

"To get maximum value from this video, print this handout so you will be prepared to take notes on each point I reveal during the lesson"

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DAY 3 – ENJOY THE JOURNEY



Andrew Carnegie once said the most important thing in his life was his "ability to let go of ______ and to ______ through life."

He said that seeing life through a _____ of _____ was worth more to him than ______ millions of dollars.

An essential part of your journey throughout life as well as for this challenge is the ______ of happiness.

____ is essential to the good life.

Every aspect of life goes better when you are happier.

The very thought of happiness should bring you back to core _____.

One of the earliest lessons we learn is that the joy is in the _____.

As _____ we found joy in the simplest of things.

So what happened to our joy?

Where did we lose it?

Joy must once again become a core value

If you're ever going to learn to be joyful, you've got to do it in right in the _____ of the _____ of your life.

Happiness is a _____.

More and more research proves that being in the _____ or in a _____ of flow is one of the greatest secrets to your success in business.

Nothing repels people or opportunities more than ______. The opposite of ______ is flow.

Flow is the mental state of operation in which the person is fully ______ in whatever he or she is doing by a feeling of energised ______, full ______, and success in the process of the activity.

Flow is a state of super _____.

People who are at the top of their game, such as artists, scientists, composers, dancers and poets describe an effortless, _____, _____feeling – like entering a doorway into another realm.

Leading athletes in the world talk about the _______as being that moment when all the training, all the preparation and all the pain ______to deliver the perfect performance.

When you are so _____ in the doing of the activity for its own sake, you start to really enjoy the journey.

Finding flow comes from _____ who you are, _____ you want and _____ you are going in life.

It is a state of personal ______ where creativity and ______ thrives.

HOW DOES IT FEEL TO BE IN FLOW?

1.Completely _____ in what we're doing, being laser- ____.

2.A sense of _____.

3.Great inner _____ – knowing what needs to be done, and how well we are doing.

4. Knowing that the activity is _____ – that our skills are adequate to the task.

5.A sense of _____ – no worries about oneself.

6. _____ – thoroughly focused on the _____, hours seem to pass by in minutes.

7. Intrinsic ______ – whatever produces flow becomes it's own reward.

So your **mindset challenge** for today is to practice ______ moment awareness.

Simply take 5 - 10 minutes a day and go for a _____ in _____.

Use your _____ to observe your surroundings.

Try to _____ with the _____.

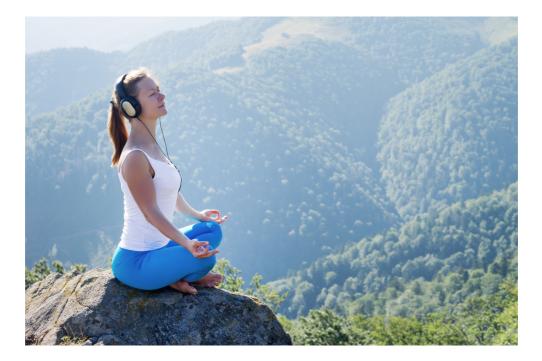
Simply focus your _____ on the present moment, while calmly acknowledging and accepting _____, ____ and bodily sensations.

At first this takes ______ but as you feel the ______ of happiness and doing things better then it becomes fun & effortless to do, giving you a feeling of deep ______ and _____.

You will have something _____ kick in.

You can't expect to avail of the _____ ____ if you don't understand and work with the five others.

You can't access that special piece of in your business without this.



NOTES:	