



# ***The Simple Truths*** Courseware

# 1



## INTRODUCTION

You're about to embark on an adventure to find fulfillment. Many people spend their entire lives trying to find purpose or a sense of belonging, but they fall short. It's not your potential, your luck, or your situation; it's about understanding the simple truths. You have to make the commitment to yourself that says, "I want to change my life for the better." If you follow these simple truths, you will find they are the blueprint to your fulfillment.



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# 2

## ABUNDANCE



Do you deserve an abundant life? Abundance is wealth in the sense of personal fulfillment, a life of satisfaction, wanting for nothing (emotionally and spiritually) in all areas of your life. In order to have an abundant mentality, you must start with the answers to four of life's most important questions: Who are you? What are you? Where are you? And, What do you really want?



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## SELF-DISCIPLINE

Self-discipline takes self-awareness, and your desire to change combined with will power – it's that simple. It's a balance between the two that creates a sense of fulfillment in your life. Self-discipline isn't a one and done concept. It's a struggle and something you will fail with from time to time, and that's okay. Understand that and know you have what it takes, you know what you need to do; you just have to take the first step or get back up and start again.




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# 4

## HONESTY



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We've all heard "honesty is the best policy." In reality, honesty should be THE ONLY policy in any situation. Yet, we aren't always honest are we? One study revealed 93% of the American population admitted that they lie "regularly and habitually" at work. The truth of the matter is that your honesty directly affects you and your relationship with others. Honesty is the center of your character.



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# 5

HELLO  
my name is

## COURAGE

Do you believe you're courageous? What does courage mean to you? Having courage isn't always about death defying acts. Courageous acts are performed every single day by ordinary people. These acts of courage don't need to be big. In fact, most are small. Blink, and you'd miss them. But, they are there. We all have courage. We just need to recognize and cultivate it.



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## BALANCE



Achieving balance or stability isn't something you can accomplish in a day or even in a week or a month. It takes time to find the right balance for you. It's also unique to you. Don't compare your life's balance to what you believe someone else has or is doing. When you compare yourself to others, guess what? You will begin to rationalize or justify what you do and believe. That's not a healthy or productive thing to do. But, there are steps you can take that will help you move in the right direction.



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## RESPONSIBILITY

Responsibility gives us empowerment and ownership. If we surrender to the blame game, we only become a passive victim at the hands of life whereas taking responsibility is actively making a positive choice in the face of negative consequences. It's the ability to look past our immediate need for gratification and to choose long-term fulfillment. Responsibility isn't driven or dictated by the actions of others; it's created and sustained internally by doing what's right, not necessarily what's easy.



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# 8

## CONTENTMENT



How content are you with your life? Many people seem to be content with their relationships and personal development. But should we be? Shouldn't we always strive to be better, to have better relationships, and to work on ourselves?

If all your energy is spent acquiring things instead of finding your own contentment, then what sort of legacy are you leaving behind?



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## PATIENCE

Somewhere between being an infant and young adult, we learn the basics of patience – waiting our turn, sharing our toys, and tolerating siblings. Yet, in our development between then and now (as adults), our patience was stunted. Maybe it became lethargic or atrophied like a muscle we fail to use. So, how can we strengthen our ability to exercise patience? It takes practice, and it starts with small steps. What can you do each day to strengthen your patience?



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## FORGIVENESS



Forgiveness is a process we all know we are supposed to practice, but we forget why it's necessary as well as HOW to give it fully. Think about forgiveness, and not necessarily in terms of the person who wronged YOU, but in terms of yourself. You're the only person in control of your feelings and actions. Once you come to terms with this, it may be easier to practice forgiveness.



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## LOYALTY

What does loyalty mean to you? Imagine your life if you had no one that you could trust. What if no one was loyal to you? How fulfilling would your life be? Imagine if someone you knew had no loyalties and no allies in life. What does that say about them? True loyalty isn't just about things and products; it's about all aspects of your life.



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## GRATITUDE



When you hear the word gratitude, what comes to mind? Appreciation? Being thankful for what you have? How much time do we focus on what it really means? It's easy to look around and see all the things that we don't have. It's even easier to see people who have more than us and want what they have. Focusing on what we don't have instead of everything we're blessed with is easiest of all. One of the best ways to feel gratitude is to give and show appreciation and generosity to others.



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## INTENT

We all have choices in this life. Sometimes, we make good choices and, other times, we make not-so-good choices. But, we all have the ability to reduce the number of not-so-good choices by choosing to live our lives by decisions and not by default. YOU have the choice to live your life by decision (choice) or by default (the situation you're dealt). What I mean by this is: You have the decision to succumb to whatever "happens" to you or to take an active role in your life. What's your choice?



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