

INTRODUCTION

Over 80 per cent of achievement can be attributed to having the right mind-set. In relation to making changes in your life, having the right mind-set means much more than simply recognizing that change is needed; it means *accepting* that change is always possible, *wanting* to make changes, and *committing* to doing whatever it takes to make those changes happen.

An individual's mind-set can make the difference between achieving their true potential in life or effectively getting stuck in a rut, unable or unwilling to move on from negative experiences that are now holding them back. The contents of this book offer a human engineered MOT, designed to help you identify your current mind-set and get you “on the road” to achieving the life you want.

The relationship that you hold with yourself determines the path that you will follow.

As you journey through these pages, you will explore the deep inner values you hold and question the embedded beliefs

you have developed based on past experiences, before discovering the world of possibilities that opens up to you simply by learning to use your “true brain” and realizing the optimum ability of the human mind.

Throughout the book, I will be comparing the mental process of change to the physical process of building a temple.

These principles are:

1. The preparation of the foundation – clearing out the old and making way for the new.
2. The selection of materials – obtaining the right tools for the right job.
3. Amending, adapting, planning and visualizing the end result – creating the perfect strategy for your blueprint.
4. Laying the first stone and gaining momentum – building a legacy beyond what you thought was possible.

As listed above, before any building work can begin, the ground must first be cleared in preparation for the setting of a solid foundation. Each new and progressive step in the building process – selecting the material, rounding the edges, setting the stone – can then rest on those firm foundations and a lasting legacy is created.

In addition, throughout each stage you will be asked to complete both tasks and thinking exercises. These have been engineered to trigger new and innovative thinking patterns and reach into the deeper aspects of your subconscious mind to question what you previously thought was possible.

There is a Bible story known as “The Parable of the Two Builders” that Jesus told to drive home the point that listening to his teachings and then ignoring what he said was foolish, like building a house on sand, but listening and then obeying his teachings was wise, like building a house on solid rock. A simplified version of the parable is as follows:

Two men want to build a house. One man wants the process to be quick and easy so he finds a convenient flat, sandy piece of ground and builds his walls directly on top of it without bothering to do any digging or any other form of preparation. His house was built in no time at all. The other man wants his house to last way beyond his own lifetime so he finds an area of hard ground on which to dig deep foundation trenches for his walls. His house took a long time to build and it was hard work, but it now stands on solid rock beneath the soil.

Fierce storms raged across the land; strong winds blew and flood waters rose. The house built on solid foundations stood firm but the house built on sand crumbled and was washed away.

So, by likening the process of change to the process of building a temple, you realize that if you want the changes you make to be lasting, you must begin the process by preparing the ground and laying solid foundations: foundations on which you can build a *lasting legacy*.

We live in a culture of “quick fixes” with everything from “buy now, pay later” to the “lose-50-pounds-in-5-minutes-without-exercising-and-eating-as-much-as-you-want” diets on offer. In our heart of hearts we *know* that anything that sounds too good to be true probably is, but the fact remains

that many of us are subconsciously drawn in to the belief that we can have whatever we want and we can have it NOW. Of course, when the reality proves not to be quite as *instant* or *effortless* as “promised” we tend to give up on achieving the things we want, sinking into an attitude of “it’s too hard; it takes too long; it’s not for the likes of me” rather than looking for ways to prepare the ground differently and build stronger, firmer foundations for next time.

“There are no shortcuts to any place worth going”

Beverly Sills

The Parable of the Two Builders is as apt in today’s world as it was in biblical times. It’s a story of attitude and mind-set. The man who built on sand wanted a house, but he wanted the process to be quick and easy – a “quick fix” – so he adopted an attitude of “good enough” rather than one of “is this the best it can be?” His lack of preparation and unwillingness to put in the groundwork led to the efforts he did make being wasted efforts. This rings true for so many people in so many ways today . . . all those who settle for *average*, and all those who give up on achieving what they want at the first obstacle in their path. On the other hand, the man who built on rock also wanted a house, but he wanted a house that *was* the best it could be. Good enough was *not* good enough. He wanted a house that was built to last; a lasting legacy, and he was *committed* to putting in the necessary groundwork to create a solid foundation on which to build it . . . remember, over 80 per cent of achievement can be attributed to having the right mind-set.

My own story is one of building my own lasting legacy. I have journeyed from joining the Army straight out of school to owning several businesses and, over the past decade, personal development has become not only a career but a passion . . . an addiction. I have questioned age old therapies and built a foundation on what I consider to be the most effective tools; tools I have now turned into a change programme that has no name.

The information contained within this book is only as good as the person who holds it in their hands: the tools provided are only useful if implemented.