



“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”

*Dave O'Connor*

## **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.**





