

First Edition



THRIVE  
YOUR WAY  
TO  
UNIVERSAL  
HARMONY

Empowering people, society and  
planetary health and wellbeing,  
peace and prosperity.



BY DOMINIK BOECKER

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## UNIVERSAL HARMONY CLUB

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Dedicated to my Universal Harmony  
Power Network, my wife Orawan  
and two kids with special thanks to  
my mother who I owe everything.

Thank you.

Deep within there's a place  
where dreams exceed the  
boundaries of imagination.

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# INTRODUCTION

This book exists for three reasons:

Reason #1: To help you achieve breakthroughs in your life and business.

Reason #2: So that you'll integrate the Universal Harmony Success Method into your life and business.

Reason #3: So that you'll join the Universal Harmony Club to accelerate your impact and results.

As you'll soon find out, I'm going to be fully transparent, honest, and blunt with you through the pages of this book.

My early mentor taught me that if you want people to believe you can help them, help them.

I want to help you.

To do that, I've structured this book as follows:

First, I want you to get an honest picture of where your life is at today. That way, I can give you specific guidance, insights and advice, through this book, based on your needs right now.

You'll be completing several self-assessments that will help you know how best to proceed, based on 13 plus years of helping people transform their lives through personal coaching.

After that, I'll make a case for striving towards "Universal Harmony" to transform your life and begin to thrive, do well and be well, to become the person you've always meant to become and hopefully, show you why the book is the answer to most of your life struggles.

You will soon find that those struggles are simply a symptom of decisions you made (sometimes unknowingly) long ago.

We'll take a look at what potentially new decisions you can make to improve all aspects of your life, including your career or business, finances, and health and well-being.

The way you're about to discover has created breakthroughs in my own life and continues to do so, with benefits across every area of my life. I hope you'll be able to make the connection for yourself as well.

Above all, it is my sincere hope that you learn more than just how to implement Universal Harmony in your own life.

I've interspersed little bits of advice and lessons I've learned from twelve years on the front lines of personal coaching, having made all the mistakes and living to tell the tale.

Yes, this is a life transformation book, but it's really a book about designing a better life.

A life that brings you joy, peace, happiness and prosperity.

I sincerely believe that the world can, should, and will be changed for the better within my lifetime and the lifetimes of my children.

I believe it will be the brave, courageous individuals like you who will make that happen. I believe it's a responsibility for everyone to strive for Universal Harmony.

So, it's a great privilege to share what I know with you. I hope it inspires and informs you to change and improve your own life, so you can change and improve the lives of others.

If you read this book and decide you'd like help implementing its system, principles and practices as

quickly as possible, please book a call to chat with me by going here:

 [Book a Call](#)

Next, I'll share with you all the steps and process to strive for Universal Harmony with the Success Method and our online club from top to bottom.

Then how I have first overcome Crohn's disease to transform my life and career into Life Coaching, with my family at the heart of everything and I'm excited to share it with you here.

After that, we'll spend a lot of time focusing on striving for Universal Harmony so that you can become the person you were meant to be, your own way, on your own terms, using the Universal Harmony Success Method

I'll show you how to use these 7 dimensions to make progress and achieve goals in every area of your life.

You'll learn how to lift up and help others as well as how you can get help with all of this.

The goal is for you to begin your journey towards Universal Harmony even before you've finished reading this book.

Finally, we'll come full circle and examine the economics and realities of making this journey work for you. We'll look at how to live for Universal Harmony so you can breakthrough, thrive, do-well and be-well.

I'll even let you know a little bit about the way I can help you achieve breakthrough, and achieve your business goals using the system and practices illustrated in these pages.

It might sound like a lot, but really the entirety of this book can be summed up in the following three points:

Point #1: Each element of Universal Harmony and indeed personal/business, societal and planetary wellbeing is wholly interconnected and interdependent.

It makes no sense to think of an individual thriving at the expense of anyone or anything else. A healthy cell lives in a healthy organ, in a healthy body, in a healthy family, in a healthy community, in healthy people, on a healthy planet.

Point #2 The more people that strive towards Universal Harmony the more society and our way of living, doing and being will change for the better, forever.

Point #3: The best way to transform our lives and achieve our goals is through Universal Harmony.

# PART ONE: THE BUSINESS WORLD TODAY

## Chapter 1: Reality Check.

It's time for change, with a new global well-being paradigm shift.

We have a collective responsibility to reimagine what kinds of self-care models are needed - and what our health-care and learning systems will need to look like - in order to learn a more interconnected and interdependent way of living.

During these times of 'VUCA', we are experiencing volatility, uncertainty, complexity and ambiguity.

I know that my two children's future will be radically different to that mine and my parents.

Humans have experienced long periods of tradition, routine and repetition. But not anymore!

Now we see perpetual disruption which makes it challenging for us to thrive simply by following the rules or expected norms, or by doing what we have always done.

In a world of uncertainty and chaos, in order to thrive in today's world, we've got to take some initiative, have some courage and to encourage ourselves and others.

It's time we stop holding ourselves back and never let our fears and self-doubt hurt us and get in the way.

We want to become role models and take care of ourselves and those around us, but what we need is appreciation and encouragement to keep moving forwards.

But we've got to take care of ourselves first.

When we often feel uncertain and overwhelmed then it's time we start to take care of ourselves first.

Striving for Universal Harmony is going to help you learn how to take care of yourself and become the best possible version of you, so that you will be there for those that need you when the time comes.

Self-care as well as living for Universal Harmony involves understanding the deeply interrelated human and environmental problems that undermine our collective wellbeing - existential emergencies that are, today more than ever, everyone's problems, especially in this period of global pandemic and regional wars.

Although the average standard of living for humans is higher than it has ever been, we are still plagued by poverty, hunger, malnutrition, inequity, polarization, extremism, forced migration, slavery, unemployment, loneliness, depression, anxiety, fear, violence, pollution, resource-depletion, climate-change, and species extinction.

Living for Universal Harmony involves facing up to the harsh realities of existence - and taking positive action to thrive.

## Chapter 2: Who This Book (And Message) Is For.

The method you are about to learn is the result of one of the darkest moments in my life all starting in 2007. I'll spare you the sob story and the gritty details.

Just know that I, like many people, had painted myself into a stress-corner because of the choices I'd made in my life.

I didn't just fall out of love with my business; I hated it. At night I would dream up ways to get out.

When I'd wake up, my stomach would be a knot knowing I had to face another day of non-stop stress, frustration, and anxiety.

Income was inconsistent. Bills were high. It was a nightmare. Just two years into being run by my business, I had created a lifestyle that was unsustainable. All because of the business I had unknowingly designed.

I was initially diagnosed with Crohn's disease followed by three painful years in and out of hospitals.

And here we meet our first important lesson: Our lives are a result of how we're able to thrive, live-well and do-well. And it's this life we live that's either on purpose or by accident through reaction and lack of guidance.

The aspects of life we focus on are what we attract the most. The lifestyle we lead and the daily decisions we make. Stresses, anxieties, issues and obstacles are all symptoms of the lifestyle we created for ourselves.

Your lifestyle can only provide you with what you created to give you.

You see, I made the mistake many people make, which is that I relied on my hustle to keep up. I took on whoever had money to pay me. My income would

fluctuate based on my ability to pull all-nighters and absorb stress.

My mental and emotional health was tied to the number of clients, which made my hustle erratic and unpredictable.

I didn't have peace of mind and I became addicted to the struggle. The stress became normal. The erratic sleeping patterns and schedule.

Like all addicts, it took hitting "rock bottom" before I wised up and made the change. I'll spare you the details, but just know this:

The path of hustle and grinding has no rewards. There is only pain, sickness, depression, and failed relationships.

Thankfully my "rock bottom" happened quickly before it was too late.

Life was forcing me to change and I needed a complete lifestyle overhaul.

I gained a powerful insight, I realized I needed to develop, grow and thrive in all aspects of life.

And with that, I begin the ever evolving process of creating the Universal Harmony MAIN frame.

A swift transformation came before damage was irreparable. I wised up before I got married and started a family.

I was able to save my sanity, reduce my stress levels, and return to a healthier body and mind, all due to insights around wellbeing that I'll be teaching you about in these pages, specifically because I changed my lifestyle and dedicated myself to Universal Wellbeing.

For me, there were 3 fast improvements I made by implementing Universal Harmony in my life:

One, I became free from pain, physically, emotionally and mentally. And that was the big one for me. As I

became free from pain it gave me a solid foundation to progress further.

Are you currently experiencing any form of pain? And what would it mean to finally be free from it all?

Secondly, I became more self-assured, hopeful and positive of my future and the way of living I was now 100% committed to.

Thirdly, I finally and brutally got real with myself, I stopped lying to myself. I accepted my failures, owned it and came to terms with excuses that were holding me back, while committing to overcome them.

If so, it's high time to integrate Universal Harmony into your own life. This book will show you how to do that.

There is always hope, remember that, and I know life gets tough for everyone, it can often feel we're either in trouble, coming out of trouble or running into it, but even after the darkest of nights the sun shall rise again.

The Change Maker Symbol on the cover of the book is my personal symbol of hope, to be a change maker both for myself and for others.

You see, it's my deepest purpose to be a Change Maker and to impact as many people's lives as possible.

This is my symbol of hope for a better future, what's yours?

My simple, yet effective family motto is 'onwards and upwards' giving me personally a sense of hope, optimism and inspiration in good times as well as in bad.

What's your family or personal motto?

What's your battle cry?

What is it that gets you inspired and motivated?

What gets you grounded, focused and ready for a day of battle?

If you don't already have one then create it now, make it your own as a source of inspiration not only for yourself but also for others.

Keep it right in front of you and never forget it.

## Chapter 3: The Power of Change

Your choices decide your fate, and every step you take will determine your destiny. So, the power of choice can determine our whole future and it's the power of choice that leads to the power of change.

Change brings new innovations to life, it helps us become flexible and accept different situations with an open mind.

Accepting change makes us stronger and more powerful emotionally.

Change allows us to move forward in life and experience new and exciting things.

It brings more opportunities to improve the quality of life, what we can be, do or have, and the way we earn.

So after 13 years of personal coaching people from all around the world, I believe the number one reason we find ourselves into deep troubles are the daily decisions we make, the pain we feel, our worries, stresses, doubts and lack of confidence.

We take on what we shouldn't because we aren't sure how we're going to be able to do or feel tomorrow or what's going to happen tomorrow.

If that's you right now, please keep reading.

As I found peace of mind that comes from a pain free life, a healthy mind, body and spirit, what I'm really going to be sharing with you in the pages of this book is how to change things around, no matter what, to become the person you're meant to be.

To thrive, by your definition, to succeed on your terms, to live and to love, your way.

One of my favourite films, 'Ad Astra' meaning 'To the stars' or 'Per aspera ad astra' a popular Latin phrase meaning "through hardships to the stars" sees Roy McBride played by Brad Pitt lead a committed yet hustling

life as an Astronaut, make two very different personal journal entries. Here's the first...

'I'm calm, steady, I slept well, eight point two hours. I am ready to go. Ready to do my job the best of my abilities. I am focused only on the essential, to the exclusion of all else. I will make only pragmatic decisions. I will not allow myself to be distracted. I will not allow my mind to linger on that which is unimportant. I will not rely on anyone or anything. I will not be vulnerable to mistakes. Resting BPM 47. Submit.'

Now, that's pretty much the way I thought...

Yet here's how life eventually changed for Roy McBride and his new-found attitude to work and life.

'I'm steady, calm. I slept well, I am active and engaged. I'm aware of my surroundings and those in my immediate sphere. I'm attentive. I am focused on the essentials, to the exclusion of all else. I'm unsure of the future but I'm not concerned. I will rely on those closest to me, and I will share their burdens, as they share mine. I will live and love.'

Life often forces us to change and we have to see and understand the signs and react to them swiftly enough before real damage occurs. We cannot strive for and live for Universal Harmony alone.

By the end of this book you'll gain a thorough understanding of what is needed to strive for Universal Wellbeing with the Success Method, which includes the 7 Tenets of Business Success, 3 Principles of Optimal Living and the 7 Dimensions of Personal Wellbeing, to create a thriving life for ourselves and those we care about most.

And then we'll create our own, personal 'Identity Pact' and our own Universal Harmony Support Power Base.

One of the most powerful things you can do in your life today is to be more purposeful in your thoughts, as they lead to choices and decisions which lead to actions, shaping your destiny.

In your hands you now have an advantage that others don't, which is you have the ability to help people at a deep and intimate level, whether you realise it or not.

I know that change is hard, nobody said that this would be easy, but I'm on your side, I'm right with you.

Life changes happen, whether we like it or not and there is a natural cycle of change which affects each and every one of us, every few months we could experience significant change in relationships, finance, health or mental wellbeing.

Sometimes, we're fortunate when change happens on our terms. When we're ready. Other times, we're forced to change. Change can even come from things we think are good. No matter the source, no matter the situation, when we think about change we are often fearful and feel uncomfortable.

This is in part way normal, with any resistance all part of the process of change. And when we're aware of our feelings and resistance all the more, it feels a little easier to cope with.

You will find, once you finish this book and put the principles and system to action, and by focusing on your life holistically with body, mind and spirit, to fully realise they are intertwined and connected, then life will automatically change the for better.

My goal is not only to improve your quality of your life, but also to improve the joy you feel for pursuing your purpose, dreams and goals.

Universal Harmony has specific and unique benefits for everyone. Our motto is 'Universal Harmony for Everyone'.

## Chapter 4: The Commitment

It's never too late to begin your journey with Universal Harmony. It doesn't matter how old you are, (or think you are), your current mental or emotional state. Makes no difference about your current circumstances.

You may say, "Well, how can I start with no money, and you'll find living Universal Harmony will help you make more money and save over the long term.

How can I do this when I'm distracted or unfocused? As you decide to commit to yourself through Universal Harmony, you'll begin to refocus and clear about your purpose and priorities.

How about if I just don't have the time? Then first decide, if this is important enough, then we can focus on the skill of time management to learn how to make time and prioritise.

Let's now take a meaningful step and commit to striving for Universal Harmony.

Nothing meaningful is ever achieved without being fully committed.

When you decide that you're now ready to make the changes you need to, you'll be able to gain momentum and remain as consistent as possible then you're over the most common hurdle of all...which is simply starting.

Decide now to find yourself ready, willing and able to begin striving for Universal Harmony.

By the end of this book, you'll see that everything starts with the first step, the first actions that lead to decisions, behaviours and positive changes to your lifestyle.

I'll teach you how, through the use of Universal Harmony and easy-to-implement daily actions.

It is my sincere hope that by teaching you Universal Harmony way of living, being and doing, you will be able to create a lifestyle that empowers you, inspires and provides a deep purpose to move forwards with.

In return, you will become more self-reliant and capable to go for your dreams, even during these difficult times. Because when times get hard, people need even more help than usual.

By following the principles in this book, you'll discover how it's blindingly obvious that Universal Wellbeing is the only logical choice, that you can trust it without question, and that you have a tremendous amount of value to create the lifestyle you want and go for the dreams you've always wanted to.

And of course, above all else, it is my sincere hope that by taking the time to read this short book, you will see a path forward to not only greater health and wellbeing, but also for more peace and joy.

What is the point in being healthy, wealthy and happy if you can't enjoy it with the ones you love in the way you want?

So, my friends, this book is for you if you want to thrive, do-well and be-well to become the person you've always wanted to be but are ready to do it the right way to attract your ideal lifestyle, rather than trying to create it through hustle.

## Chapter 5: Be Real With Yourself

I believe that most of what keeps us stuck, preventing us from making progress and succeeding is our inability to be real with ourselves.

When we don't keep it real, we create excuses, and that's when we lie to ourselves and others.

We often fail simply because we believe our own excuses, we get stuck in a vicious circle of circumstance and excuse.

The very first step forwards is to be ready, willing and able to accept our failures, to be fully aware and realise we are kidding ourselves with the excuses we've created for ourselves and others.

We are most often the cause of our own failures, not the government, politicians, the economy, the competition or the weather.

We're kidding ourselves when we blame others for our ultimate failure.

We become defensive and begin to rationale and justify negative behaviour and poor decision making.

We want to prevent this before any kind of negative behaviours and decisions we make result in hardship and failure.

To identify when we're not being real with ourselves and take corrective positive actions. Not being real with ourselves is a common denominator of failure.

We need to break this pattern of excuses and lies and identify the excuses we try to kid ourselves with.

This involves daily accountability to track actions and decisions

When we realise and become aware of our excuses and willing to face them, then we can address and resolve the real issues that's underlying the excuses.

There are three main motivators or tactics of seeing through the lies of excuses, getting real with ourselves and opening up the door to change.

These are pride, fear, and confronting the person with the issues head on.

So for example, if someone you care for is in huge debt, spending beyond their means and behaving as if there's not a care in the world with a flashy car, expensive possessions and high expenses then really go after their pride at thinking they have lots of money, when in reality of course, they really don't.

They are proud of their expensive material possessions, proud of their lifestyle and the status and relationships it provides.

Remind them of reality, that they are lying to themselves and others.

Make them humble, bruise their ego, embarrass them, do whatever it takes for them to wake up just enough for them to be ready, willing and able to change for the better.

If that doesn't work then switch to fear by reminding them what would happen if they keep going with the lies.

They will have to sell their possessions, they will lose their home, business, family and friends.

Get them to realise and start to think they're wrong, to doubt themselves, to change their state of mind.

That might be enough to push them into accepting failure, accepting their negative behaviours and bad decision making.

If focusing on their pride, ego and fears don't facilitate change, then confronting the issues head-on are the last choice.

What we need to do is confront them directly about their issues and the way they're deceiving themselves and others.

Call them out in such a way that they start to doubt themselves and start to think they are wrong and in need of change.

It's the way we lie to ourselves which shapes our excuses, to fit our own false narratives. Which then shapes our decisions and negative behaviours.

So we have to vanquish the lies, stop making excuses and change our behaviours. To humble up, be accountable for ourselves and others and take responsibility.

Of course, any change in mind-set is challenging and uncomfortable. We feel like we're taking a risk by unmasking the lies and getting real with ourselves. It takes courage to confront ourselves and those we care for the most, and it takes courage to speak out and ask for help.

This is when we have to start pursuing what's truly important and do whatever it takes. To start winning and striving for Universal Harmony.

Through Universal Harmony we can begin to transition from problems to opportunities. But this begins with ourselves, accepting our failures, lies and excuses.

Once we own our failures and begin to blame ourselves then we open the door to resistance and change. When we blame an excuse or something else then we have no reason to change or fight it.

So let go of the excuses, and begin to own everything, the failures and the successes.

First, learn to recognise excuses and break them down by identifying points of pride, fears and direct confrontation.

Until minds are open and there's opportunity for change. Once they are ready, willing and able to change then it's time to offer praise and encouragement.

Let them know that they can do it, they can do the right thing, be accountable, responsible and begin to take positive action.

Remember, we are responsible for our own lives, we fail because of ourselves and we succeed because of ourselves.

It all changes when we get real with ourselves, stop the excuses and the lies.

So the aim of this chapter is to give you an affirmative push you need to accept responsibility for your situation, issues and problems.

Often caused by daily decisions, procrastinating, taking the wrong actions or taking no actions.

Use what you need, share what you can.

The first step to Universal Harmony is the one where we begin to get real with ourselves.

Here are 6 of the most universally common reasons we blame and use to justify our failures, create excuses and lies.

## 1. Fears

We're often afraid of the unknown, we're afraid of outcomes and what we don't understand.

We are afraid of failure and sometimes even success. Mostly, we're afraid of change.

Fears prevent us from taking positive action, we procrastinate and our decision making is effected.

Our greatest fears seem bigger and more fearsome than they actually are, so minimise them as best you can.

As we try to minimise our fears we can perceive it better in smaller parts and then make a plan and take action to overcome each smaller part.

When we minimise our fears and break them down into smaller parts we are then better able to see and judge any perceived risk with taking action to overcome those fears.

We can then gain greater clarity in rationalising our fears because more often, most of what we think we're facing are irrational fears.

Finally, minimising our fears and breaking them down into smaller parts helps us to assess the risks involved with overcoming these fears.

So, are our fears truly rational?

And what is the worst thing that can happen if each of these smaller parts are realised?

Would you be able to handle it now, or what would you need to be, do or have to handle a worst case scenario?

Most of the time our fears are not rational and we need to realise this, take action and begin to push through our fears.

12 years ago, I had a fear of public speaking, it was irrational of course, we don't explode and the world doesn't end when we start public speaking.

What I did was to minimise my fear and begin speaking to small groups, 3-8 people, giving them presentations.

It took time, and effort of course, but I started to normalise public speaking, I got used to it and that made it easier to scale up to speaking to bigger groups.

And believe it or not, it's actually easier and more enjoyable speaking to larger groups.

I'm a big fan of back-up plans, you've got to have a 'Plan B'. This helps transition faster and more effectively into corrective action when needed.

As we endeavour to face our fears, we're going to make mistakes and things won't always go to plan. We just can't guarantee everything will go in our favour or we get everything right, so a back-up plan gives us some sense of security.

So no matter what we can keep moving forwards when things don't work out as expected.

When facing our fears it's important to closely evaluate and assess our actions. Spend some time each

Sunday to assess what happened during the week, how you performed or acted in facing your fear.

This provides the best opportunities to learn, grow and develop as you continue to push through your fears.

## 2. Knowledge

Do you believe that you're held back in some way with a lack of information or know-how?

You might even think it's not even important to know the very things that move your life, work or business forwards.

What is you're thinking around not knowing how to do something?

KAIZEN is the Japanese practice of continual and constant improvement, and learning.

This helps open our minds more and realise the importance of responsibility, and becoming more involved and knowledgeable around all aspects of our lives and business.

When we become more involved and engaged then we give ourselves a greater chance of succeeding and achieving our goals.

We are in charge of our own lives, we can decide to develop a growth mind-set so we don't become set in our ways, with consequences for our future and prosperity.

### 3. Circumstances

These are external factors we feel no control over.

Keep it real, don't let difficult and challenging circumstances prevent you from succeeding and achieving your goals.

We often believe ourselves in thinking that we are relieved of any responsibility and requirements to take action when we falsely believe the lies around our circumstances.

Never let outside factors get in the way of you moving forwards in life.

Most definitely, external factors can be a real tough challenge to deal with but definitely never impossible to overcome. Don't let it stop you from doing your best, taking action and taking steps to overcome it.

Also, it's not god's fault, the economy nor the neighbourhood and the world isn't conspiring against you. Neither is it bad luck or some kind of magic causing your troubles and failures.

And then of course we blame the government, the politicians and policies they put in place.

It's time to stand up to such circumstances and the excuses we create around them to lie to ourselves.

It's time to stop holding ourselves back and quit blaming circumstances that are out of our control.

You are in charge of how you manage and respond to all these external factors.

When you are physically, mentally, emotionally and spiritually ready, willing and able, then there's always a way.

There's more than just 'where there's a will there's a way' but we have to be ready, willing and able to begin with. Then we have hope, and then anything is possible.

## 4. Time

This is when we lie to ourselves and hold ourselves back with a perceived lack of time.

We can also believe that we are overwhelmed when more often we are unorganized and inefficient.

The greatest equalizer of opportunity of all time is that we all have the same quantity of time.

The big difference however is how we use our time as there's no such thing as wasted time if used wisely, effectively and efficiently.

It often seems like we're busy being busy, and too busy at that. This is when we need to get organized, prioritized and optimized.

We can all say that we don't have enough time but what it really means is that we don't truly value our time enough and daily to assess what we actually do with our time

When we begin to correctly classify our responsibilities then we're more likely to increase productivity and become more efficient.

## 5. Ego

The ego we express from our internal beliefs and habits whether positive or negative have a tremendous affect on our lives.

Our ego either strengthens our responsibilities or takes them away, helps us take relevant actions or inactions.

Ultimately influencing our behaviors that either give the ego what it wants or protects it from what it doesn't want.

And this creates obstacles to what we can or can't do while holding us back. We begin to lie to ourselves and create excuses that the ego is more than happy to defend from disappointment, failure, rejection or embarrassment.

Now, it's time we get over ourselves, get humble and recreate our ego to subconsciously accept information that supports our lives, goals and well-being.

We want to make sure our ego pulls us closer to success, to thrive, succeed and realize our own potential.

It's now time to start believing in yourself in more empowering ways to reinforce positive thoughts and feelings which result in more positive behaviors and actions.

I want you to become your best supporter, your number one fan. If you don't stick up for yourself, support yourself in achieving your dreams and goals then who will?

So whatever story you've created for yourself through your ego it's time to let it go.

You're not old enough or young enough.

You can be as good as you need to be, you can become the person you were meant to become to achieve your dreams and goals.

You can find the help you need, the resources, money and time to achieve your goals.

I'm too old, too young, too short or tall, too fat or thin.

I'm not as good as/ not as attractive as....

My friends and family don't think I can or should do this.

You can change and transform your life.

It's time to give yourself some tough love, stop lying to yourself and holding yourself back.

## 6. Lacking

The excuses we create through feelings of scarcity or a mindset of lacking in something.

We believe that we don't have enough money, resources, connections, support, love and so on to progress and succeed.

I've been broke before, I've been in debt, especially a period of time struggling with Crohn's and unable to work. My thinking wasn't straight around money and I began to misallocate resources.

I didn't have a clear indication of all my assets that could have helped at the time. As I began my journey towards Universal Wellbeing I realized I didn't want to be or need to be stuck in a state of lack or scarcity forever.

It took a very honest and challenging look at the way I earned and chose to spend money. Most importantly I learned that I could start a business and move it forwards.

So if you realize you're holding yourself back with excuses and lies, it's time to be real with yourself and others.

There are always possibilities for funding to start your business or choose to boot-strap.

There are always ways to reduce expenses. You can earn more. You can make changes and take a risk. You can save money and invest it.

Being stuck is often worse than failing, as there's no learning experience.

I've learned far more from failures than with successes, it's a far more empowering learning experience.

It's now time to push through feelings of lack and scarcity, stop lying to yourself and never let it hold you back.

## Chapter 6: The 5 Problems

I've coached hundreds of clients from all over the world through life and business challenges.

All that's to say:

After 13 years of personal coaching, I've learned a few things.

Things you can only learn by trying, failing, and trying again.

I want to share with you the five hard lessons I've learned from my coaching career for two reasons:

- So that you can learn from my mistakes and avoid making them yourself.
- To show you why exactly I'm so obsessed with Universal Harmony to thrive, live-well and do-well.

So, if you'll allow me a quick trip down memory lane, I think you'll find a tremendous amount of value in seeing the big picture of a long-time coaching veteran:

### Hard Lesson #1. Our Current Healthcare is Broken

Let's face it, in this day and age we're not guaranteed anything with our current health care.

In many countries its high cost and low quality, leaving many with financial burdens or governments unable or unwilling to balance the books.

Health care is routinely delayed or denied especially to those who are most in need of it but can least afford its high cost.

Overemphasis on procedures and prescription drugs with no solutions in sight for any signs of a modern over-haul. In terms of literal cost and cost to humanity

our current health care system globally is unsustainable.

It's getting harder to seek healthcare and even to see a general practitioner, it's just more convenient and easier for them to see you on screen rather than in the same room.

And to compound all of that the global Epidemic has deepened financial losses for world governments and national health services.

The immediate cause of this unprecedented financial crisis having been a massive burden with unexpected changes in demand for health services.

What's prioritized now above all else is infectious illness which has increased demand for specialized acute care that has overtaxed some hospitals and imposed unexpected costs on many more.

While we've seen declines in demand for routine services which has reduced service providers revenue.

General practitioners had reductions of 60% in visit volumes in the first months of the crisis, and, by their own estimates, hospitals will lose billions, while employment in the health care system is down.

How do you think this trend will continue?

It will only get harder and more complex to see your local doctor.

Wouldn't it be great if we could just walk in and be able to see someone without waiting, no chance!

What if there was a better way that sidesteps all of that in the first place.

## Hard Lesson #2. Healthcare doesn't prioritise Prevention, Intervention and Lifestyle.

Our modern way of living with unhealthy diets, lack of movement and disrupted sleep patterns is simply misaligned with our genes and biology.

Chronic diseases such as heart disease are the leading cause of death so you'd think that our health care systems are positioned to tackle this head on as a priority.

Sadly though, this isn't the case. There's no fast and effective relief for heart disease for example that can be bottled as a vaccine and administered at a huge profit by the millions.

It's a shame to see that our model for delivering care doesn't support the interventions that would have the biggest impact on preventing and reversing chronic disease and saving substantially more lives than prioritizing acute diseases and pandemics.

Universal Harmony is a preventative and interventional force, as well a lifestyle that everyone on the planet needs to practice and live by.

If this way of living was a mandatory policy by all governments and agencies then just imagine the kind of positive world we'd live in.

We'd focus on making a real impact on quality of life for everyone. Personal wellbeing would be at the forefront instead of health care systems that put profits before people.

## Hard Lesson #3. Conventional Healthcare Alone Is Risky

While we've increasingly become reliant on our health care systems over time, it's risky to depend on them alone.

When our lives and wellbeing are at stake I would always seek a second opinion, and that goes for centralized help, therapy and treatments.

Healing on this planet is not just for government health agencies. It was never like this hundreds of years ago.

Just to be clear, we absolutely need our hospitals, doctors and health care systems, but for the past few hundred years we've been gradually letting go of our own innate wisdom, self-reliance and self-responsibility to our own health and wellbeing.

And to be equally clear, our lives, health and wellbeing are our responsibility alone.

It's not about our government.

It's not about our hospitals.

Our local authorities or health practitioners.

We alone make ourselves sick through lifestyles choices, daily habits and decisions that gradually erode our health and wellbeing.

We need to be responsible for our own lives and for changing our circumstances.

We'll talk more about support groups, lifestyle and striving for Universal Harmony in later chapters and how it's a best bet, together with our conventional health care systems.

## Hard Lesson #4. Self-Reliance Is Better Than Dependence.

Hundreds of years ago we were far more dependent on ourselves, our families and community to heal, grow and thrive within our family and communities.

We had family doctors and village healers, with a greater belief in our own innate ability to heal.

Remember, our natural state is one of total health and wellbeing, but quite harshly what we need to realize is that no one is coming to save you.

We have to fully realize and understand that to change, grow and thrive in every aspect is going to be down to you and you only.

If anyone is magically going to appear and just suddenly make your life better, just know that person is always going to be you.

Sure, you can get support (and I'd love to help you) but no one is going to do your push-ups for you, no one can sleep for you, do your journaling for you and breathe for you.

Only you can commit to striving for Universal Harmony.

We have to fully take responsibility and accept our current situation. Not blaming anyone, you made an appointment with yourself to be here, exactly in life where you are right now.

It's never ideal, and the timing is never perfect but you need to have that awareness, own it, before you even begin the process of change and transformation.

## Hard Lesson #5. A Life Long Journey Is Required To Thrive, Live-Well and Do Well.

Remember we talked about maintaining our focus on our well-being?

What we turn our focus on and keep it there grows stronger. We are a living organism with an intertwined body, mind and spirit.

We can't just switch ourselves off. To maintain our health and wellbeing it's going to take a lifetime of commitment and dedication.

Humans simple do not have a Universal framework of maintaining a focus on health and wellbeing. Universal Wellbeing helps you focus and maintain attention on what matters most, you and those we love and care for.

Change, success and thriving are constantly evolving and we need that continued presence and awareness on all aspects of our lives.

## PART TWO - THE SOLUTION

### Chapter 7: What is Universal Harmony.

Here's what I mean by "Universal Harmony":

'To focus on and grow every aspect of your life, to live well, be well and to thrive.'

Universal Harmony is not a destination, it's a life long journey of self-commitment, self-dedication and responsibility.

I have the deepest believe that to flourish is our deepest purpose and highest aspiration.

It's also dynamic and multidimensional, involving personal, societal and planetary wellbeing.

Each element of personal, societal and planetary wellbeing is wholly interconnected and interdependent. It makes no sense to think of an individual thriving at the expense of anyone or anything else.

A healthy cell lives in a healthy organ, in a healthy body, in a healthy family, in a healthy community, in a healthy species, on a healthy planet.

Personal wellbeing can be defined by seven interconnected dimensions which we will talk about later.

Understanding that our body, mind, spirit and the greater world are interconnected.

So, learn how to live, love and learn Universal Wellbeing, to have a big impact on our lives and get the results we want and to give this gift to the people who really need it.

I'm passionate and dedicated to helping people like you strive towards Universal Wellbeing.

So now it's time to start developing and growing the 7 Dimensions of Personal Wellbeing that you need in order to strive towards Universal Harmony, have an even bigger impact on your life, and start experiencing the sort of success that you want in your life and in the world.

My hope is that this book inspires you to take the next step as you learn and grow through your own transformation of personal transformation.

You see, the results of your own transformation - who you are and how you're showing up in the world - are the most powerful thing you have to share with your those you care about most.

I wish you every success in your journey as you strive towards universal well-being and personal transformation.

## Chapter 8: The #1 Problem with Universal Harmony

I'm deeply passionate about Universal Harmony and I believe it's our highest aspiration, but there's a fundamental problem with integrating it into our lives, which we'll explore here.

Many people read books, perhaps on personal development, health and wellness yet are unable to act, and integrate knowledge, strategies and practices into their daily lives.

The specific reason for this failure is the topic of this chapter.

Put simply, quick-fix tactics and strategies won't work without a prolonged on boarding experience to enable actions to start, while gaining and maintaining momentum.

The biggest obstacle to inaction is procrastination. We over-think, over-analyse and over-complicate.

It comes down to feeling ready, willing and able to act.

Are you ready right now?

With whatever you feel or think that you need or have to be.

Are you willing?

Do you really want to do the very thing you're procrastinating over? Do you have the energy and be able to put in the effort?

Are you able?

Do you feel that you have the skills, know-how, experience or knowledge to get this done?

When we feel that we're not ready, or willing or able to complete the task then we remain inactive and we procrastinate.

Then, there's fear, the fear of change and the pain of change if we begin this new endeavour or simple task.

That's why change is so challenging because it means we have to experience varying degrees of pain and frustration.

We'd much prefer comfort wouldn't we. But what makes you comfortable, can kill you. What makes you uncomfortable, is the only way to grow.

Eventually life catches up If you do what is always easy now, your life will be hard later. But if you do what we must and know is right but hard now, your life will get easier later.

There are consequences if you continuously seek comfort. When we choose comfort we do not push ourselves to grow and progress.

Have a think about what capacity and potential we are currently operating at?

Don't just hang in there wasting your capacity and potential.

You could 10X your capacity to grow and develop in all areas of your life.

We need a long adventure, such as life is, we need to push ourselves to truly find ourselves.

Universal wellbeing is useless without a sustainable long-term approach.

To create a long-term vision of ourselves and set long term goals.

People often over-estimate what they can do in 1 year and under-estimate what they can do in 10.

So, for your own sake, keep this book with you, read it again and again so you can gain the support you need to successfully strive for Universal Harmony.

Further more, we can never achieve Universal Harmony, it's like a state of happiness, it can be fleeting.

To put a bar on Universal Harmony would be like trying to set a goal that you would continuously out- grow.

Universal Harmony is like an impossible goal for you to strive for.

To grow and evolve, transform and reach for your best self and become the person you've always wanted to.

My impossible goal is for everyone on the planet to strive for Universal Harmony.

if you are considering taking on a goal or a challenge that seems impossible to you, reflect back on life:

Have you ever accomplished anything that, before you did it, you had considered 'impossible'?

Usually most of us say yes.

Let's face it, so much of what we accomplish looked impossible at some point if we're willing to look back far enough.

An 'Impossible Goal' is something you want to achieve that seems literally impossible to you right now.

We can't even begin nor imagine a realistic, step by step plan to achieve it.

So, instead, reverse engineer it with a perspective of the type of person you'd need to become to achieve it.

Who would I have to become to create this Impossible Goal?

Don't become attached to the outcome, just think of something you'd love to create or achieve that literally seems impossible right now.

## Chapter 8: Why Universal Harmony Works.

For 13 years, I have been working to solve the puzzle of what makes someone thrive, live-well, and do-well.

How to take someone who's physically, emotionally and mentally bankrupt to change, transform, keep progressing, do well, live well and thrive.

After having coached hundreds of clients from all around the world and taken care of my own issues, here's what I know so far:

Every client needs 6 Major Questions answered, clearly and truthfully, before they'll get help and get started with striving towards Universal Harmony.

The best way to answer these questions is through a short, comprehensive book that delivers results in advance.

For now, let's explore the 6 Major Questions clients will be asking themselves before they buy my coaching programs and most importantly, taking action.

Here's how I usually answer these questions in profound ways for new clients to take-action on the changes they need to and to begin their journey towards Universal Wellbeing.

### Question #1. Is this right for me?

It's obvious that Universal Harmony has a profound benefit for all our lives by initiating change, progression while facilitating the conditions for you to personally thrive. However, I understand it's not so simple.

We all have a certain fear about starting, which can manifest itself as doubt, trepidation, second-guessing, lack of self-confidence, feet dragging, irrational behavior, etc.

We doubt ourselves because we've made bad choices in the past. You might doubt Universal Harmony because you don't fully understand it yet. Doubt is the natural state that we can all accept and learn from.

To do anything successfully we need to have belief. Belief in ourselves, others and the things we are committing to which takes trust and honesty to begin with.

It's my sincere hope that this book empowers you to influence your beliefs. I've seen that when people's beliefs change, they carry a tremendous amount of momentum with them towards action.

It manifests itself as excitement, commitment, and eagerness—the perfect set of behaviours to gain fast results.

## Question #2. Can I trust this information?

My clients don't just need to trust me as a person. They need to trust the specific information I'm sending them.

Most clients like you can smell B.S. a mile away so what this book does a book does better is to deliver information in an easy-to-verify system.

For example, later in this book, we will be doing some verification of The Universal Harmony concept through some simple exercises, assessments, and other information.

I will be putting you through various check-in exercises in this book that will allow you to check and prove over time the practices, principles and strategies that I've laid out for you.

You can independently verify what I'm saying to find out if it's true.

Did any light bulbs go off?

Did you gain fresh insights you wouldn't have otherwise?

Did you get a clearer vision of your future?

That's you verifying the information for yourself.

You're beginning to shape an idea in your mind that the information and the concept of Universal Harmony in this book might actually be empowering and impactful.

By association, if the information in this book is helpful, then maybe the author (yours truly) is helpful too.

### Question #3. Is this good value for the money?

I've been a Personal Coach in the health and wellness profession now for more than 12 years and I can tell you that most people overcomplicate their lives.

Although life can get complicated and difficult we don't want to overcomplicate things further.

Most people read books and never follow through on the information, strategies or principles presented. Executing on new information often seems complicated and difficult.

This explains the role of a billion-dollar industry called personal coaching and training.

They are the individuals who close the gap between the information and the execution.

Personal trainers and coaches exist because people already have access to the information yet cannot follow through.

Think about that. Personal coaches rarely provide new information. They are there to close the gap between information and execution.

You could read 100 personal development books yet how much of all that knowledge and exceptionable actions would you actually implement in your own life?

This is why most people would still need to close that gap.

This is why as a personal coach I am writing this book, I give people the information, then offer to close the gap.

With some groups of people the gap seems narrow and to others it seems wide.

That's why books are so powerful and that I don't have to hold back on any information about Universal Wellbeing.

If all you need is the information to inspire, motivate, and begin the process of change then that's mission accomplished right there and then.

But I do know that some people will need extra help.

I've discovered that no matter how much information I give, it will still be tremendously harder for you to do what is easy for you to do.

Remember, what's often easy to do is also not easy to do. It's easy to drink enough water every day to remain hydrated, yet it's often reported that up to 75% of Americans show some symptoms of dehydration.

It's easy to get to bed at an appropriate time and fall asleep yet most of us carry some sleep deficit that often impacts our quality of life.

It's easy to exercise for 30 minutes each day or even a few days per week but we simply can't keep inspired or motivated to do so.

It's easy to find some fruits or vegetables to eat each day but we choose to focus on more convenient yet unhealthier food options.

Just, remember, what's easy to do is also not easy to do.

So this book is simply the first step, the beginning of your journey towards Universal Harmony.

Books will always remain popular, some people will find a book better than webinars, better than podcasts and

blog posts because people generally consume it more mindfully than any other communication source.

#### Question #4. Can I trust this person?

One of the best pieces of advice I ever got in my career was to provide value in advance with zero secret agenda. This is why I like a book much more than a webinar.

A webinar always has a secret agenda. Always. It is specifically structured with a secret agenda in mind.

Sure, it says “free training” on the landing page, but really it should say “sign up for my free sales pitch.”

If you’ve taken any of the major webinar trainings from any of the personal development gurus, you’ve likely come away with some resistance towards the fact that it’s a sales pitch secretly pitched as free training, then towards the end, you’re surprised with the sale.

That’s why I want to be known as providing value and results first with nothing to hide, everything is out in the open. I tell it like it is, my intentions and what I wish for you.

#### Question #5. Are the benefits clear enough to justify this investment to my life partner?

Here’s a hopefully helpful revelation:

Sane people don’t make major purchases alone.

Whether you are joining as a free Ambassador, or as an Advocate for \$6 monthly, as a Change Maker for \$49 monthly, it is rare for the person with the credit card or the checkbook to make a purchase of that magnitude without first consulting somebody for advice and approval.

What makes this book so incredible at counteracting this common occurrence is two things:

Point #1. - While striving for Universal Harmony life becomes better. You become better and those around benefit.

Point #2. - In terms of financial cost, think of the savings and ability to earn with a healthy mind, body and spirit. Imagine what's possible financially when you're at your best and becoming a version of yourself that's continually progressing and evolving.

There is a reason I took the trouble to outline those points. I want you to be able to understand exactly what we're talking about here to the point where you could explain it to your spouse without skipping a beat.

When I coach my clients either through one of my programs or coaching to achieve specific goals, we do this same thing.

It not only helps you understand my coaching better, but it helps other people most important to you understand it too.

This book can be gifted. The best part about a book is that it can do the talking for you.

It is culturally normal behavior to share books. It is culturally abnormal and weird to share sales presentations, such as webinars or Video sales letters.

Many clients of mine tell me they have read their book together with their spouse, and the couple coming up with the conclusion together to get started as Ambassadors or Change Makers.

## Question #6. What are my options, really?

One of the by-products of this book is the truth.

- I can only take on so many clients a month or have so many join as Change Makers and Harmonisers.
- What I am selling is very valuable, and I love what I do.

I take pride in doing hard things and are happy to share the ups and the downs. I don't need or want to sugarcoat what I do. It devalues what I've struggled over long months and longer hours to develop the Universal Harmony MAIN frame..

I can tell you what your options are because I want to be your #1 option.

I don't want you to work with other coaches or join other online wellness clubs. I want to work with people who want to work with me and giving you options to do exactly that.

Being open and honest in my book is the best way to find the very best people like you to coach. If what I do helps people, there is zero moral or ethical reward in delaying the help that I provide.

In fact, you could argue that I have a moral and ethical obligation to help as many people as possible, as quickly as humanly possible. If this past year has taught us anything, you never know what tomorrow will bring, so do your good work today.

We just explored 6 Major Questions that all potential clients need answers for before they'll join the Universal Harmony Wellbeing Center.

## Chapter 10: Benefits of Universal Harmony.

You'll see some amazing developments over time, and they'll keep coming.

We are at our most satisfied fulfilled when we make life progress.

When we feel a sense of purpose, autonomy, self-acceptance, optimism, self-determination, resilience, personal growth, vitality, engagement, and self-esteem.

That's what we feel and experience while striving for Universal Harmony.

Progression in all aspects of life with a greater sense of wholeness and well-being.

Better feelings of good health with meaningful and close social relationships.

Greater long term financial and material stability.

A stronger sense of life meaning and spiritual purpose.

Families are able to forge stronger bonds without the stresses and troubles that separate them.

You'll see better results at your workplace, whether you are self-employed or working through a career.

## PART THREE - THE SUCCESS METHOD

### Chapter 11: The Universal Harmony Identity Pact

To help you become the person you were meant to become. The Universal Harmony Identity Pact will be unique for everyone.

First, define life 'values' that are most important to you. Values that reflect on your core beliefs and act as empowering guides for your actions and decisions.

It's never too late to design your life based on the type of person you aspire to be and were meant to become.

Here are some of the most common values to live by:

Courageous, Kind, Patient, Integrity, Grateful, Appreciative, Forgiving, Healthy, Loving, Thoughtful, Attentive, Respectful, Giving, Forward looking, Authentic, Balance, Community, Compassion, Creative, Learning, Justice, Freedom, Loyal, Openness, Prudence, Resilient, Responsible, Respectful, Spiritual, Wise.

Choose 7 values to help you shape your identity and the person you want to become.

Do research more life values if you feel they're not listed here.

The following paragraph could be a basis for your Universal Wellbeing Identity Pact. It needs to come from you though and your decision alone.

I am (insert your 7 values).

I am becoming the type of person that (input the type person you want to become).

I love myself and my family.

I take care of myself and my family.

I am living, and learning, while striving and thriving for Universal Harmony.

Here's my personal Universal Harmony Identity Pact:

'I am loving, kind and attentive.

Healthy and appreciative of those around me.

I am resilient to the challenges of the day.

I am spiritual of my surroundings and those closest to me.

I am the type of person that makes a difference and impact the lives of others.

I love myself and my family.

I take care of myself and my family.

I am living, and learning, while striving and thriving for Universal Harmony.'

All my hopes and dreams are with you, becoming the person you were meant to become.

## Chapter 12: What We Need for Universal Harmony.

We live our lives, moment to moment, decision by decision, habit by habit.

We gain knowledge (and forget it), skills, values and qualities that determine the type of person we become.

Universal Harmony is determined by the way we live the 7 dimensions of personal wellbeing. To thrive together, everyone must learn to live for Universal Harmony.

So that from moment to moment we make better life decisions, and focus on developing each aspect of the 7 dimensions.

Physical, Financial, Emotional, Mental, spiritual, Relational, and Personal Environmental wellbeing.

These all tie into the quality of our lives and the person we become.

This is why Universal Harmony is a long term, sustainable process of becoming the type of person we both want to be and deserve to be.

To live for Universal Harmony, we must at the deepest levels be and become:

Physically healthy with a body that supports our purpose and goals through sleep, exercise and nutrition.

Financially prosperous with multiple flows of income to be debt free, pay the bills and save.

Emotional healthy, healed, tolerant, patient and forgiving while empathic and compassionate so we are kind and loving to ourselves and others.

Mentally present, attentive and mindful, resilient and focused. Possibility minded, open minded, proactive and responsible.

Conscientious, organized and efficient. thoughtful, ethical and wise. self-aware and self-controlled. Reasonable, critical and questioning. Adaptable, curious and growth-minded.

Relationally communicative, assertive and civil while helpful, kind and generous. Cooperative and collaborative.

Spiritually imaginative, creative and resourceful. Authentic, sincere and honest.

Personal Environment that you can control and positively supports your way of living and becoming.

Learning to live for universal wellbeing means developing the all these 7 dimensions of personal wellbeing.

We want to become the person we want to by continuously evolving throughout life and becoming equipped and inclined to live for Universal Harmony is a process that begins now and ends when we stop breathing.

The extent to which we become equipped and inclined to live for Universal Harmony is determined by the experiences we have in life: the environments we spend time in; the people we spend time with; the things we sense, feel, think and do.

To learn to live for Universal Harmony, people need to benefit from a wide range of learning experiences that contribute to their physical, financial, emotional, mental, relational and spiritual development; experiences that connect us with ourselves, our species and our entire planetary ecosystem; experiences that put us in harmony with the universe.

This is not to throw out the learning of literacy, numeracy or academic subjects in classic school settings. But universal learning experiences are necessarily richer, and often involve:

- Playing
- Learning in nature
- Learning in the community
- Trusting young people to take the lead
- Exploring, experimenting and failing
- Questioning the status quo, debating and reflecting
- Learning through movement, making and meditation
- Learning through immersive, interdisciplinary, challenge-based projects.

Our brains remain malleable throughout our lives but our experiences in childhood and adolescence fundamentally determine our growth - and many potentialities will never develop if they are not nurtured in our early years.

## Chapter 13: 7 Dimensions of a Thriving Life

There are 7 dimensions of personal wellbeing that we need to focus on, maintain at a healthy level and grow.

The first dimension is physical wellness and is my view an ideal description of personal 'success'.

Not around, money, or property or other possessions but a state of joy and the achievement of a good-feeling physical body.

While of course the attainment of money and wonderful possessions can certainly enhance your state of joy and everything is interconnected, it is I feel the greatest factor in maintaining a continuing state of joy and well-being.

Every part of our life is experienced through our physical body so when we feel good, everything else tends to look and feel better.

It's much easier to maintain an ongoing positive attitude when we're feeling physically good.

The way we feel physically affects our thoughts, feelings and attitudes so there fewer things of greater value than the achievement of a healthy, good-feeling body.

It's important to note that a positive mind and thoughts promote a healthy body as much as a healthy body aids positive thought.

Your attitude on virtually every subject is influenced by the way you feel about your physical body.

They're intertwined so you don't have to be in a perfect state of health in order to find feelings and thoughts of

relief that can eventually lead to a wonderful mood or attitude.

And if you believe that your thoughts create your reality then you can find physical improvement with pure positive thoughts, feelings, beliefs and actions that are all aligned.

Your body responds to your thoughts so the better your thoughts feel, the more you allow your own personal and physical well-being.

So keep your attention and focus on maintaining your physical wellbeing.

Remember, your natural innate tendency toward wellness is much stronger than your tendency for illness so even with some negative thinking, the vast majority of us remain mostly well.

Our natural state is one of well-being and to be of value to anyone is when you're able to think about that person and feel good at the same time.

To love them, free from doubt and worry. Expect them to succeed and think the best of them.

So never complain about others, and stay far away from those that do...as its disallowing healing and recovery, success and joy.

Just focus on positive, good feeling states as it's the best way to influence others to good health is to live it just as much as the way to influence others to sickness is to get sick.

To strive for Universal Harmony, we need a healthy body with adequate sleep, regular exercise and a healthy nutritious diet.

## 7 Dimensions of Personal Wellbeing Score Cards

Over the next few pages of this chapter you will find 7 Score Cards, one for each dimension of personal wellbeing.

Here's how to get the most from your score cards.

First be aware of your current mood so that it doesn't negatively affect your self-score.

You'll find that you may score yourself very differently depending on your mood.

Within each Check-in Exercise score card there is a score out of ten. A lower score would mean an opportunity to improve and reinforce that dimension of life.

A higher score would indicate progress and a chance to further improve. You'll see which dimension in life you show weaknesses as well as those with strengths.

By checking in on a weekly basis to score each dimension of life you can make incremental changes in time.

You can assess your current scores and plan the steps needed to improve and make progress.

## Physical Wellbeing Scorecard

On a scale of 1-10.

(1 meaning 'not satisfied at all' to 10 meaning 'highly satisfied').

Score yourself on each of the following aspects of physical wellbeing:

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

not satisfied at all highly satisfied

Sleep: (1-10)

Exercise: (1-10)

Nutrition: (1-10)

Total score: (out of 30)

The next dimension of personal wellbeing is Financial Wellbeing.

We live in an economical planet using monetary systems to live, to share and thrive, there's no getting away from that in our lifetimes.

Money provides options to live a better life that you choose and puts you in control.

Having money and being comfortable with finances also gives you freedom and options to decide how you want to live and support the things you care most about in your life.

Money is not everything in this world, but it sure is empowering in helping us achieve our goals and raise our quality of living.

Many are striving for financial freedom to be able to do what they want, when they want, where they want.

With your own life experiences around money you'll fully realize that being able to make choices and have options is a feeling we want to have again and again.

Stuck in financial debt is frustrating, so removing that from your life is a huge relief.

Nobody wants money worries with burdensome financial stresses. We all want and strive for financial security.

Having money and having a financial plan creates more security for you and your family.

We can create more life experiences and opportunities get experience a richer life.

Most importantly money enables us to take care of our family and everything that matters most.

Striving for Universal Harmony means becoming free from debt, are able to pay all the bills and are able to save income for investments or material goals.

## Financial Wellbeing Scorecard

On a scale of 1-10.

(1 meaning 'not satisfied at all' to 10 meaning 'highly satisfied').

Score yourself on each of the following aspects of financial wellbeing:

|                      |   |   |   |   |                  |   |   |   |    |
|----------------------|---|---|---|---|------------------|---|---|---|----|
| 1                    | 2 | 3 | 4 | 5 | 6                | 7 | 8 | 9 | 10 |
| not satisfied at all |   |   |   |   | highly satisfied |   |   |   |    |

Paying all the bills: (1-10)

Saving money: (1-10)

Investing money: (1-10)

Total score: (out of 30)

The third dimension is emotional wellbeing which we need to maintain stress reduction, self-care, and inner strength.

In response to outside stimuli, our body releases chemicals and signals which control our feelings and all of this starts in the brain.

We need them to survive, providing feelings of panic, fear or happiness depending on the perceived threat or reward.

Emotions can be felt through our heart rate, sweat, temperature changes, or a sense of numbness.

Negative emotions are not all that bad though, we need some balance to strengthen our self-resilience, and mental health.

And remember, we share emotions with those around us sub-consciously, electro-magnetically and of course verbally when we share our feelings with others.

To better direct positive thoughts, feelings, and behaviors that help you to cope with life's challenges.

Keeping problems in perspective and able to bounce back from setbacks.

We want to be able to feel good about ourselves have loving, caring relationships, and express emotions when needed.

Being emotionally healthy doesn't mean you're happy all the time. It means you're aware of your emotions.

You can deal with them, whether they're positive or negative. Emotionally healthy people still feel stress,

anger, and sadness. But they know how to manage their negative feelings.

They can tell when a problem is more than they can handle on their own. They also know when to seek help from their support network.

Research shows that emotional health is a skill that we can develop to improve our emotional wellness.

## Emotional Wellbeing Scorecard

On a scale of 1-10.

(1 meaning 'not satisfied at all' to 10 meaning 'highly satisfied').

Score yourself on each of the following aspects of emotional wellbeing:

|                      |   |   |   |   |                  |   |   |   |    |
|----------------------|---|---|---|---|------------------|---|---|---|----|
| 1                    | 2 | 3 | 4 | 5 | 6                | 7 | 8 | 9 | 10 |
| not satisfied at all |   |   |   |   | highly satisfied |   |   |   |    |

Managing emotions: (1-10)

Joy and happiness: (1-10)

Able to express emotions (1-10)

Total score: (out of 30)

The fourth dimension of personal wellbeing is Mental wellbeing.

This is when we want to be able to focus, perform and remain productive with a healthy mind. To retain information fast enough for today's challenges with adequate memory recall and mental presence.

Remaining mentally present, attentive and mindful allows us to get the best out of ourselves and life.

In addition, we need self-resilience to breakthrough obstacles and challenges in order to change and progress.

It's not just that of course, we need to manage and minimize negative stresses while acknowledging the signs of depression and seeking appropriate help and support.

Every day we need a sense of perspective in the form of positive affirmations, expressing gratitude while reframing negative mindsets to better ones that serve us better.

If we take some time for introspection then we can journal to express or process our thoughts and feelings.

Journaling helps us to focus better, minimize distractions and connect with ourselves on a deeper level.

While building a daily practice of meditation with just simple 2-3-minute mindful breathing breaks throughout the day can and will provide the foundations for personal transformation.

## Mental Wellbeing Scorecard

On a scale of 1-10.

(1 meaning 'not satisfied at all' to 10 meaning 'highly satisfied').

Score yourself on each of the following aspects of mental wellbeing:

|                      |   |   |   |   |                  |   |   |   |    |
|----------------------|---|---|---|---|------------------|---|---|---|----|
| 1                    | 2 | 3 | 4 | 5 | 6                | 7 | 8 | 9 | 10 |
| not satisfied at all |   |   |   |   | highly satisfied |   |   |   |    |

Focus, performance & productivity: (1-10)

Learn & retaining information: (1-10)

Decision making: (1-10)

Total score: (out of 30)

The fifth dimension of personal wellbeing is Spiritual wellbeing so we can connect with our purpose and beliefs.

To regularly reflect on our life and work contributions with our family, through our community and workplace.

We want to maintain a strong connection to our purpose, especially during challenging times or periods of low energy.

We also need a sense of renewal with times of fun and relaxation so ensure we commit to and block off time to rest and play.

Spending time in nature and practicing kindness helps to reconnect with ourselves and others.

And also spend more time to discover your connection with what you feel is something greater than yourself.

## Spiritual Wellness Scorecard

On a scale of 1-10.

(1 meaning 'not satisfied at all' to 10 meaning 'highly satisfied').

Score yourself on each of the following aspects of spiritual wellbeing:

|                      |   |   |   |   |                  |   |   |   |    |
|----------------------|---|---|---|---|------------------|---|---|---|----|
| 1                    | 2 | 3 | 4 | 5 | 6                | 7 | 8 | 9 | 10 |
| not satisfied at all |   |   |   |   | highly satisfied |   |   |   |    |

Connection to yourself and others: (1-10)

Spend quality time with those that matter: (1-10)

Rest, relaxation & play: (1-10)

Total score: (out of 30)

The sixth dimension of personal wellbeing is Relational wellbeing.

The quality of our personal interactions with others.

We want to create healthy and supportive relationships that provide us a deep and meaningful connection with those in our personal network.

Then our relationships can give us the support we need through challenging times and create feelings of satisfaction and happiness by our own definition.

The first step is to have a healthy relationship with ourselves, as we cannot freely give anything that we don't be, do or have with ourselves first.

Love yourself first, be kind and compassionate. Take care of yourself first so you are in the best position to be there and give to others.

Have friends to support one another and be part of a community that work together and give back.

## Relational Wellbeing Scorecard

On a scale of 1-10.

(1 meaning 'not satisfied at all' to 10 meaning 'highly satisfied').

Score yourself on each of the following aspects of relational wellbeing:

|                      |   |   |   |   |                  |   |   |   |    |
|----------------------|---|---|---|---|------------------|---|---|---|----|
| 1                    | 2 | 3 | 4 | 5 | 6                | 7 | 8 | 9 | 10 |
| not satisfied at all |   |   |   |   | highly satisfied |   |   |   |    |

Supportive relationships: (1-10)

Meaningful connections: (1-10)

Loving & compassion for ourselves: (1-10)

Total score: (out of 30)

The seventh and final dimension of personal wellbeing is Personal Environmental wellbeing.

To ensure we live and spend time in a home, workplace and community which supports our safety, security, wellbeing as well as our goals.

We want to feel safe and secure wherever we are because our environment affects our thoughts, mood, behaviours and triggers to stress.

Creating calm and healing environments can improve our mood and affect our immune system and physical health.

To improve our air, water, and household products and remove toxins to keep family members safe and secure.

Conserve electrical usage and have as much indoor nature as possible.

## Personal Environment Scorecard

On a scale of 1-10.

(1 meaning 'not satisfied at all' to 10 meaning 'highly satisfied').

Score yourself on each of the following aspects of personal environment:

|                      |   |   |   |   |                  |   |   |   |    |
|----------------------|---|---|---|---|------------------|---|---|---|----|
| 1                    | 2 | 3 | 4 | 5 | 6                | 7 | 8 | 9 | 10 |
| not satisfied at all |   |   |   |   | highly satisfied |   |   |   |    |

Home: (1-10)

Workplace: (1-10)

Total score: (out of 20)

Your total Scorecard results:

|                      |     |
|----------------------|-----|
| Physical             | /30 |
| Financial            | /10 |
| Mental               | /10 |
| Emotional            | /10 |
| Spiritual            | /10 |
| Relational           | /10 |
| Personal Environment | /20 |

Total: /100

## Chapter 14: The Universal Harmony Goal Achievement System

So often with goal setting exercises they often remain a goal, without a plan, without inspired action and a system to move it forwards to completion.

The system I'm going to share helped me lift myself up from the depths of Crohn's Disease to take consistent actions. Allowing me to take daily, yet tiny steps in the right direction towards achieving my goals.

This system can be used for small yet meaningful tasks or projects and goals that seem more challenging.

Ideally though, what we want to use this system for and design our goals around are periods of 30 days.

And the tasks required to achieve the goal are best designed strategically and sequentially meaning daily, weekly, monthly and quarterly.

There are 7 steps to this system as follow:

1. Clarify Goal
2. Break Through Limiting Factors
3. Self-Care to Recover and Heal
4. Life Skills & Knowledge
5. Mindset
6. Personal Environment
7. Plan & Strategy

### 1. Clarify Goal

We want to know exactly what we want to do in terms of behavior, what's involved and why it matters.

### 2. Break Through Limiting Factors

If the goal is a new or challenging one then determine what we might struggle with and how to start to work through them.

### 3. Self-care to Recover and Heal

If we have struggled, endured physical, mental or spiritual hardships then we will need to bounce back. We want to effectively and repeatedly meet all the demands of life while healing and developing resilience.

### 4. Life Skills & Knowledge

Lack of know-how and knowledge is managed through new life skills and learning experiences.

### 5. Mindset

The mentality we need to hold, and the mental shifts we need to make for our mental health and ability to achieve the goal.

### 6. Personal Environment

Creating an environment that supports our goal while minimizing stress and obstacles.

### 7. Plan & Strategy

That creates a clear path, understanding and reasoning together with the life skills, mindset and environment required for success.

Let me give you examples for 3 goals within our first dimension: Physical Wellbeing.

Here are 3 specific goals:

1. Exercise: Walk 10,000 steps per day.
2. Sleep: Wake up 1 hour earlier each day.
3. Healthy eating: Reduce highly processed foods.

## Goal 1: Exercise: Walk 10,000 steps in a day.

### 1. Clarify Goal

- Involves regular walking, perhaps 3-5 days per week to build up strength and conditioning to achieving 10,000 steps in a day.
- Needs a healthy supporting diet.
- Needs more sleep to rest and recuperate.
- Support from family and friends for encouragement.

### 2. Break Through Limiting Factors

- Have been inactive for a long time.
- Outside will often be cold or wet.
- If it may take 1 hour and 30 minutes to eventually take 10,000 steps then I don't have enough time.

### 3. Self-care to Recover and Heal

- Sleep 30 minutes longer than usual.
- Go for a foot massage.
- Soak your feet in warm water.
- Take adequate rest between walks.

### 4. Life Skills & Knowledge

- To schedule regular walks
- Learn to be consistent.
- Be patient with yourself.
- Remain disciplined.

## 5. Mindset

- Be determined
- Persevere and don't give up
- Be resilient

## 6. Personal Environment

- That helps you sleep and rest more.
- With family and friends that support your goal.
- Which provides the nutrition you need.

## 7. Plan & Strategy

- Plan and schedule your walks. Actually put them into your calendar. This will help with consistency and discipline. Stick to your calendar schedule above all else. If it's not in your calendar it's usually not going to happen.
- Set your alarm clock to provide 30 minutes of extra sleep. Either schedule to go to bed 30 minutes earlier or way up 30 minutes later.
- Set a goal and plan to eat healthier, perhaps reduce highly-processed foods.
- Eat more high energy, yet healthy foods.
- Plan and schedule any self-care that you decided, (foot massage, foot soak).
- Self-talk to take it easy on yourself and allow patience.
- Decide now, commit now to never giving up. Re-affirm your commitment daily.

## Goal 2: Sleep: Wake up 1 hour earlier each day.

### 1. Clarify Goal

- Involves getting to bed earlier each night to get the same hours of sleep.
- Supportive sleeping environment to sleep earlier.
- Involves changing your alarm clock to set at the earlier time.
- Involves family members supporting your goal.

### 2. Break Through Limiting Factors

- Feel sleepy and tired in the early mornings.
- Are too busy and active in the evenings.

### 3. Self-care to Recover and Heal

- Sleep 30 minutes longer than usual.
- Go for a foot massage.
- Soak your feet in warm water.
- Take adequate rest between walks.

### 4. Life Skills & Knowledge

- To schedule regular walks
- Stay consistent.
- Be patient with yourself.
- Remain disciplined.

### 5. Mindset

- Be determined
- Persevere and don't give up

- Be resilient

## 6. Personal Environment

- That helps you sleep and rest more.
- With family and friends that support your goal.
- Which provides the nutrition you need.

## 7. Plan & Strategy

- Plan and schedule your walks. Actually put them into your calendar. This will help with consistency and discipline. Stick to your calendar schedule above all else. If it's not in your calendar it's usually not going to happen.
- Set your alarm clock to provide 30 minutes of extra sleep. Either schedule to go to bed 30 minutes earlier or way up 30 minutes later.
- Set a goal and plan to eat healthier, perhaps reduce highly-processed foods.
- Eat more high energy, yet healthy foods.
- Plan and schedule any self-care that you decided, (foot massage, foot soak).
- Self-talk to take it easy on yourself and allow patience.
- Decide now, commit now to never giving up. Re-affirm your commitment daily.

## Goal 3: Reduce Highly Processed Foods

### 1. Clarify Goal

- Involves changing your behavior when shopping and creating a new shopping list.
- Involves taking an inventory of existing highly processed foods.
- Involves removing highly processed foods.
- Involves making highly processed foods difficult to reach or find around the house.
- Swapping highly processed foods with healthier alternatives.

### 2. Break Through Limiting Factors

- Healthier alternatives are more expensive or hard to buy.
- Home cooking producing less processed foods takes more time and is more complicated.
- I'm tempted to snack on highly processed foods in the evenings.
- My family mostly eat highly processed foods.
- I eat more highly processed foods when stressed.

### 3. Self-care to Recover and Heal

- Find alternative healthier snacks for times of heightened stress.
- Take extra measures to reduce and manage stress during this goal period.

### 4. Life Skills & Knowledge

- To research and find good alternative healthier foods.
- Learn better, faster, cheaper home cooking techniques.
- Stay consistent.
- Be patient with yourself.
- Remain disciplined.

## 5. Mindset

- Open minded to changing behavior and learning new cooking skills and techniques.
- Be determined
- Persevere and don't give up

## 6. Personal Environment

- Perform a kitchen clean-out of highly processed foods.
- If unhealthy foods are present then someone will eat it. If they're not in your immediate environment then it's harder to find and consume.

## 7. Plan & Strategy

- Research healthier alternative snacks and meals at your local supermarket.
- Make a new shopping list with reduced or zero highly processed foods.
- Work on a stress reduction/management program during this goal.
- Decide exactly how you will keep healthy stuff nearby and convenient.
- Decide exactly how to keep unhealthy stuff far away and inconvenient.

- Make your family and friends aware of your goal to reduce highly processed foods.
- Start experimenting with home cooking.
- Start learning home cooking techniques to produce healthier alternatives faster and cheaper.

## Chapter 15: Journal Your Way to Be the Person You Were Meant to Become.

Whether you prefer the term 'journaling', 'log entries', or 'diary keeping' or 'keeping a planner', it's simply writing down your thoughts, feelings, beliefs, actions and goals to understand them more clearly.

I personally prefer the term 'Planner', so from now I'll refer to it as a Planner, but either way, it's great to help you gain greater control of your emotions and improve your mental health.

However, it can be so much more than that, depending on the structure and content of the journal.

Most importantly, there's no one size fits all Planner, we're all unique, so It's got to be customized for you, your life, needs and goals.

My Planner is the most important tool I have for personal development, goal achievement, self-care and self-expression.

Having your own unique 'Planner' is the most effective and rewarding way to strive for Universal Wellbeing, achieve your goals while becoming the person you were meant to be.

There can be 3 versions of your own planner, depending on your life, needs and goals.

As well as your experience with journaling and your level of consistency and determination to keep up with a planner.

The first version is a simple planner or log entry. If you've ever seen a Star Trek episode or if you're a fan then you'll may well have seen more than once the Captain of the Starship make his daily log entry.

That being a just a few simple sentences of the day's activity, thoughts and feelings.

It can be as simple as that, a single entry at the end of each day or spontaneous like the Captain of a Starship.

You do not of course need to be a Captain of a Starship, consider the famous 'Invictus' poem by William Ernest Henley.

'Out of the night that covers me,  
Black as the pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.  
In the fell clutch of circumstance

I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.  
Beyond this place of wrath and tears  
Looms but the Horror of the shade,

And yet the menace of the years  
Finds and shall find me unafraid.  
It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate,  
I am the captain of my soul.'

- William Ernest Henley.

'Invictus' is Latin for "unconquered" and no matter what we have been through we have a personal choice to seek out willpower and strength in the face of adversity.

There is self-discipline and fortitude in adversity that elevates our resilience to life's challenges.

So, commit now to be the master of your fate and the captain of your soul.

Start today with a simple log entry of whatever is going on, your feelings, thoughts or even a good 'brain dump' of anything that needs to come out of your head.

Keep up with daily log entries, gain some consistency and make it a habit of a life time.

The rewards are more empowering than you'll ever imagine.

Now the second version of our 'Planner' could be a bit more detailed but again, totally customized and specific to you.

As well as a daily log entry like the first version planner we include the ability to schedule our time and tasks, like a calendar.

Additionally, the practice of an attitude of gratitude, self-empowerment, and simple goals.

There are tremendous benefits of practicing an attitude of gratitude such as enhancing our long-term happiness, increasing our sense of general well-being, enhancing positive emotions and self-esteem to name a few.

Just remember, don't force yourself to try to find the positive or sense of gratitude.

Remind yourself that you do not need to manipulate yourself into feeling a certain way.

Start where you are, tuning into your experience with mindfulness and compassion.

With self-empowerment we aim to inspire and energize our lives and goals with positive affirmations and inspiring quotes.

We also want to be able to write down our goals and targets with a simple way to track productivity and achievement.

Here are the elements of this log journal:

### 1. Your Calendar

Write in the date and sessions of either 30 minutes or 1 hour in duration each from the time you wake up to go to be. Whatever goes in your calendar must be completed.

### 2. Your Goals

Write down your goals every day. Even if it's the same goal. We've got to keep our goals front and center, close to use day and night.

### 3. Set Your Targets

Depending on your main goal you can reaffirm your daily target. Once you set your targets, commit to getting as close to them as possible without ever lowering your target.

### 4. Your Inspiring Quotes & Affirmations

Get them from books, online and from famous people that inspire you. A daily quote energizes and inspires you to breakthrough and achieve your goals.

### 5. Your Accomplishments.

Note tasks, projects or progress you've achieved today.

It's important to write down the positive "wins" of the day that motivate you to do more and you can look back and clearly see all that you've achieved. Use this

section for compliance with a simple 'yes' or 'no' or cross or tick depending on what you're tracking.

## 6. Attitude of Gratitude

Write down 3 things you appreciate and feel grateful for today. Wherever you are, whoever you're with.

You can be as flexible and as creative as you like with your journal or planner.

This journal could look something like the one on the next page:

|                                   |                        |
|-----------------------------------|------------------------|
| <b>Date:</b>                      | <b>Goals:</b>          |
| 6am:                              |                        |
| 7am:                              |                        |
| 8am:                              |                        |
| 9am:                              | <b>Targets:</b>        |
| 10am:                             |                        |
| 11am                              |                        |
| 12pm                              |                        |
| 1pm:                              |                        |
| 2pm:                              | <b>Quote:</b>          |
| 3pm:                              |                        |
| 4pm:                              |                        |
| 5pm:                              |                        |
| 6pm:                              |                        |
| 7pm:                              | <b>Affirmation:</b>    |
| 8pm:                              |                        |
| 9pm:                              |                        |
| 10pm:                             |                        |
| 11pm:                             |                        |
| <b>Notes:</b>                     | <b>Accomplishments</b> |
| 3 Things I am grateful for today: |                        |

Finally, the 3<sup>rd</sup> version of the journal is our 'Universal Harmony Planner'.

My most advanced planner and secret weapon that has helped me achieve my personal goals and pushed me in the right direction to become the person I was meant to be.

This planner has all the elements of our previous planner version and builds further.

### 1. Priority Tasking

You wouldn't believe how often we waste or neglect morning time, yet it's potentially our most productive time if we plan and schedule for it.

Choose one task, the most important task that you need to get done today. Make sure it gets completed before 11am.

### 2. Golden Hours Tasking

Then after the priority task is completed we can focus our attention on 3 other primary tasks which should get completed today, preferably before 11am.

### 3. Tracking the 8 Dimensions of Personal Wellbeing

We're now going to track and score each dimension of personal wellbeing along with any log entries around that dimension.

### 4. Notes for a 'Brain dump'.

A daily or regular brain dump is essential to get everything out of our head. Write down anything that's on your mind, seemingly trivial or important.

Write down anything creative which comes to mind, ideas or something that could inspire you.

Get to bed with a clear mind and all your ideas captured.

On the following page is an example of the Universal Wellbeing Planner.

More about the Universal Harmony Journal

You can configure it any way you like, either on a A4 sheet of paper, front and back or your preferred notebook on 2 pages.

If you're going to decide to do this electronically then I'd advise against it, or at least manage both an electronic and physical copy.

Research suggests electronic journaling comes out unfavourably.

It's shown to be more difficult to keep and maintain while more of a challenge to gain the full benefits from. A physical journal feels more tangible, and it's more 'in your face' which is where it needs to be. It's more assessable, simple while easier to maintain and keep.

Below is a template of the Universal Wellbeing Planner.

|                                              |                         |
|----------------------------------------------|-------------------------|
| <b>Date:</b>                                 | <b>Goals:</b>           |
| 6am:                                         |                         |
| 7am:                                         |                         |
| 8am:                                         |                         |
| 9am:                                         | <b>Targets:</b>         |
| 10am:                                        |                         |
| 11am                                         |                         |
| 12pm                                         |                         |
| 1pm:                                         |                         |
| 2pm:                                         | <b>Quote:</b>           |
| 3pm:                                         |                         |
| 4pm:                                         |                         |
| 5pm:                                         |                         |
| 6pm:                                         |                         |
| 7pm:                                         | <b>Affirmation:</b>     |
| 8pm:                                         |                         |
| 9pm:                                         |                         |
| 10pm:                                        |                         |
| 11pm:                                        |                         |
| <b>Priority Task:</b> (Complete before 11am) | <b>Accomplishments:</b> |
|                                              |                         |

|                                              |                                   |
|----------------------------------------------|-----------------------------------|
| Golden Hours Tasks (7 - 11am)                | 3 Things I am grateful for today: |
| 1.                                           | 1.                                |
| 2.                                           | 2.                                |
| 3.                                           | 3.                                |
| 8 Dimensions of Personal Wellbeing Scorecard |                                   |
| Physical:                                    |                                   |
| Financial:                                   |                                   |
| Emotional:                                   |                                   |
| Mental:                                      |                                   |
| Spiritual:                                   |                                   |
| Relational:                                  |                                   |
| Personal Environment:                        |                                   |
| Notes & Brain dump                           |                                   |
| <u>Goal:</u>                                 |                                   |
| <u>Clarify Goal:</u>                         |                                   |
| <u>Limiting beliefs:</u>                     |                                   |

Self Care To Heal & Recover:

Life Skills & Knowledge:

Mindset:

Personal environment:

Plan & Strategy

## Chapter 16 - Creating a Universal Harmony Support Power Network

This is your Universal Harmony support group.

There will be three areas where to find support to help you strive and thrive towards Universal Wellbeing.

### Look to Yourself.

Support, encourage and talk to yourself first. Be kind, respectful and compassionate, that is the first foundation of Universal Harmony.

When we feel this way about ourselves then we can freely give it to others and also be more receptive to receiving it from others.

The support you give to others will not measure up and the support you receive from others would never be enough or work unless you first hold internally and believe in your own support and wellbeing.

So first, take care of yourself like you would do or wish for others. Eat with extra care, get enough sleep and stay active as much as possible.

Focus on finding ways to take care of yourself so you'll be in the best position to share your journey.

When you follow Universal Harmony as a clear priority to love and support yourself and your family we can better navigate challenges and stressful situations.

And the same as with loving and taking care of ourselves, when we are able to support ourselves and our family first then we are more open and receptive to further support.

## Family

Spending time with your family is nurturing for the soul, nothing else can quite fill the gap in the same way.

This special kind of support helps you stay grounded in your past and history while providing belonging and security.

Together you can create a home environment that supports your goals with safety, security, and by maintaining a clean and organised home.

## Friendships

Talk to your friends often about your journey with Universal Wellbeing, get insights from them, encouragement and any specific support you need.

Friends to confide in, have fun with and gain encouragement from is irreplaceable.

## Your Workplace and Coworkers

If you're lucky to have a meaningful connection with coworkers then that's another good opportunity to share common goals and raise awareness around Universal Harmony.

Your workplace provides a great opportunity to feel valued and appreciated outside your family home and it's important to feel that you are contributing in some way to the wellbeing of others.

## Mentor

This is usually an older person that we can trust and confide in that gives us advice. A Mentor provides a wealth of experience with hard-won practical advice with calming insights and perspectives that help us through life's challenges.

## PART FOUR - GETTING STARTED

### Chapter 17: A Recap of Our Time Together

We've reached the end of the book my friend, but it's just the beginning of your journey. I sincerely hope that you've benefited in more ways than one.

To recap what I've shared:

1. In the first few chapters of this book, we took a reality check with the state of the world today and clearly identified who this book and Universal Wellbeing will benefit most. We looked at how well prepared you are to become the person you've always wanted to be and begin learning and striving for Universal Wellbeing.
2. We looked at the most common denominator of failure and that which may be holding you back, keeping us stuck and preventing us from making progress and succeeding. Getting ready for and accepting positive changes and when we don't keep it real, we create excuses, and that's when we lie to ourselves and others. We often fail simply because we believe our own excuses, we get stuck in a vicious circle of circumstance and excuse.
3. We identified 5 hard lessons and the insights gained to learn from them and move on for good.
4. Then we focused on defining Universal Wellbeing and the only way and best circumstances for this system and way of living to really work.

We've explored all the key aspects of our lives and the 7 dimensions of personal wellbeing.

What areas needed improving, and even prescribed a few courses of action based on the results of your assessments.

You should have a clear picture in your mind of where you can improve quickly and Universal Wellbeing might be the key to solving your challenges.

We took a deep look at what it would take to learn to live Universal Wellbeing with the characteristics and values involved.

5. Last of all, we took a deep look at what it would take to learn to live Universal Wellbeing with the characteristics and values involved.

You should have a strong understanding of what you need to do next to get started learning, living and striving for Universal Wellbeing that will change your life forever.

We also spent time exploring the best ways and conditions to learn and keep striving towards Universal Wellbeing.

## The next step for you is simple: Join Us.

Decide if you want help or if you want to go it alone, but start. Make one small decision, then take one small step.

The story of your life isn't written a chapter at a time, it's written a word at a time.

This book won't change your life overnight but it can empower you, inspire you and help you take the first few steps.

I love what I do, care deeply about you and I want to help you become the person you've always wanted to and deserve to become.

I want you to achieve a breakthrough in your life and business.

I want us all to come together and make tomorrow better than yesterday, in every way!

All my hopes and dreams are with you and your best life ahead.

## About the Author

Dominik is based in the UK, running the [Universal Harmony Club](http://www.universalharmony.club).

Dominik has spent the past 14 years coaching clients, firstly as a Life Coach, and Wellness Coach before finding a real passion for Business Coaching and Marketing for business owners and Solopreneurs.