day as if it is my last

3) Show Gratitude for Life

What would you do today if today was your last day of life? Who would you call? What would you say? Who would you say thanks to? Once this is complete, make one of those calls.

Affirmation: I am happy to be alive! I live in deep gratitude as I remember all of those who created yesterday's sunrise and are no longer living today!

4) Value Time as Priceless

List some ways you find yourself wasting time.

- 1.
- 2.
- 3.
- 4.

List some ways you can maximize your time.

- 1.
- 2.
- 3.
- 4.

Affirmation: I value time as priceless, for if I waste my time I waste my life!

Scroll Five – I will live this day as if it is my last



5) Avoid the Killers of Time

What are your most pressing doubts and fears that tend to make you paralyzed and idle?

Affirmation: I use my time wisely and avoid procrastination fear and doubt!

6) Serve Others

Ask yourself who you can assist each day for the next five days. Please document at least one of those situations and be prepared to share with our group.

Affirmation: I give myself away in sacrifice and work for others!

7) Excel Today

What can you do today and tomorrow that will make fill your life with value?

Affirmation: Today is my finest hour personally and professionally!



Examples of Core Values

Core values are the fundamental beliefs of a person or organization. The core values are the guiding principles that dictate behavior and action. Core values can help people to know what is right from wrong; they can help companies to determine if they are on the right path and fulfilling their business goals; and they create an unwavering and unchanging guide. There are many different types of core values and many different examples of core values depending upon the context.

Core Values About Life

Often, when you hear someone discuss why they fell in love with a spouse, they will mention that they have the same values. In this case, they are often talking about core values, or internal beliefs that dictate how life is to be lived.

Some examples of core values people might have about life include:

- *A belief, or lack thereof, in God and/or an affiliation with a religious institution
- *A belief in being a good steward of resources and in exercising frugality
- *A belief that family is of fundamental importance
- *A belief that honesty is always the best policy and that trust has to be earned
- *A belief in maintaining a healthy work/life balance

Parents also try to instill these types of positive core values in children.

Of course, core values don't always have to be positive. Some people may be driven by self-interest or greed, and these are core values too if they dictate the way the people live their lives.



Core Values

Don't worry about happiness; focus on core value.

Published on April 30, 2010 by Steven Stosny, Ph.D. in Anger in the Age of Entitlement

Value plays an enormously important role in emotional well being. We feel authentic when we are true to our deepest values, numb when we're indifferent to them, guilt and shame when we violate them, and utter meaninglessness when we lose touch with them.

The significance of value becomes clearer in behavioral language, used as a verb rather than a noun. To value someone or something is to hold that person or thing as important - above and beyond survival considerations - and worthy of appreciation, time, energy, and, if necessary, sacrifice. (See creating and experiencing value.) Valuing enhances the self. We become fuller persons when we love, connect, appreciate, improve, protect; we become more valuable as we create and maintain value.

Enhancing the Self vs. Inflating the Ego

Creating and maintaining value enhances the self by increasing the capacity to learn, appreciate, grow, improve, connect, or protect. Inflating the ego is based on devaluing, i.e. downward comparison to others. For instance, you can value your intelligence if you see it as helping you learn, appreciate, grow, improve, etc. But it's nothing more than a hollow defense of a fragile ego if you need to look down on those you perceive to be less intelligent.



Getting to core value

What is the most important thing about you as a person? This is a difficult question to answer, in part because there are a lot of important things about you; you're probably honest, loyal, a hard worker, and so forth. Those are important qualities, to be sure, but they tend to be of equal value, and we need to get to something more fundamental. There are various methods of teasing out core value, but the following is the quickest way to get at the most important thing about you.

Imagine that you have grown children. How would you rather they feel about you? "Mom and Dad were honest, loyal, hard-working (whatever you might think is the most important think about you). I'm not sure they really cared about us, but they were always honest and hard-working, etc." Or would you prefer they feel this way: "Mom and Dad were human and made mistakes, but they always cared about us and wanted what was best for us." For most people, love and compassion for loved ones is the most important thing about them. It is was people inevitably regret not having done enough of later in life. On your death bed you won't fret about whether your spouse and children thought you were right; you'll desperately hope that they knew how much you cared about them. As long as you are true to the most important thing about you, you will feel authentic.



Most other core values relate to some form of connection or appreciation. Below are the major areas of value-creation. Tapping into any one of them can relieve guilt, shame, emotional numbness, even utter meaninglessness.

Attachment (love)

The formation and maintenance of affectionate bonds, i.e., attachment, is the first value we create. Newborns come out of the womb seeking to attach to someone who will love and care for them and who will accept love from them. Everything we learn to value in life rises from that initial creation of value.

Basic humanity

Most people have a sense of basic humanity that motivates cooperative, altruistic, compassionate, and protective behavior. In adversity, it motivates rescue and nurturance of strangers. Basic humanity allows us to recognize the inherent value of other people. The more aware we are of our sense of basic humanity, the more humane we feel. When desensitized to basic humanity, we feel less humane.

Spirituality

Spirituality is a sense of connection to something larger than the self, which can be God, nature, the cosmos, a social or moral cause, or the sea of humanity. The importance of spiritual connection predates recorded history. Even the Neanderthals - those more primitive "cave men" who were not our predominant ancestors - buried their dead in what appear to have been religious ceremonies.

Nature

The human ability to appreciate and be moved by the beauty of nature is a key element in overall value creation. We can admire nature and feel a part of it at the same time.

Creativity

The appreciation of creativity in the form of art, literature, architecture, music, dance, furniture, jewelry, or anything created by another person expands the human spirit.



Community

Feeling connected to a group of people or identifying with them, based on shared values, goals, or experiences, activates an innate sense of community. The human brain developed to its present form when we needed to live in tightly-knit communities to survive. The importance of community is seen in the high degree of communal contagion of emotions, which is a powerful, albeit unconscious force underlying social structure.

Value and the meaning of life

When people stop creating value, their lives lose meaning and purpose; they move closer to passive or deliberate suicide. At its most rudimentary, the drive to create value is the will to live. At its most advanced level, it's the will to live passionately.

Value and authenticity

If you devalue more than you value, your life will seem bad and often unreal, even if a lot of good things happen to you. If you value more than you devalue, your life will seem good and authentic, even if a lot of bad things happen. At the end of the day, the only reliable method of sustaining a sense of authenticity is through the creation of value and consistent fidelity to the deepest values you create.

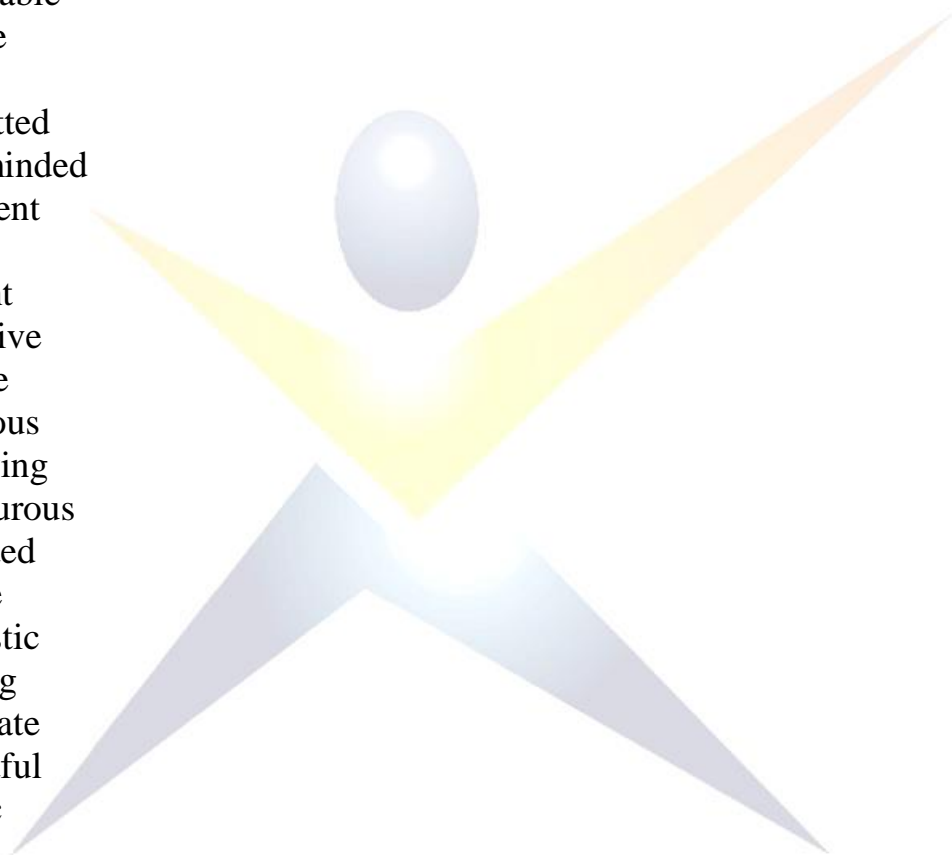


Some Types of Core Values

There are countless types of core values, as you can see, so you will need to choose the ones that are right for you or your organization.

Here are some examples of core values from which you may wish to choose:

Dependable
Reliable
Loyal
Committed
Open-minded
Consistent
Honest
Efficient
Innovative
Creative
Humorous
Fun-loving
Adventurous
Motivated
Positive
Optimistic
Inspiring
Passionate
Respectful
Athletic
Fit
Courageous
Educated
Respected
Loving
Nurturing





Scroll Six – Today I will be master of my emotions

1) Accept Mood Changes

Recall some of the mood changes you have experienced in the last few days. When did you feel them and what were they? Do you notice the changes in your moods are much like the changing of the tides of the sea? “Your emotional tide”

Affirmation: *I accept the reality that moods change!*

2) Be Aware of Your Moods

Take three specific times in one day this week and journal how you feel at that specific moment. Are you angry, tired, happy, sad.... A good time might be just prior to listening to your CD or reading your scroll since you are already doing this three times a day.

1. How am I feeling at this moment? _____ Date: _____ Time: _____

How may this current mood affect others?

2. How am I feeling at this moment? _____ Date: _____ Time: _____

How may this current mood affect others?



Scroll Six – Today I will be master of my emotions

3. How am I feeling at this moment? _____ Date: _____ Time: _____

How may this current mood affect others?

Affirmation: *I am aware of my moods and how they affect others!*

3) Take Preemptive Action

With the moods from key number two, write down how you can respond to those mood patterns. Our response can actually change our mood and how we feel.

Example: Mood (Fear) – If I feel fear I will plunge ahead

Affirmation: *I control my own moods! I make my own weather!*



Scroll Six – Today I will be master of my emotions

4) Control Your Thoughts That Falsely Build You Up

List some false thoughts and emotions you may have had in your life.

1.

2.

3.

4.

Why do you think it is important to keep these emotions in check?

How may these thoughts have affected you and the people around you in a negative way?

Affirmation: I use my action to control my thoughts!



Scroll Six – Today I will be master of my emotions

5) Make Allowances for Others

You have a new found knowledge. You know the keys to controlling your emotions and many do not. We **should not** react emotionally to the actions of others.

This week pay attentions to at least two encounters you are involved in with individuals who are emotionally out of control.

Use your knowledge and control your emotions with these encounters. Do not react negatively back. Be disciplined and just listen without a reaction back.

Write down how this process went. Were there changes in their typical behavior? Were they more responsive or even possibly apologetic toward you? Did you notice any difference in how you felt by not responding back in a reactionary behavior?

Affirmation: I recognize the moods of others and make allowances!



Scroll Seven – I will laugh at the world

4) Enjoy Happiness Today

Write down at least one thing at the end of each day this week that gave you the emotion of happiness. This can be as brief as one or two words. Begin tonight!

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

Affirmation: I enjoy today's happiness today!

5) Develop Perspective

Write down a few things in your past that you may have considered as failures.

How have these past challenges helped you become who you are today?



Scroll Seven – I will laugh at the world

As we all face challenges that “in the moment” we may see as failures, take time to remember these things of the past and recognize there has always been a light at the end of the tunnel.

Affirmation: *I laugh and it reduces things to their proper size!*

6) Avoid Self Pity or Self Aggrandizement

Make a list of individuals in your life or workplace that consistently look down on the joys of life. These are the consistent complainers. Keep this list to yourself and confidential!

How do these people make you feel?

Avoid spending time around these individuals this week. Pay attention when they're around and avoid participating in their negative conversations.

Go into a setting with an intention of sharing something funny this week. See if you can share that one story, internet clip, stupid personal moment. Laughter is truly one of the paths to success. Have fun this week and be prepared to share with the group that experience.



Affirmation: *I shed only tears of sweat, for those of sadness or remorse or frustration have not value in the marketplace!*

Scroll Eight – Today I will multiply my value a hundred fold

1) Recognize Your Capacity

Make a list of some of your accomplishments to date.

1.

2.

3.

4.

Are there any specific accomplishments that seemed like unreachable dreams when the idea was first conceived? If so, how were you able to achieve them?

Affirmation: *I am ready and willing to be transformed, organized, hunne, shaped and stretched!*



Scroll Eight – Today I will multiply my value a hundred fold

2) Choose Your Future

Use the following columns or, if you need more room, divide a piece of paper into three vertical columns with the following three headings

Wasted	Consumed	Growing
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

In each column list those experiences, or people who have contributed to these feelings or experiences, in your life. It is important that you find a place on your list for your every failure, despair, mistake made from ignorance and inability.

Affirmation: I am grounded in vision and purpose and multiply my value again and again!



Scroll Eight – Today I will multiply my value a hundred fold

3) Plant Yourself in Your Fertile Soil

Reflect on your list above and journal a few things that you can draw strength from your past experiences.

Affirmation: *I nurture my mind and body!*

4) Set Goals

Write down a few goals with the following exercise in mind. Try writing at least two goals down each with the following different approaches.

1. Start with some big life goals and works backwards

Example:

Life Goal: I will live a long and healthy life

Yearly Goal: This year I will lose 36lbs

Monthly Goal: I will lose 3lbs per month

Weekly Goal: I will work out 3 times each week

Daily Goal: I will eat the following foods and perform the following exercises



Scroll Eight – Today I will multiply my value a hundred fold

2. Select a mundane activity and create a life goal that will put this in proper perspective.

Example:

I hate to wash and vacuum the car each week

What will the value of the car be worth when you go to sell it if you keep it up?

If you don't keep it up how much will this cost you financially in 5 years?

What if you saved \$2000 toward resale and invested that money over time?

Five horizontal lines for writing a response to the example scenario.

Affirmation: *I have clear objectives that will guide my activities!*

5) Avoid Fear Stumbling

If you are not stumbling, you need to set higher goals! Revisit your goals. Should you raise the bar on some of your goals? You need to be willing to stumble along the way. List a few of your current goals that you can increase to a higher level.

Current Goal _____ Increased Goal _____

Current Goal _____ Increased Goal _____

Current Goal _____ Increased Goal _____

Current Goal _____ Increased Goal _____

Affirmation: *I am willing to stumble; only a worm is free from stumbling!*



Scroll Eight – Today I will multiply my value a hundred fold

6) Compete with Yourself

Write down the many ways you find yourself competing with or comparing yourself to others.

1.

2.

3.

4.

5.

Now write the many possible ways you can compete with yourself to maximize your potential.

1.

2.

3.

4.

5.

Affirmation: *I measure my own success with my own yardstick!*

6. Announce your Vision

Share your vision with others that are close to you. Also, this is a reminder to finish up your Purpose Vision Goal. Review the reverse visioning process and invest time this week and get something on paper toward your Purpose Vision Goal. This can always be improved upon, but to take action and let your pen flow is part of the process! Once you are complete be prepared to share this with others.

Affirmation: *I am so confident about my vision that I can openly share it!*



Scroll Nine – Act Now

1) Turn Dreams Into Reality With Action

1. Make a comprehensive list of all of the success books, tapes, trainings and Cd's that you may have purchased in your life.

2. Grade yourself on a scale of one to ten in the following two categories.

- a. How thoroughly did you read or listen to this material?

1 2 3 4 5 6 7 8 9 10

- b. How much of the material did you actually apply?

1 2 3 4 5 6 7 8 9 10

Affirmation: I take action on my dreams daily!



Scroll Nine – Act Now

2) Conquer Fear With Action

List a few things you have been procrastinating on accomplishing lately that may be tied to the feeling of fear. It is important to recognize this feeling and move forward with action anyway. What 3 action steps can you take this week to help move these tasks forward?

Task	Action Steps
a. _____	1. _____ 2. _____ 3. _____
b. _____	1. _____ 2. _____ 3. _____
c. _____	1. _____ 2. _____ 3. _____

Affirmation: *I conquer fear with action!*



Scroll Nine – Act Now

3) Energize Your World With Action

Make a list of a few of the truly energetic people you know.

How do you feel when you're around these people?

Affirmation: *I brighten the world with the light of my actions!*

4) Act Despite Uncertainty

Write down a few things you've been putting off while waiting for the perfect "whatever".

What may have your lack of action cost you in the past?

Affirmation: *I act even if the outcome is uncertain!*



Scroll Nine – Act Now

5) Repeat the action affirmation

I will act now

I will act now

I will act now

This week repeat this affirmation when you....

Awake

Think about putting something off

When you show up at work

When someone asks you to do something

When you want to quit

Then accomplish the task immediately

Affirmation: *I act now...I act now....I act now!*

6) Multiply Your Actions

How would your life be different if you accomplished the following?

1. Walked where failures feared to walk
2. Worked when failures sought rest
3. Talked when failures remained silent
4. Called on 10 while the failure made grand plans to call on one

Which one of these 4 examples above most closely fits a situation in your life?

Affirmation: *I multiply my value by multiplying my actions!*



Scroll Nine – Act Now

7) Eliminate Procrastination

Make a list of all of the tasks you know you've been putting off. Make sure to eliminate one of these tasks this week and preferably the one that keeps showing up on your list after list or continues to exist in the back of your mind. You know the one! You're probably trying to push it away as you read this. Yes, that one!

Be prepared to Share with the group why it's taken so long to get this accomplished. What held you back so long? How do you feel now that you finally got it done this week and you've finally taken it off your list?

Affirmation: I live this day as if it is my last!



Scroll Ten – I Will Seek Guidance

3) Focus Your Request

Set aside some time each day this week for a focus request. Make sure you won't get interrupted from others or cell phones and that you're in an area that is still, quiet and peaceful.

Now focus your thoughts and energy on asking your god / the universe for ways to increase your abilities to help you get what you want.

Ask **only** for guidance that you may be shown the way to acquire things and visualize the things you want.

After doing this for at least three times this week document how this process went for you. Be prepared to share your experience with the group.

Affirmation: I ask to acquire abilities equal to my opportunities, experiences and challenges that will help me grow, the discipline to keep trying and the patience to concentrate my strength!