How to become President . . .

. . . *or something like that*

What is Success?

We begin our path journey with the magic question: *what is success?* Most often the answer you will hear relates to money, power, fame or good looks.

But if these terms are used to define success, then why do we find so many people with money, power, etc., living lives that are unfulfilled? Why are many "successful" people live with broken marriages and messed-up families? Why do "successful" people pay high-priced therapists to bring them happiness?

Success must have a deeper meaning. What could it be?

Web Reader

The True Meaning of Success

There is a better definition for success. I define success in people —

- who are happy with who they are
- who are satisfied with their accomplishments
- who have high self-esteem
- who have high self-confidence
- who have high self-worth
- who have the strength to achieve their goals
- who are disciplined

So how does someone achieve this level of self-satisfaction and success?

The Building Blocks of Success

I believe you need the following fundamentals to obtain the true meaning of success:

First: Improve and round your character. This means that you take on goals to improve yourself physically, educationally, socially, and spiritually. This exercise will increase motivation, self-confidence and discipline.

Second: Define and establish goals. You need have something to aspire for.

Third: Manage and allocate your time to achieve your goals and enjoy other activities.

I can summarize these concepts into three phrases:

1. Character Building (i.e., discipline)
2. Goal Setting (i.e., planning)
3. Time Management (i.e., execution)

That is what this book is about:
planning, discipline and execution (PDE).
The three ingredients that will help you achieve success and self-fulfillment.

Let's review each of these ingredients beginning with discipline and character building.

Web Reader

What is Discipline?

Discipline is an important ingredient for success and self-fulfillment. Discipline is your control over physical and mental action. Someone who is disciplined has the strength and self-confidence to achieve any task.

You can increase discipline by overcoming your character weaknesses. We all have character weaknesses: we may be physically weak, socially shy, educationally inept, or morally corrupt. Building your character to overcome these weaknesses increase strength, discipline and self-confidence.

Web Reader

Our distinct character has five character attributes or disciplines. These include:

1. Physical Strength
2. Physical Control (Temperance)
3. Education
4. Social
5. Spiritual or Moral Qualities

These attributes define our personalities. Many of these attributes were shaped early in our lives and dictate how we respond in our environment. Building discipline and self-confidence means that we take each character attribute and develop it — to make it better and stronger. This exercise rounds our character and gives us the strength and self-confidence to achieve anything.

Describing Your Character

How would you describe your character? For example, are you physically strong? Are you socially friendly? Are you educated? If you were to draw your character, would it look something like this?

Education	
Physical Control	
Social	***PHYSICAL***
Spiritual	

Web Reader

Or would you describe your character like this?

Physical	
Physical Control	***EDUCATION***
Social	
Spiritual	
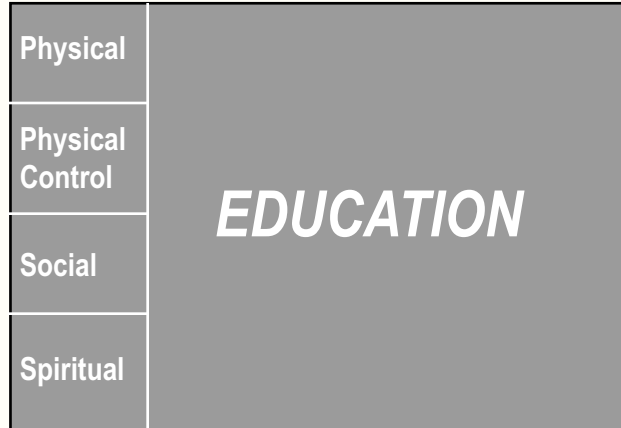
The square-shaped illustrations demonstrate that someone may focus more energy developing one character attribute at the expense of the other

attributes — in other words as the above diagram illustrates, they are more educationally inclined than physically, socially, or spiritually inclined. Their character is square-shaped. If they find themselves outside of their comfort zone, they will feel less confident about tackling physical, social and spiritual challenges.

The same argument is true about people who are physically squared. Their sole focus is on physical development at the expense of the other character attributes. They are square-shaped characters with little confidence in educational, social and spiritual feats.

And then you have some people whose character looks like the illustration on the following page:

Web Reader

I JUST EXIST ...

These people don't have any self-confidence or self-worth. They have no future plans to guide and encourage them. They only exist in society.

Now!, how would you describe your character?

Rounding Your Character

Most of us have square characters. We place more emphasis on developing one character attribute over the others. The book will encourage you to round the corners of a square character until it is perfectly round.

A person with a well-rounded character has the following traits:

i)   they are physically strong and able;
ii) they can overcome undesirable physical traits and habits;
iii) they have increased knowledge and aptitude in all subjects;
iv) they are sociable and friendly;
v)   they seek spiritual, or goodly traits.

In other words, they have the discipline, self-confidence and self-esteem to accomplish any physical, educational, social or spiritual task. They maintain a balanced life, developing each part of their character equally as illustrated below.

Web Reader

So how do you shape your square corners into a perfectly round character?

You begin by taking a personal assessment of yourself. The Personal Character Assessment sheet analyzes your character weaknesses and helps you establish some goals that will improve your character. You can find the assessment sheet in the book appendix.

Go to Book Page 278, Appendix Form-E for the Personal Character Assessment sheet.

For a more detailed discussion on discipline, begin reading Chapter 5.

Shaping a Rounded Corner

You begin shaping a well-rounded character by strengthening one character attribute at a time.

First, identify a character weakness or character attribute that you want to strengthen.

Second, work to overcome your weakness.

Third, make the attribute change a part of your character. When you feel strong enough that you will not revert back to your old self, you are ready to develop a second character attribute.
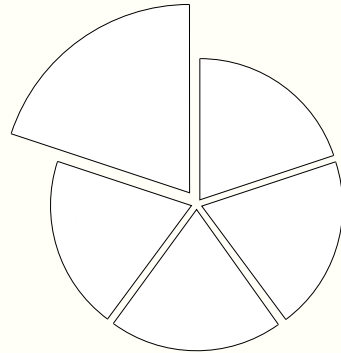
My discussion on maximizing the forces of energy and motivation will explain which character attribute to develop first.

(press "return" to get back to this page)

These discussions will demonstrate why you should develop your character attributes in the following order:

1) physical attribute
2) physical temperance attribute
3) education attribute
4) social attribute
5) spiritual attribute

Developing Your Character Attributes

You can hyperlink to individual discussions on each character attribute and its development steps. Click "return" to get back to this page. We now turn our attention to planning goals for success and self-fulfillment.

- Developing the Physical Attribute

- Developing the Phy. Temperance Attribute

- Developing the Education Attribute

- Developing the Social Attribute

- Developing the Spiritual Attribute

- Repeating the Cycle

Planning Some Goals

Goals. Some people have them. Many people do not. For those who do, you will find them in better jobs, better relationships, and in better circumstances than those who don't.

Successful people set goals to achieve a measurement of value and satisfaction. To achieve a goal, you must design a plan that generally has the following characteristics:

The Objective:
> The objective is the main goal, or value, that you are trying to accomplish. For example, let's say your objective is to become a doctor of medicine.

Goal(s):

Goals are hierarchical steps that will achieve the objective. Again using our example, the goals necessary to achieve the objective may include all necessary collegiate degrees.

Benchmark(s):

Benchmarks are sub-goals that will achieve a respective goal. In the doctor example, the benchmarks to achieve a collegiate degree will include honorable completion of varying classes.

Task(s):

Tasks are the assigned plan of action that will achieve the benchmark; i.e., studying between x:00am to y:00pm.

The plan's hierarchy will look like this:

Objective

    Goal1
    Goal2   *The goals achieve the objective*
    Goal3
    Goal(n)

      Benchmark1
      Benchmark2   *The benchmarks achieve the goals*
      Benchmark3
      Benchmark(n)

        Task1
        Task2   *The tasks achieve the benchmarks*
        Task3
        Task(n)

Web Reader

Another Example —

Objective: To become the President of the United States.

Goal-1: Name Recognition
- Benchmark: Publish Book(s)
  Tasks As Defined
- Benchmark: Public Leadership
  Tasks As Defined
- Benchmark: Public Writings
  Tasks As Defined

Goal-2: Political Leadership
- Benchmark: Political Office
  Tasks As Defined
- Benchmark: Etc.

The Justwyn Model

The Justwyn Model is a helpful tool in setting and planning your goals. It uses the geometrical properties of an one-sided pyramid as .
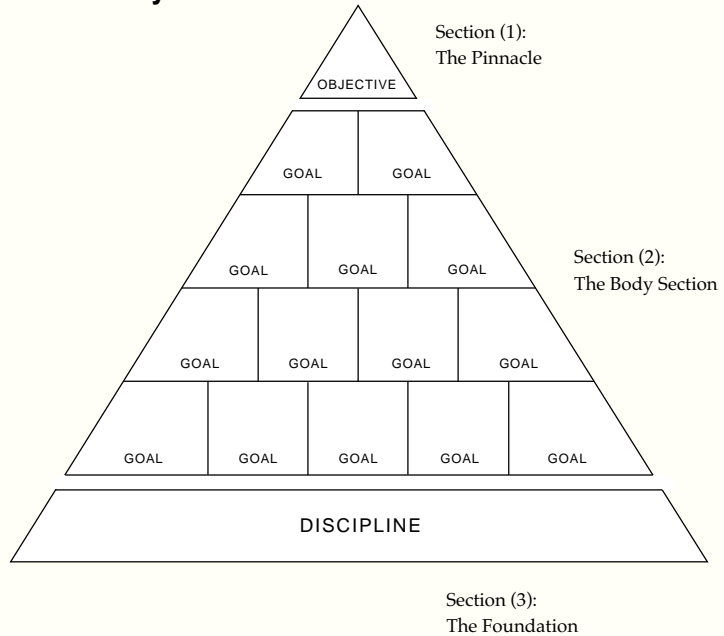
You will list in the pinnacle section of the pyramid the **objective** that you want to achieve.

You will then identify and arrange in hierarchial order the respective **goals** that will achieve the objective.

The bottom section is the physical and mental **discipline** that supports the model.

The Justwyn Model

Section (1):
The Pinnacle

OBJECTIVE

GOAL GOAL

GOAL GOAL GOAL

Section (2):
The Body Section

GOAL GOAL GOAL GOAL

GOAL GOAL GOAL GOAL GOAL

DISCIPLINE

Section (3):
The Foundation

Designing Your Goal Plan

You begin designing your goal plan by segmenting the planning ingredient into three phases. The goal plan will become your architectural blueprint that details what you need to do and accomplish:

Planning Phase (1): Define the objective or life achievement that you want to accomplish.

Planning Phase (2): Design the plan of action that will achieve the objective. The plan of action includes the goals, benchmarks, and tasks.

Planning Phase (3): Recognize your achievements.

Web Reader

Planning Phase (1): Define Objective

The steps to complete this planning phase include:

a: Define the objective, or your life achievement (an exercise to complete this step is available in Chapter 2.)

b: Analyze your strengths, weaknesses, opportunities, and threats (SWOT analysis) that will help or hinder your achievement of the objective. List these attributes on the SWOT Analysis sheet available in the appendix.

Planning Phase (2): Plan of Action

The second phase of the planning process identifies and prioritizes the goals, benchmarks, and tasks required to achieve the objective. You will use three different Justwyn Models to complete this exercise (discussed further on the next page):

Level (I): Justwyn Model for *Goal Planning.*

Level (II): Justwyn Model for *Benchmark Planning.*

Level (III): Justwyn Model for *Task Planning.*

We can summarize these Justwyn Models as:

Level I: Goal Planning

> Write the objective in the pinnacle section
> of the Justwyn Model. Then identify, priori-
> tize, and arrange in hierarchical layers the
> goals the will achieve the objective.

Level II: Benchmark Planning

> Take each respective goal from Planning
> Level (I) and identify, prioritize, and ar-
> range in hierarchial layers the benchmarks
> (or sub-goals) that will achieve the goal.

Level III: Task Planning

List the major task(s) that will achieve each respective benchmark. You will complete this planning step later when you assign goals and benchmarks for execution.

Planning Phase (3): Recognition

Planning Phase (3) is the final phase in the planning process. The steps required to complete this phase include:

a: Review the goals and benchmarks assigned.

b: Recognize the benefits that you should achieve.

Recognizing the expected benefits motivates us. The Olympian athlete visualizes himself winning the gold medal. The would-be actress sees

herself holding an Oscar. These benefits become the motivating force that prompts us to act.

The book uses several exercises that will walk you through the planning phases and help setup your personal goal plan.

See Book Page 61 for review of the exercise.

Now let's turn our attention to the last ingredient for success and self-fulfillment: execution of goal plans, character developments and time management.

Web Reader

Execution

The execution phase brings together the planning and discipline concepts discussed earlier and pieces together a strategy for time management and task execution. To begin, I recommend that you assemble a goal planning kit that you can carry with you as an inspiration piece.

Let's divide the execution discussion into three sections (discussed on the following pages):

Section I: **Assembling the Goal Planning Kit**

Section II: **Planning and Assigning Weekly and Daily Tasks**

Section III: **Evaluating Your Progress**

Section I: Assembling Your Goal Kit

This section demonstrates how to design and assemble a goal planning kit. You will take the planning sheets that you completed earlier and assemble them into a kit that can fit easily in your pocket or notebook. The kit can be referred to when planning your weekly and daily tasks. Instructions for assembling a goal planning kit are on the following page.

For a book illustration of the goal planning kit, .

The goal planning kit contains the following items:

You will find these forms in the Book Appendix

- **Life Phase Segmentation**
- **Objective and Goal Planning Sheet**
- **Benchmark Planning and Selection**
- **Task Planning**
- **Assembling the Goal Planning Kit**

Web Reader

Section II: Task Assignment

Section II puts together your respective *". . . to do"* list of tasks and appointments that you must complete to achieve your goals and benchmarks that you identified in your goal planning kit. You will refer to this section often as you plan and assign goal-related tasks each week.

- **Weekly Goal Planning and Assignment**

  (see Book Page 189)

- **Weekly Role Planning**

  (see Book Page 191)

- **Planning / Recording Daily Tasks**

  (see Book Page 194)

Section III: Evaluating Success

Use Section III to evaluate your progress from day-to-day, week-to-week, and phase-to-phase. The evaluation will help you find holes in your plan and suggest improvements where needed.

- **Daily Task Measurement**

  (see Book Page 207)

- **Weekly Goal / Benchmark Evaluation**

  (see Book Page 212)

- **Weekly Role Evaluation**

  (see Book Page 218)

Web Reader

Conclusion

Success is not an easy feat. But with determination and by using these three important ingredients:

- planning
- discipline
- execution

you too can achieve success and join the many few who find their lives fulfilling and satisfying. Good Luck!

This is the end of "BOOK SUMMARY"

■

Discussion Topics

Web Reader

Maximizing the Forces of Energy

Energy is a force that supports an action. Much like gasoline that operates an engine, energy operates the action that shapes character well-roundedness.

There are two types of energy forces: internal and external energy.

1. Internal energy are the forces (or actions) that you control or manage — such as the self-when, self-where, and self-how.

2. External energy are the forces (or actions) that are controlled or managed by outside influences — such as other people or external factors.

We can approximate the total energy required to make a character change on the horizontal X-coordinate axis using two segments: internal and external energy.

Any character change will expense both internal and external energy. The combination of these two energies equals total energy required to make a character change.

Internal Energy

+ External Energy

= Total Energy
required to make a character change

Internal Energy   External Energy
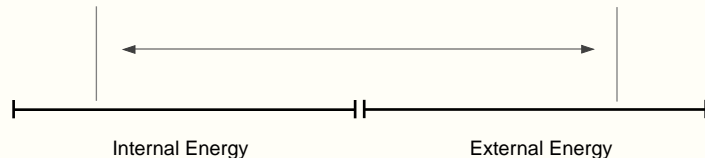
Total energy will vary among the character attributes. Some of the character attributes will require *more* total energy to make a character change than the other character attributes.

The book uses some examples to explain how the two energy forces will differ among the character attributes. <u>**Book Page 78.**</u>
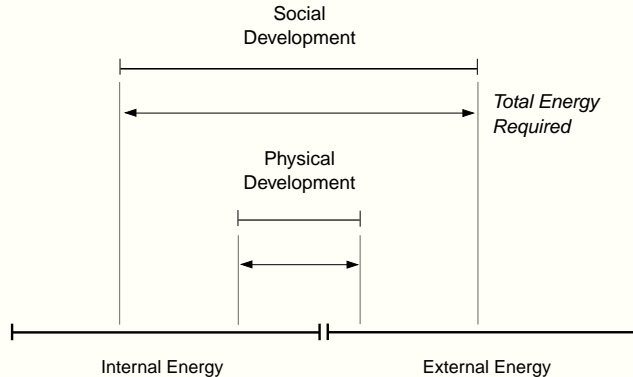
These are important concepts to remember when shaping your character. You should shape the character attribute that requires the least amount of total energy. The discipline gained from making that character change will give you the strength and motivation to change the other character attributes.
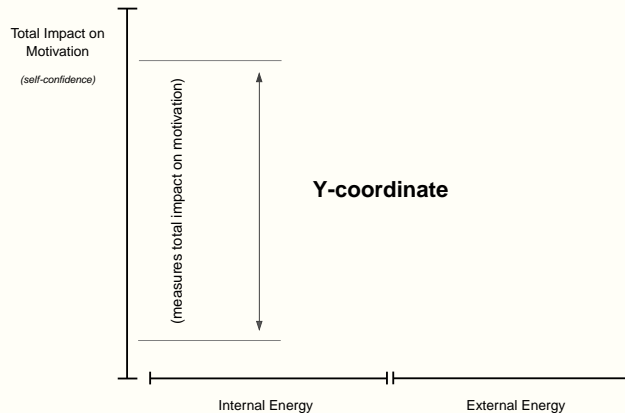
End of Discussion: **Return**

■

Maximizing the Forces of Motivation

The vertical Y-axis measures the amount of motivation gained from making a character change. Motivation is a force that prompts us to continue our action. The more motivated we become, the more likely we will continue our action.

The physical attribute has a greater impact on motivation than any of the other four character attributes. The reason why relates to two important measurements:
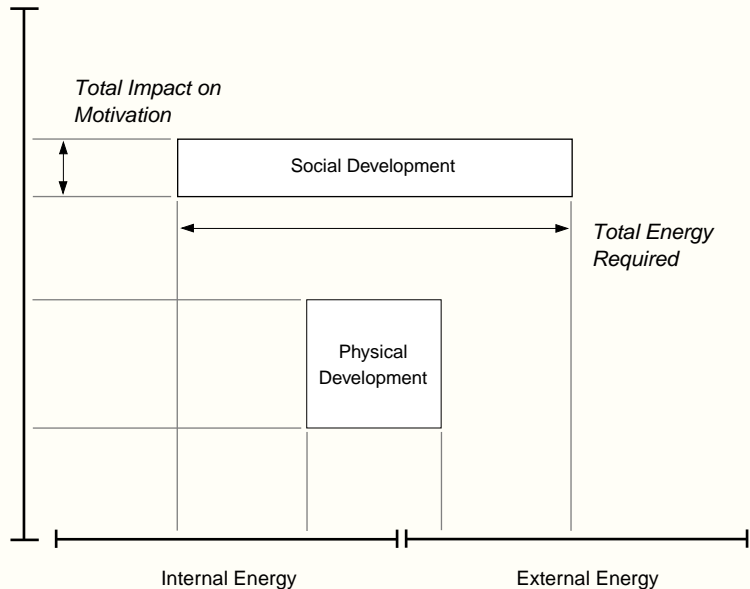
1. Tangibility vs. intangibility
2. Total amount of time to notice an attribute change.

Tangibility refers to tangible changes to your character that you can see, touch and measure. Intangibility refers to intangible changes that are not easily visible or measurable.

Physical character changes are mostly tangible, which have a greater impact on motivation than intangible changes. You can see, touch and measure physical changes to your character.

Social changes to your character are mostly intangible changes. It is very difficult to see, measure, or touch a social change, which will have a lesser impact on motivation than a tangible change.

Total Impact on Motivation

| Social Development |

Total Energy Required

| Physical Development |

Internal Energy   External Energy

Motivation is also measured by the total time it takes to *notice* an attribute change. The key word is *notice*. Take changing the physical attribute, for example. How much time does it take to *notice* a physical change? Compare this to the time it would take to *notice* a social change.

You will probably *notice* a physical change within days. You will *notice* your body becoming stronger, less winded and less bulky around the waist. A social change, on the other hand, will require more time to *notice*.

Making a physical change has a greater impact on motivation because it requires less time to *notice* a physical change.

Why are tangibility and the time to *notice* a character change important?

Because the faster you become motivated, the more self-confidence you will gain in your ability to change. Understand that —

> *You will be more successful in shaping a well-rounded character by first developing the character attribute that requires less total energy.*

> *As you successfully strengthen the first attribute, you begin to build self-confidence and discipline.*

> *Increased discipline gives you the strength to shape the other character attributes.*

These arguments support my recommendation that you should first develop and strengthen the physical attributes — physical development and physical temperance — before developing the mental attributes — education, social and spiritual.
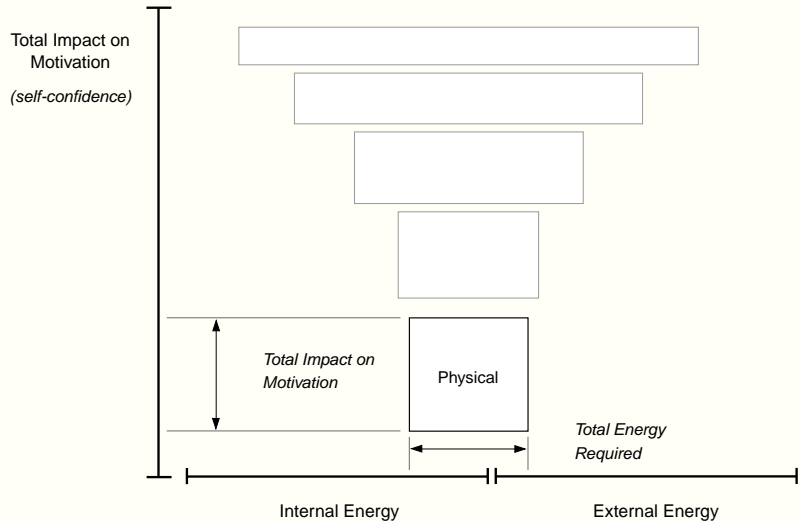
End of Discussion: **Return**

■

Building Physical Discipline

The physical attribute is the first character attribute in the inverse pyramid scale. We inter-
pret from the scale that the total energy to

Total Impact on
Motivation

(self-confidence)

*Total Impact on
Motivation*

Physical

*Total Energy
Required*

Internal Energy   External Energy

strengthen the physical attribute is less than the total energy required for the other attributes. The physical attribute also impacts your motivation at greater levels than the other four attributes.

Developing and Strengthening the Physical Attribute

We can segment the physical attribute into four development areas. You will select one of these areas for development (each topic can be found in the book):

- Physical Exercise: **Book Page 95**
- Inner Strength: **Book Page 96**
- Physical Diet: **Book Page 97**
- Physical Appearance: **Book Page 98**

Web Reader

Complete the following steps to develop and strengthen the physical attribute:

Step 1: Evaluate your current physical attribute. Determine what improvements or enhancements that you should make.

Step 2: Select a change that you want to make.

Step 3: Plan the tasks required to achieve your physical development goal.

Step 4: Develop a two-week schedule. You can use the **Book Appendix Form-E**

Step5: Develop the physical change as planned for two weeks.

Step6: Evaluate your progress after two weeks.

See **Book Page 99** for a more illustrative discussion on the steps required to change and strengthen your physical attribute.
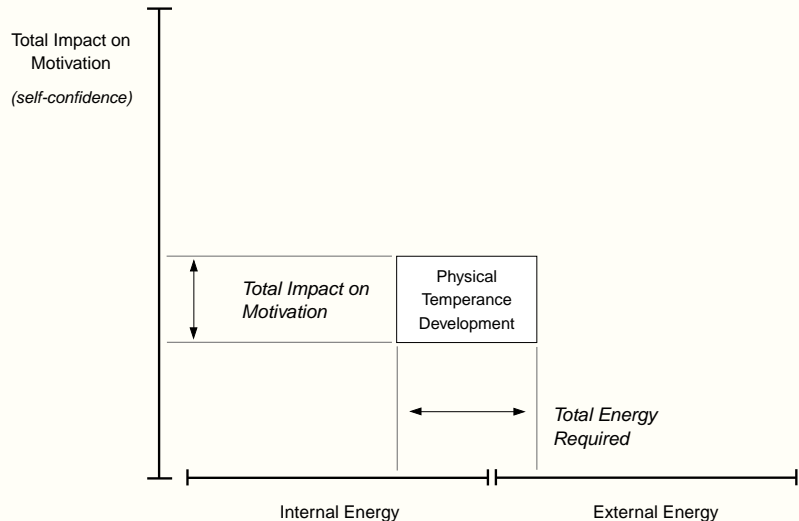
End of Discussion: **Return**

■

Building Physical Temperance

Physical temperance is the moderation or self-restraint in action, thought, or feeling. Physical temperance is also the habitual moderation in the

Total Impact on
Motivation

(self-confidence)

| *Total Impact on Motivation* | Physical Temperance Development |

Total Energy Required

Internal Energy   External Energy

indulgence of the physical appetites or passions; meaning not being excessive in degree.

The physical temperance attribute is the second of five character attributes for character well-roundness. It is also the second attribute in the inverse pyramid scale.

Physical temperance is the control of physical appetites and passions. Unlike the physical attribute that seeks physical attainment, the physical temperance attribute seeks physical control.

Physical temperance can be segmented into two areas (click on each topic for a book discussion):

- Physical Habits: **Book Page 106**
- Physical Indulgences: **Book Page 107**

For a book illustration on shaping and developing your physical temperance attribute,
Book Page 110

Understand that —

> You will be more successful in shaping a well-rounded character by first developing the character attribute that requires less total energy.
>
> As you successfully strengthen the first attribute, you begin to build self-confidence and discipline.

The more successful you are in developing and strengthening a character attribute, the faster the increase of self-confidence and discipline.

Increased discipline gives you the strength to shape the other character attributes.

These arguments support my recommendation that you should first develop and strengthen the physical attributes — physical development and physical temperance — before developing the mental attributes — education, social and spiritual.

End of Discussion: **Return**

■

Building Educational Discipline

Educated men are as much superior to uneducated men as the living are to the dead. Aristotle.

Why is education an important attribute for character well-roundedness? The answer is elementary: education builds mental confidence and discipline to accomplish goals that require analytical thinking and knowledge.

Education is mental exercise to the mind just as workouts are physical exercise for the body. People who are physically in-shape have confidence to challenge any physical feat. Likewise, a person who is educated has confidence to conquer analytical tasks.
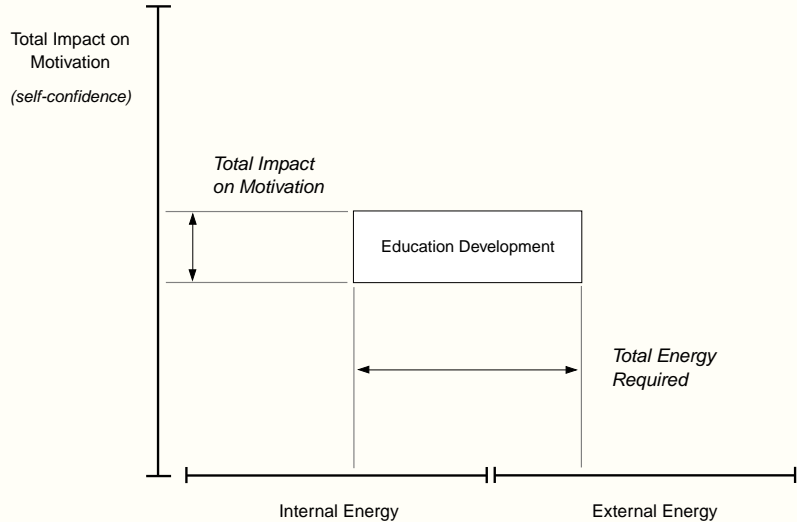
Don't confuse education with collegiate degrees and achievements. Scholastic degrees are individual goals. Developing your education attribute means :

- Being a good listener
- Increasing your reading skills
- Developing perceptive skills
- Speaking proactive, positive language
- Strengthening your scholastic skills
- Expanding your knowledge base
- Applying your knowledge and experience to gain wisdom.

The education attribute is the third attribute in the inverse pyramid scale. Building your education requires more energy to develop — both internal and external — and impacts motivation at lesser

Total Impact on Motivation

(self-confidence)

Total Impact on Motivation

Education Development

Total Energy Required

Internal Energy   External Energy

levels than either of the two physical attributes.

The steps to develop and strengthen the education attribute are similar to the steps discussed for the physical attributes.

For a book illustration on shaping and developing your education attribute, **see Book Page 127**.

End of Discussion: **Return**

Building Social Discipline

What is social development? That depends.
I define it in two ways:

First Definition:

Socially developed people finds themselves accepted and liked by their peers and family. They possess a good or benevolent nature. They are considerate and helpful to others, giving of their service and friendship to all regardless of race, religion or economic status.

- they make friends easily.
- they force others upon themselves.
- they have leadership and follower qualities.
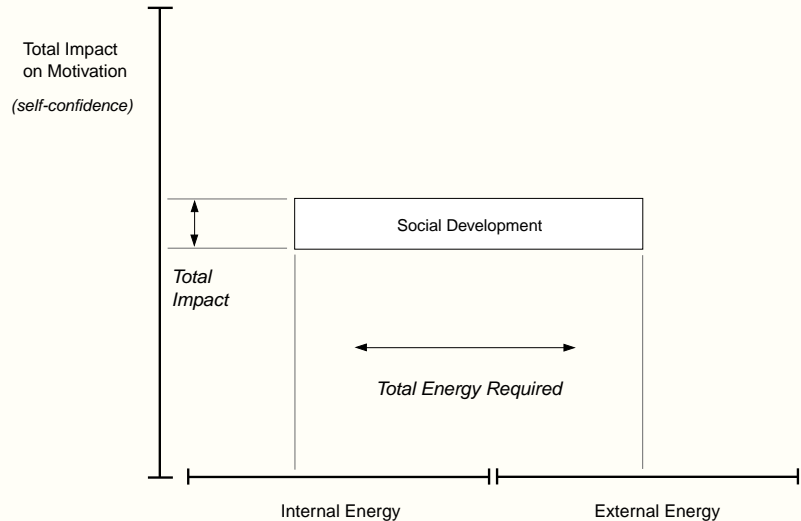- they like who they are.

Second Definition:

Social Development is maintaining or finding a balance between introversion and extroversion tendencies and activities.

The social attribute is the fourth attribute in the inverse pyramid scale. The energy required to make a social change is greater than any of the other attributes except for the spiritual attribute.

Total Impact
on Motivation

(self-confidence)

Total Impact

Social Development

Total Energy Required

Internal Energy   External Energy

You probably can understand why. A great amount of energy — both internal and external — will be required to make a social change.

The social impact on motivation and self-confidence will be lesser that the first three attributes. Social changes to your character are mostly intangible and difficult to measure. Also, the time to *notice* a social change will take much longer than the other three attributes.

For a book illustration on shaping and developing your social attribute, **see Book Page 145**.

End of Discussion: **Return**

Building Spiritual Discipline

The spiritual attribute seeks a higher plane of human development. A spiritually developed person chooses not worldly appetites, but seeks qualities that elevate the mental and physical well being.

You can find many theological and philosophical theories on spiritual development. But no matter what your belief or philosophical leanings, you can strengthen your spiritual attribute by developing and applying the following principles:

- Faith
- Virtue
- Patience
- Charity
- Humility
- Diligence
- Moral Ethics

Go to Book Page 152

Spiritual development is the application of faith, virtue, patience, charity, humility, diligence and moral ethics. You can see why the spiritual attribute requires the most amount of energy to develop, while impacting motivation at lower levels than any of the other four attributes as illustrated in the inverse pyramid scale.

Total Impact on Motivation

(self-confidence)

Total Impact

Spiritual Development

Total Energy Required

Internal Energy   External Energy
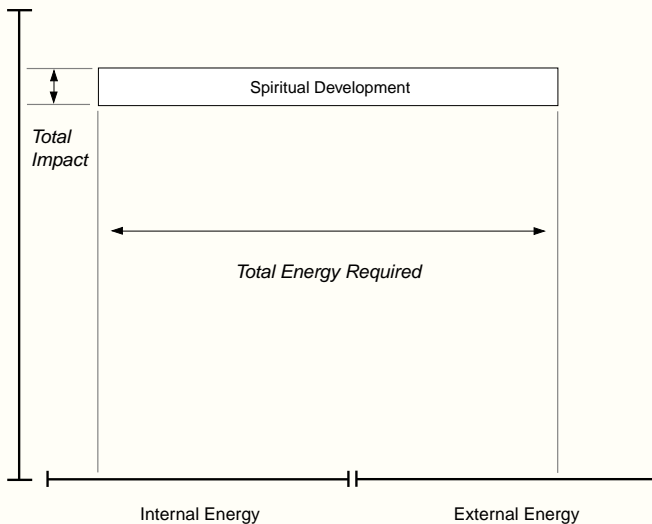
For a book illustration on shaping and developing your spiritual attribute, **go to Book Page 168.**

End of Discussion: **Return**

Character Attribute Development Cycle

You will begin a character attribute development cycle when you have developed all five character attributes as instructed in the book. If you answered 'yes' to all questions during your character evaluation, you are building a strong foundation of discipline. Where do you go from here?

You simply continue your development using a different goal. You are embarking on a lifelong process that keeps your character in shape. You do this by repeating the cycle of character development. After you develop a character attribute goal for 10 consecutive weeks, you will select a new character attribute goal. Allow me to illustrate further.

You will be strengthening and shaping your character throughout the remaining years of your life. You will develop each attribute goal for ten consecutive weeks in respective order:

- 1: physical
- 2: physical temperance
- 3: education
- 4: social
- 5: spiritual

After ten consecutive weeks, repeat the cycle and develop a new goal for that character attribute. **Chapter 13** explains this process in more detail.

End of Discussion: **Return**

■