

The 4 Paths To A Transformed Life - Coaching Program



Time Tested Process To Get Results!

Presented By Larry J Raad

The 4 Paths To A Transformed Life

Fulfill Your Purpose

The 4 Paths to Your Fulfillment

- *The Path of Focus*
- *The Path of Foresight*
- *The Path of Routine*
- *The Path of Action*

INTRODUCTION

IN THIS BOOK I am introducing a coaching process that can dramatically improve your life by drawing four diagrams every day. The diagrams are very simple—stick figures mostly—and can easily be drawn by almost anyone. I call these diagrams the Four Paths because.....

well...they look like Paths. They are personalized Paths of your journey to an ideal lifestyle—whatever you decide that means for you.

The Four Paths aren't an instant miracle or magic-bullet cure to make you happy and successful—they are designed to work over time in your life and are backed up by the latest neuroscience. The goal is to change your brain and your behavior day by day until you consistently adopt the outlook, attitudes, habits, and task management strategies of the world's most successful, most efficient people. Once you develop those attributes, success will follow in whatever fields you choose.

All that might be hard to believe, but this process has helped thousands of clients and students—from huge corporations, to startup incubators, to working professionals, to athletes, to artists and writers, and I've seen them change lives first-hand. I know they can work for you—if you put them to work.

Have you ever had a moment of perfect clarity? You knew exactly what you wanted, why you wanted it, and what you needed to do, right in that moment, in order to get it. Moments of clarity can come from reading a book, facing the turn of the calendar, being in nature, sitting in church, watching a thoughtful movie, meditating, being with the people you love, (or seeing them pass on), among many other things.

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When we are in a moment of clarity, we can see the “big picture,” and are more likely to adopt productive attitudes and take effective action towards big picture goals (as opposed to wasting time and energy on things that end up meaning very little).

The secret of long-term behavioral change is to be in that big picture state of mind as much as possible—not just once each year with New Year’s Resolutions, not only when the sunset falls just right behind the sea, and not just when we look into the eyes of a newborn.

The problem is that our brains are “forgetting machines.” One moment we can be totally clear on what we want, why we want it, and exactly how to get it, and the next moment we forget completely and slip back into our old unproductive routines and thought processes.

If this has ever happened to you, don’t be too hard on yourself—it’s just a part of being human. The latest neuroscience (plus a lot of common sense) shows that our brains really, really don’t like change. They like to keep doing things the way they’ve always done them. If we try to change, our brains try to rebound back to old behaviors and thought patterns. They boomerang. If you’re reading this book (and you’re human), it’s likely that your normal thought patterns often lead you to procrastinate, fail to reach goals, lack direction and clarity, feel overwhelmed, overstressed, and lost in chaos.

Or maybe you’ve taken care of the mindset aspects of your life, but are still struggling with choosing effective actions to maximize your time. Whatever your situation, I repeat, please don’t be too hard on yourself. Even nature loves chaos. The second law of thermodynamics calls it entropy—the tendency of the universe to move towards the path of least resistance.

But what makes us human (and amazing) is our desire to keep improving, determined that we can change. And there are some people who seem to be “on top of things”—hyper-achievers. How do we become one of them? How do we change a brain that is a forgetting machine?

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The answer is simple but very deep: We can't really stop our brains from being long-term forgetting machines—it's something we just have to accept and live with—but we *can* overcome the problem by turning on a daily "reminding machine." We can keep telling our brains, in powerful ways, exactly how we want them to think, to view the world, and to approach and overcome challenges. The most successful people in the world have the same brains as everyone else, but they choose to be in control. They don't let their forgetting machines determine how they view situations—they tell their brains how to react to the world, and they do it as part of a routine, every single day.

Think of your brain as a stubborn mule (but one that you love deeply. In order to get the mule to work hard, do you tell it just once, on January 1st, what you want it to do? How would that end up? How quickly would the mule, stubborn as it is, fall back into its favorite behaviors? The way to work with a stubborn mule is to keep reminding it every day (and sometimes multiple times a day) what you expect from it.

Most success philosophies (and self-improvement books) contain wonderful, helpful information but fail to change behavior in the long run because they don't focus on making their message a daily practice. The modern world is crazy busy, and we don't have time to read an entire book each morning to get in the right frame of mind. I believe we need a system that, in ten minutes or so, helps us find the big picture.

That's exactly what the Four Paths plans to accomplish. They are daily reminding machines. And you will customize them so that they become personal to your own life, and enormously powerful.

There are so many other analogies I could use to describe what the Four Paths are designed to do for you. They recharge your batteries so you have enough energy and belief to go out and win your day. They are a workout for your brain, so you remember what's really important and can focus on getting it done. They are a spring-cleaning to tidy up your mind and clear away the thousands of distractions of modern life, so you can spend your energy on what really matters.

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Everything in this process is designed to help you transform. The Paths themselves are very simple and easy to draw. In places, this process is also extremely simple, almost comically simple. This process is simple —designed so that even a child could read and understand it. As we go along, we touch briefly on the psychology and neuroscience behind the Four Paths, but I won't always go deep into the evidence. My main goal is to help you take action, not just *take in* information.

In places, this process is also a very direct, and I hope directness doesn't come across as smug, or all-knowing.

The vast majority of the people I meet are not *so very close* to achieving their dreams, whatever they might be. And I feel a sense of urgency to help. My priorities are crystal clear: Share what I've learned in the simplest, most effective way possible. Ignore almost everything else.

In case you are a left-brained person who absolutely needs to know the fine print, I'll touch briefly on the concepts behind Four Paths. The basic idea is that pictures are better than words when it comes to learning, memory, motivation, and personal transformation. The scientific term for this is the Picture Superiority Effect.

What we see and draw has a far greater impact on our brains than what we read or write. Instead of just writing down affirmations, or goals, or mantras, the Four Paths are designed to help you draw your future ideal lifestyle. They are visual mnemonic devices, and they are engineered to help you adopt the mindsets, habits, neuroplasticity, reactions, and expectations common to successful individuals.

Everything in the drawings is supported by scientific research, thousands of years of cultural proof, and a lifetime of observations from the front lines of personal development training.

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Although the pictures remain simple, there are dozens of positive behavioral science principles at work behind the scenes. As you learn the drawings and make them a daily habit in your life, those dozens of principles will become permanent aspects of your character. The Four Paths also serve as easy ways of presenting, remembering, and quickly recalling massive amounts of information. It would take books and books for me to explain the multitude of strategies at work when you learn and draw one of the Four Paths.

Of course, another way of saying all that is, “a picture is worth a thousand words”.

A picture is also worth a new start in life, or a new push towards a life goal. There is magic in the Four Paths. I believe they can help you clarify your purpose—the reason you were put on earth. I believe they can help you find your motivations and make you a far more efficient human being.

GUIDING PRINCIPLES

HERE ARE THREE principles I want you to keep in mind as we draw the Four Paths together. Think of them as guiding truths that influence everything we’re going to talk about. You’ll find versions of these principles wherever you look—they are scattered across literature and every self-improvement book ever written.

Versions of these truths are part of most spiritual practices. You might be nodding along in agreement as you read them, or you might have to trust me at first. I’ll only touch on them briefly, but the science and human history behind them could fill book after book.

PRINCIPLE 1: SUCCESS IS INSIDE OUT

Success starts inside, whatever you are trying to accomplish, and then manifests in the outside world.

There are zero long-term exceptions to this rule. The happiest, most successful people take care of their internal world before they go out to conquer the external one.

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From my past, I came to realize that if my clients do not have the right mentality, they would have a much harder time successfully implementing these Paths. They wouldn't be able to overcome discouragement or rejection (all huge parts of business and entrepreneurship), and they would eventually lose focus and give up. "Inner wealth" had to happen before "outer wealth" could manifest.

I learned the importance of inner wealth, first-hand. I've definitely seen some ups and downs in my life. No one is immune to challenges. I've made great decisions and really, really bad ones. I've made and lost fortunes. I can trace every single one of my bad decisions back to a loss of clarity in the moment I made the decision. My internal world wasn't in order. I didn't have a clear picture of my immediate and long-term aspirations, and I was unprepared for the challenges I was facing.

On the other hand, when I matched real-world action with the right mindset, I was unstoppable—and you will be too. The Four Paths are designed to work inside-out in your life. The first two paths are "internal"—to help you get clear on what you want, and why you want it. They are mindset-based.

The last two paths are "external"—they deal with the specific, real-world actions needed to reach your ideal lifestyle. They are action-based.

Here are the names of the FourPaths:

Internal:

- Focus
- Foresight

External:

- Routine
- Action

Success starts inside, but we live in a world that demands real, measurable progress. Mindset and attitude are the foundations, and then you build on them with effective, daily action.

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PRINCIPLE 2: THE EXPIRATION DATE ON ANY COMMITMENT IS 24 HOURS

At least once a day we have to recommit powerfully to our personal vision.

We've already talked about our brains as forgetting machines. They are hardwired for the moment, which is why it's so difficult to say no to immediate rewards (like ice-cream) even when they might hurt a long-term commitment (like losing weight). The ice cream is right there, and it looks so good. The world around us also seems designed to make us forget the commitments we make.

All day we're bombarded with thousands of messages—from the ding of an email notification, or the whisper of a critical thought, to the carefully crafted persuasion of an advertisement. Each of those messages can entice us away from the things that have true value. The only way to overcome distraction is to remind ourselves constantly of our worthy commitments.

I don't mean to say that everything we see around us is a negative distraction. There are often things we need to pay attention to—beautiful sights, wonderful opportunities and inspirational positive messages. But, in order to separate the distractions from the inspirations, we need a clear, committed vision. And we need to keep reminding ourselves of it—daily.

I hope you will find the Four Paths valuable, and want to draw them every day, although just once will still have a positive effect on your life. In addition, at the end of each of the Four Paths, I'm going to ask you to sign your name and make a 24-hour commitment with yourself.

PRINCIPLE 3: EVERY DECISION YOU MAKE IS BASED ON EITHER A DREAM OR A FEAR

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I like to think of a human as a machine running two software programs simultaneously. There is the fear program urging us to make decisions based on selfish immediate needs—on the bad experiences of our past, on our worries for our future, on our lack of self-belief, on all our combined anxieties. And then there is the dream program that is urging us to make decisions based on our goals for the future—on our positive vision for ourselves, on our love for others, and our hope for the human race.

Fears and dreams are in direct competition. Each of them is trying to become the reason for our actions. When you make a decision, any decision, it will be based either on a dream or on a fear. It's the famous image of the good angel on one shoulder and the bad angel on the other.

Dream-based decisions are based on principles of abundance. They move you closer to your best self. They make you a more positive person and a kinder, wiser person. I like to think of dream-decisions as ones that enlarge your influence and your impact on the world. Fear-based decisions make you small—they stunt your personal growth and lead to selfishness, pettiness, anxiety, and frustration.

Sadly, most of us are running fear software as our default mindset. In fact, many neuroscientists believe that the brain is evolutionarily hardwired to be fear-based. So, we have to work to be dream-based and make dream-based decisions. It's not something that is going to come without effort. I'm not talking about blind optimism and rose-colored glasses.

I'm talking about *choosing* to be hopeful and determined. I've been saying it for over twenty years, and it's still true: every day you must make your dreams more real than your fears.

The most powerful way to make your dreams more real than your fears is to vividly imagine your dreams, as if they had already happened. Research has shown that visualization is a key to success in almost every endeavor—from sports to business to relationships. There is a place in each of the Four Maps for you to take a moment and visualize. In fact, one of the main reasons I designed the Four Paths to be a daily practice was to create a visualization habit in your life—to help you make your dreams more real than your fears.

DIVE IN

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A final note before we begin.... This process is going to teach you a way to organize your time and your life through the Four Paths. I know there are other systems out there that do similar things, with different advice, and different metaphors. I think they are wonderful! Humanity is endlessly creative, and there are thousands of success systems out there.

You might not resonate with what I'm teaching, but even if the Four Paths don't speak to you, I urge you to find a system that you love, dive into it, and make it a daily practice.

Most people spend far too much time searching for a system, and not nearly enough time working within one. I'm sure you've heard the term *Carpe Diem*, "seize the day." I believe in *Carpe System*. Find a system that you love, that works for you, dive in, and don't let go. Choose a system, and then master it!

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