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**This is an excerpt from:**



# FIND YOUR MISSION!

A LIFE CHANGING COACHING EXPERIENCE

## **The Process**

### **The 35 "Find your Mission!" Power Principles**

#### **1: Become incredibly selfish in the best sense of the word**

Spend your days doing "in the ray" activities and delegate "out of the ray" activities to other people for whom that very activity is "in the ray". Your time is precious. So is your contribution and anything that inspires, excites, enlivens and stimulates you is your fuel. If you spend too much time and yourself doing things that neither inspire nor nourish you, and that you're probably not really good at, you're wasting valuable "mission" time: time that you could be using your unique gifts in a way that inspires,



**uplifts, empowers, and liberates people. As a missionary and missionista, you can allow yourself self-worth!**

## **2: Detach from the future**

**Let your life's purpose, your mission, guide, direct and shape you *today*. Express it today, at every opportunity. Don't fall for the "one day" phenomenon. Don't wait until you have your "stuff" together. If you don't let anything stop you from expressing it today, you will have more and greater opportunities to do so. Your mission is here and now. If you postpone it into the future, you separate today from the future - and thus will never take the daily and necessary steps to get there. One of the many paradoxes of a life "on mission": to achieve your desired future, you must detach yourself from it.**

## **3: Respond to each event beyond measurements**

**Don't hold back. Reacting, behaving, holding back and slowing down is an off mission move. It's what we usually do when we want to get or avoid something. E.g. making ourselves look ridiculous, vulnerable or unpopular. You can't know what is behind this event. It could be an invitation to you to express your mission, to go to your next level, to give you the opportunity to make the difference that only you can make with your uniqueness, with your declared life mission at this moment. Think of it this way: every event in your reality could be a test of life whether you are ready to be available to the world in your highest potential. If you are not, you will get fewer opportunities to do so. *If you are*, more. Life dances in this way with you, with me, with us.**

## **4: Build up a super reserve in each area**

**The areas are certainly: love, friendship, silence, time, money, mission projects and energy|health. And whichever ones seem essential to you.**



**It is much more difficult to accompany others in abundance and development when you yourself are rushed, overwhelmed or in a (super-)life struggle. It is possible, but difficult. If your life consists of abundance in balance, then it is much much easier, especially since you are then a living example that it is possible and what is possible. Super reserve means there is more than enough of everything. You are a walking transcendence of lack.**

### **5: Add a value just for the sheer joy of it**

**There will come a time on a path "on mission" when values become needs for you. You perceive yourself as an embodied value. As a walking advocate for the value or set of core values that you have identified and established as the most important to you. When you act out of them, there is more of it in the world. That's what you "get out of it." The joy of it, in small ways, as in big ways, visible or unnoticed, that you are part of *the* very world you would like to see and experience. Do it without intention. You will feel and experience how life responds to you gratefully.**

### **6: Touch others deeply**

**Remember home. You are aware that in touchability lies an essential key to finding out what matters. For you and for them. Moreover, you create it with them and for them a bridge between their "forum internum" and their "outside world". A separation that each of us more or less carries around with us. We are conditioned to separate inside (feeling, the "real me") and outside (what makes me survive, function, keep up and succeed): When you touch, you bring the inside and outside a little closer together for people. And bring yourself closer to yourself and closer to life at the same time. Your ability to touch others makes you attractive.**



### **7: Market your talents shamelessly**

**Shame is a cultural conditioning whose purpose is to suppress what others find inappropriate. Replace it successively with innocence, be proud of everything you can and crow it from the rooftops. Every day. That which you are and can do does not belong to you (alone). It belongs to heaven... and the world. Show what you have and can do.**

### **8: Become irresistibly attractive to yourself**

**Make sure that if you weren't already who you are, you would definitely want to be who you are. Sometimes that means making peace with your history and accepting all that you might call weakness... and sometimes that means tweaking yourself until you become exactly the edition of you that you wanted to be. From Mathias 4.0 to Mathias 5.0, Edition Anna 4.0. to Edition Anna 5.0, so to speak. What you also find attractive, you will cherish, protect and protect. If you find yourself attractive, others will too, in a very natural way. Irresistibility is a leadership trait. Start with yourself. Then you become it for others. And then they'll want to hear what you have to say. Good leadership starts with good self-leadership.**

### **9: Have a fulfilling life, not an impressive lifestyle**

**An impressive lifestyle, according to the motto: "*If you've got something, you're something,*" is the direct path to foreign domination. Because wanting or having to impress is based on the need for recognition, comparison and competition. Especially since it is absolutely impossible to be able to control the thoughts of other people (thank heaven!). So if it's impossible to permanently make people think of you in a certain way, you might as well just be yourself. For one thing, it's much more relaxing, and for another, you're more likely to feel what truly fulfills you. Besides,**



**consumption is an obvious compensation for unfulfillment. What's wrong with making or having a lot of money? Nothing at all - as long as the path to it is fulfilling. And what you do every day to generate money is a true expression of your life's mission.**

### **10: Deliver twice what you promise**

**Be with your whole being an antidote, a healing counter-gift for a system that trains people to invest little to get much, exploits other people and other species for profit, produces few winners and many losers - and thus promotes struggle for survival, fear, scarcity and fear of scarcity, comparison and competition among people.**

**And: stop promising the sky. This is based on the habit of making yourself look more grand than you are, or making your offer look more grand than it is, in order to "keep up". It creates disappointment and a sense of deception in others sooner or later.**

**When you double deliver what you promised, you're like Christmas to other people. Fortuna. Service. People feel valued instead of charged according to their usefulness to you. They experience a person who cares more about being part of exactly the world he or she wants to live in, rather than reacting to a world in the same way everyone else does. You become a role model. For abundance and excellence.**

### **11: Create a vacuum that pulls you forward**

**This can be accomplished in three ways. Either: Let go of what no longer corresponds to your highest expression, expresses you as your declared life mission. This may involve a dwelling, a partnership, a friendship, a place, or a work relationship. And then learn to endure the tension created by the emptiness that arises, the space that is freed, without immediately filling it with frenzied activity. Keep the space free, stay**



**receptive, focused on your mission. Life will bring you things, people, opportunities that are congruent with your mission.**

**The second way to create a fertile vacuum: Create games and projects that are bigger than you. Or that fit a person who somehow seems to be bigger than you are (even now!). Or let yourself be created by a space inside you that is bigger than you are. And then let yourself be pulled forward by the vacuum that such a project creates, and let it evolve you into the very person that is needed for that very project.**

**The third possibility is to ask open questions about your life mission and to move with them through the day, the week, a month, *without finding answers to them*, but to leave this to life. Just asking the question(s), enduring the tension, the feelings, the vacuum that these create without filling them with something you, and inevitably, already know! You will be amazed at what is happening in your life!**

## **12: Eliminate delays**

**Delays, chaos, procrastination, postponement, sideshows, forgetting.... all these are faces of *a* pattern. Ultimately, they are based on the need to control, i.e., to make change (of the status quo) and growth manageable to null and void.**

**The fact is, when you set a goal and achieve it, you can see an increase in energy and self-worth.**

**Every time you set a goal and *don't* achieve it, you lose energy and self-worth. Instead, your guilty conscience, heaviness and sense of guilt increase - and with it your distance to yourself and the world.**

**When you set realistic goals and achieve them through steady action, you learn that you can trust yourself; growth and progress become natural to you. You are thus able to actively ride your wave instead of feeling like you are chasing it with a fully loaded and too heavy surfboard.**



**When the desk is empty, you are open to impulses that show you the way. A full desk demands your attention.**

**Also, why would you want to delay sharing your life mission with others?**

### **13: Make sure your personal needs are met**

**Most unmet needs come from your "off mission" identity.**

**The problem: as long as they exist, you will attract people with the same unmet needs.**

**So wherever you are:**

**If you have food, drink, clothes, a bed to sleep in; an email account; a bank account; a phone; internet access; a digital device, for example a laptop, with which you can write: This is the basic equipment for you to be effective. Of course, you can do it without a phone, bank account, laptop and internet access. However, this increases the hurdle for you to make a significant contribution in this world, in this society.**

**Basic needs still include contact with other people and: Hugs! Ideally from and with people who really nourish you.**

**For all needs that go beyond this, it is first of all good to perceive them at all. Then: to find words, correct terms for them and to express and negotiate them. Otherwise, no one will know what you need or how to support you.**

### **14: Have success with the details**

**Every day, every action, every flourish on the wall, the matching frame, the extra bow on the gift, the slightly fancier paper, a little extra service that costs nothing; the way you look at people when you talk to them... all of this is a moment-by-moment expression of your mission. Gratitude for every moment and for the little things in everyday life is also part of it. Context is more important than content in this principle. The details, in order to thrive, flourish and flourish on them, are a moment-**



**by-moment expression of life itself. Time and leisure for details means generosity. It's also good training for: As in the big, so in the small. Whoever waits until the moment for the big stage has come to give himself and prefers to have houses built rather than to build stone by stone himself, loses congruence. And not only the devil is in the details - God as well. At least as much, if not more. And just as the unconscious overlooking of a detail can become a mega-stumbling block that affects your life more than you could ever have imagined, so too, at times, in the mindful handling of the details lie the greatest keys to the next level of your life's mission.**

### **15: Tolerate nothing**

**What you tolerate is yours to keep.**

**And it doesn't matter whether it's your behavior or someone else's around you - whether you do it to others or others do it to you - you are stating by your toleration that you agree that "this" is in the world.**

**Acceptance that something is just the way it is is not a contradiction. Acceptance simply means: Yes, that's the way it is. It is the way it is now. No resistance against reality, no idea that something should be different. Acceptance sets creativity free. False tolerance, on the other hand, is ultimately protection or suppressive understanding: What I tolerate on the outside, I don't need to change myself and no one comes forward. This results in millstone weights on the wings of your mission plane and the energy of compromise. What you tolerate, although it does not fit your highest wisdom, can soon give you a life feeling of slow drowning, in which it becomes more difficult year by year to live according to your mission.**



## **16: Show others how they can please you**

**There is no need to be hard on yourself. Let yourself be nourished and given gifts. Other people are happy to do that. A life out of mission is a life out of joy. So sharing with others how they can contribute to your joy can be an excellent start. The next step, namely: that they like to contribute to being able to express your life mission even better, is then tiny. By the way, this is also true the other way around - it will give you joy and deep satisfaction to support others in their life mission.**

## **17: Give your greatest weaknesses your approval**

**Embrace your Off Mission ID, your survival self, as an essential component of who you really are.**

**It was formed for you at a time when your successful survival was at stake in some way. And that's what it did: it helped you survive. Up to this point. It has helped you to be compatible with the water so that you can swim in it like a fish. Your off mission is to kiss this culture. And that's a good thing. You can't be part of the solution and not (longer) part of the problem until you know the problem. You cannot effectively change this financial system to make it healthier for the common good by sitting on a South Sea island as a dropout and trading cowrie shells - it is imperative to have (been) part of this system to understand it - in and with your own cells. Only then a solution is possible, which comes from an authentic own inside, the incorporated understanding and transformation of the problem. Empirical alchemy is that. The same is true for the Off Mission Identity - you must have experienced and also suffered what the parameters of this human journey are, so that you can give birth to a "beyond this" alternative, your individual solution to a collective challenge from within yourself.**



### **18: Sensitize yourself**

**When you have taken off the glasses of cultural consensus, you may allow yourself more sensitivity. Because part of being off mission is always making yourself a little deaf - to the voice of your soul, the longing for essentiality, real life, a free self-determined life. Also, as you become more sensitive, you become more awake to the possibilities, opportunities, and resources around you that support you in taking your mission on the road.**

### **19: Bring your environment to completion**

**Your environment is a very essential facet of what calls or invites you to be. It either invites you to embody your off mission - or your mission. An essential part of your environment is, of course, the *people* who surround you. So surround yourself first and foremost with people who know you as your mission, who encourage and enable you to express it fully.**

**Give yourself fully so that people around you grow. Those who refuse will be leveraged out of your life in a very natural way, according to the motto: Love it, change it, or leave it.**

**The same goes for your home or your clothes, of course. Contribute every day so that all this reflects more and more who you are.**

### **20: Develop more character than necessary**

**Even if you make yourself unpopular for truth or congruence of values, others will follow your lead. Because "*After all, everyone does it*" can only be an excuse as long as everyone does it. Be the exception. You will touch everyone you meet. Besides, this journey of life and everything you encounter in it is ultimately and always only about you. It has no meaning whatsoever who you are compared to others. What matters is**



who you are compared to your potential, the best, the most blossomed version of yourself. And: You leave the cycle of reaction: Because it is no longer your environment, the want to get or avoid, that forces you to develop your personality. The result is that you only need very gentle "stimulation" to move and develop. Life no longer has to meet you in violent events for you to evolve into your highest potential. The journey becomes a little more effortless overall. Or, as Wayne Dyer put it, *your call is in the hands of others. That's what "call" is. You have no control over it. What you can control is your character.*

### **21: Learn to see how perfect the present actually is**

The present moment is the best moment to show up, to emerge, to make one's own contribution. To visibly and tangibly act one's own life mission into the world. Every moment is made to give us the opportunity to do so. So if a moment is seemingly "imperfect," perhaps it is an invitation to perfect it. But not for reasons of perfectionism, of being better, of superiority.... the world already has far too many critics... But out of the feeling to accept when life asks us to dance. Best of all gratefully. A situation can only be understood in retrospect anyway. Whoever internalizes this, realizes that life has always meant well with him or her, that there is no injustice and no reason for suffering. Only the dance with life in one's own individual stream of events.

### **22: Become unconditionally constructive**

Who has trained his mind to change all "Yes but...", "That's not possible because",.... "Where will this cause us a problem?"-habits into questions and thinking-marches, like: "How does it work?.., Where is the profit in the situation? ... Where does the fastest and most direct solution come from?.., In which path do most of the people involved



*have a gain (in energy, knowledge, opportunities, love, development, adventure, fun or money)?"*, will automatically lead a life that is in flow and he - or she - will be a blessing to the environment.

However, do not confuse *constructive* with *positive*. Positive can be the socially accepted face of denial and repression. You need to know all the facts and get them right in order to be constructive. Hau jerk messages often overlook the deeper needs in others, especially if they are currently in a not so good place. Being in a good mood" then appears to be a competitive advantage, is perceived as such and leaves behind losers. Those who are in service take everyone with them without claiming a status "above".

And: The more you train your mind towards unconditional constructiveness, the more you see everything, without exception, as ways in which life loves you - sometimes demanding, sometimes encouraging, sometimes bestowing.

### **23: Orientate yourself exclusively on your (core) values**

As you progress along a path "on mission," you will be pushed all by yourself into positions where eyes are on you. Into some form of leadership, role model or teacher status, because when you have freed yourself from emotional and action reactions to the environment, you tick noticeably differently. A good navigator in this is, or a deepening navigator is, if you draw the way in which you answer events in your environment, respond to them, exclusively from the bouquet of your (core) values.

There is, after all, this phrase: How would love act? You can apply that to: *How would justice, truthfulness, kindness, generosity, simplicity respond? How can I enrich this event with humanity or courage? What would freedom or compassion change in this moment?* And if a spontaneous impulse comes to you: follow it. Even if it contradicts



everything you have done so far. It will enrich and fulfill you and your environment enormously.

#### **24: Simplify everything**

Simplification is essentialization. Or as Schelling, the philosopher says, "*The simplest expression of intricate problems is always the best.*" You ride the wave when you move forward fluidly. Underlying the tendency to complicate things is often the principle of procrastination - an attempt to stall development by gaining time. This is an expression of resistance that makes life a hassle over time due to the constant loss of friction.

Use the qualities of humor and sobriety to break down complexities without being careless.

#### **25: Master your craft**

Excellence is appreciation. Towards oneself and towards others.

Your mission is a declaration of your highest potential and its packaging, the vehicle, the expression may qualitatively fit to it. This is also part of congruence.

#### **26: Know and speak the truth**

Say what "is the case." Truth liberates: Yourself and all involved.

If you shut up now "in order to"- not to mess with anyone, not to threaten any ego, to keep harmony and peace, you instantly lose your authenticity.

This does not mean that you beat your truth around other people's ears as a club or use the Principle to tell others what is wrong with them. The world already has enough critics. This is more about speaking out what is under the table, taboo; has created lifeless places in the relationship, family, company; rigid behaviors and social



**masks. Assuming that everyone wants to experience success, meaning and fulfilling relationships, there are enabling and hindering mechanisms in this regard - in attitude, behavior and communication. If your motive is polished, i.e. you are *really* interested in authentic togetherness, growth, flourishing and thriving in your environment: Speak the truth, no matter if someone feels provoked by it in the short term. In the medium to long term, it leads to liberation for everyone involved.**

## **27: Hold a vision**

**The old wizard Merlin is said to have lived his life backwards. From the vision. He was given, so the myth goes, one day an ultimate image of fulfillment, of the completion of one, of his life, after living it to its highest potential; the image of the state after he had given himself fully; the world after he had left it; his inspired legacy, his spiritual inheritance; what the world would look like after he had devoted himself to his deepest passion and given it persistence. This is comparable to the last moment on your deathbed, when you look back and say from the bottom of your heart: "It was good like this". *I have lent my life to an inner, urgent purpose, to a burning image that encompasses far more than just my one, small personal human existence, without denying everyday earthly life and experiencing complete fulfillment in it.***

**You cannot make or craft a vision. You can only *receive* it. It is made of the material that corresponds to your deepest human longing for a better world, your very intimate dream of a world worth living in for all. Your own part in it is your motor of movement.**

**Pause. Periodically allow yourself to revel in your dream. Take your integral place in it. And then make decisions for your here and now from that place.**



**Nothing brings you closer to your own truth faster than a life that you shape out of your vision. In fact: let your vision shape your life.**

### **28: Be more human**

**There is a saying that goes, "*We achieve our holiness through our humanity.*"**

**No matter how successful, famous or enlightened you are, resist the temptation to put yourself on a pedestal in order to have peace from the ordinariness of this world.**

**Resist also the temptation to let others put you there - this is based only on their need to create so much distance between you and themselves that they can stay where they are. Your closeness, your accessibility, your availability and your visible ordinariness makes it clear that anyone can achieve what you have achieved. And if you are completely honest, that is exactly what you want. It is not the absence of your shadow parts that makes you a leader, a person others like to look to for guidance, but how you deal with them.**

**Also, choose mercy, grace, compassion, kindness, and understanding, and let these attitudes and qualities - consciously chosen every day - be more important than your principles, rules, and judgments. The world is starving for them.**

### **29: Pay attention to sequences**

**Sometimes it's disruptions, sometimes it's urgencies. This involves distinguishing the urgent or pressing from the important. The problem that was first raised may also be resolved first, before the next problem calls for attention. A rescheduled appointment with Someone is to be rescheduled first, before a | common | acquaintance gets that appointment. Someone you've canceled three times comes before the one you canceled once (if you're interested in that relationship).**



**The older commitment comes before the younger; you will find that your life glides into a natural order and harmony if you observe this principle.**

### **30: Keep your word**

**Nothing hurts like losing your integrity. When you make a commitment, don't do it lightly. And *when you make it, keep it at all costs*. If you back out because of unpleasant feelings arising, you will never get where you belong and you will never be able to lead. Because unpleasant feelings always arise as soon as you go to the next level of your life: resistance from inside and outside, fears, difficulties. If you haven't learned to *stand up to* unpleasant feelings as *you go along*, you will always remain in a fairly small, manageable edition of yourself. Therefore, "keeping your word" is a wonderful principle to practice self-overcoming.**

**In addition, reliability is also a leadership principle. When you disappoint people, you disappoint yourself. Every time you keep your word, your energy level increases. Every time you break your word, you lose energy that you have to build up and recover. Test it yourself!**

### **31: Prioritize energetically|emotionally**

**Don't be driven by "shoulda, shoulda."**

**This leads to feelings of obligation, resistance and exhaustion.**

**I recommend writing lists of your "to do's."**

**Day by day. If there is something on yesterday's list that you didn't get done today, put it on today's list, but not necessarily in the top spot. Look at your list from today as if it were new and open yourself up to feeling what "jumps out at you" today. You'll do that first. So it's entirely possible that a priority from yesterday won't be "hot" again for another week. Trust the efficiency of your subconscious mind. You'll experience so**



**much more fun, elegance, and effortlessness with your "to dos." Otherwise, your guilty conscience will grow with each passing day, and that's the direct Exit in the direction of Off Mission. Decide in general after "increase of energy". That's always the way to go.**

### **32: Never and nowhere make an exception of yourself**

**In no place, at no time and with no one. Your mission is first and foremost something that defines *your being*. To the extent that you remove the divisions of your life: Who you actually are and how you have to be to make money|success in your job; who you actually are and what procedures you have found to avoid or get, etc., every moment of your life becomes a platform for your mission. Ultimately, then, it doesn't matter if it's just you and the bird in the park or if the spotlight is on you: You know that at every moment of your life you are adding *something to the field*, to the water in which we all swim. Just as it is not possible *not to communicate*, it is not possible to be indifferent. Unless you consciously choose to create and respond to each moment from your mission, it will always be your Off Mission-Successful Survival identity. There is nothing in between. Explore what it's like to drink your morning coffee with and without your mission - even there you'll notice a difference. Gradually, a sense of life will emerge in which freedom and expanding concentric circles centered on you and your mission are naturally the order of the day.**

### **33: Find something you are willing to die for**

**...So that you are fit to live. This principle is inspired by the quote from Martin Luther King: *If you haven't found something worth dying for, you aren't fit to be living.* - Dr. Martin Luther King. You don't necessarily have to make it true, as he did. But this phrase is definitely helpful in terms of using your mission statement correctly. It's**



**about finding something that has a deeper meaning, or greater energetic impact for you than safety, comfort, shame, or social bias. Something that *would* make you willing to risk your physical, financial, social integrity to make a difference in this matter, for this creature or those creatures. A dream, a creation, a dedication that is energetically stronger than your fear of death.**

**This is not an invitation to actively abuse yourself. But an invitation to find something for yourself that helps you to transcend all the definitions that come to you through your civic identity and your history, your biography, so that what you actually are, or what you have summarized as a powerful declaration of your purpose of existence in your mission statement, shines through you ever more powerfully. And you yourself are inspired by it again and again so enormously that you are able to grow beyond yourself.**

### **34. Live your creativity and express yourself - only for yourself!**

**Creativity belongs to the "best things in life are free" department. In fact, in a fulfilling|ful life, we don't need much. Nature, wonderful relationships, opportunities for self-expression. And yes, of course, food, clothing and a roof over our heads too. But that's no longer a priority. Those who have found ways to express their authentic selves need far fewer substitute satisfactions or compensations. Creative flow, no matter the genre, leads to a very healthy self-reference. Right into one's own brilliant individuality. That's why it's important to just "do it." Paint, make music, knit, carpenter, write, improvise, sculpt, photograph... whatever "your thing" is. And quite independent of whether someone will one day see it or buy it, whether an objective, professional critic's eye will ever examine and judge it. That may or may not be the case at all. Allowing yourself times of creative expression, extensively and regularly, is**



an act of self-esteem and snatches you away from the plate-edge hamster wheel that our civilization, with its current financial system, keeps trying to tack onto.

### **35. Passionately like to be wrong**

It is said that "being right" is the modern equivalent of: "I killed that bison and now he's going to move into *my* den because of it!". Asserting yourself is undoubtedly one of the skills you want and will learn for your *first* half of life, which is all about "surviving successfully." This includes proving your ability to survive by bringing your share of scarce goods safely home and successfully asserting yourself and your interests, as well as those of your loved ones, against supposed competitors. However, "getting your way" generates at least one loser. This no longer fits your second half of life. This is the "both/and" half of life. The best of everything for everyone - below that you don't like to do it anymore, because you know by now that life itself ticks the same way.

Being right, getting right, keeping right is a winner-loser game - that is, there is only one winner. As long as you play such games, you will lose half the time. Even though you may deny it. In addition, to be right, you can only use your current level of knowledge and understanding. As a result, nothing new and fresh can emerge in a situation. Every time someone has been proven right in a debate, the past has won at the same time. This is because a previously accumulated state of knowledge has prevailed. This has not necessarily to do with "truth" or "correct perception of reality".

For what to learn for your *second half of life*, you have to be open and let life itself teach you, "I don't know. Life always knows better.". It may be that you are often right. But it becomes increasingly important for you to flow with life and its natural rhythms, to be an all-connected part of this intelligent, wise and intuitive flow that uses you as much



**for wholesome input for other beings as the other way around. The less you know, the less your level of knowledge is your fetish for being better or superior, for a status justification, the more open you are to let life love, direct and guide you. You are thus much more uplifted, more integrated. You no longer have to "have it", no longer have to score points - let life show you what's what again and again, always new, always fresh. So you stay new and fresh yourself. And you have the possibility to judge a situation up to date and appropriate.**

### **How can you work with these principles?**

**Write them on index cards. Just the headings, for example. And read the explanation here. Or print them out and stick them on. Heading on the front, explanation on the back. You can devote a day, a week, a month to a principle you draw at random. Or you can bring a principle into a project or relationship. Use it as a decision-making tool. Or as a source of inspiration. If you do this consistently, you will transform yourself as if by magic into a more coherent edition of yourself.**

