

Table of Contents

WHAT IS THE MEANING OF LIFE?	8
LET'S TAKE A TRIP AROUND THE WORLD IN 365 DAYS	10
<i>What is the meaning of life expanded discussion?</i>	10
CHAPTER 0: THE MEANING OF LIFE?	14
THE MEANING OF LIFE?	14
<i>Serving others</i>	14
<i>Work well with others and you will have a great life</i>	14
<i>Sowing and reaping</i>	14
<i>Let's you and me go on a yearlong vacation around the world</i>	14
<i>How would you start?</i>	14
CHAPTER 1: YOUR ATTITUDE INFLUENCES YOUR GRATITUDE	14
YOUR ATTITUDE INFLUENCES YOUR GRATITUDE	14
<i>Attitude is the precursor to amazing success</i>	15
CHAPTER 2 LIFE IS A CONTINUOUS PRACTICE	15
LIFE IS A CONTINUOUS PRACTICE.....	15
<i>Learn and grow rich</i>	16
CHAPTER 3: GOALS	16
GOALS	16
<i>Johngoddardinfo footnote</i>	<i>Error! Bookmark not defined.</i>
CHAPTER 4: SELLING YOURSELF	17
SELLING YOURSELF	17
SALES IS LIKE DATING	17
<i>Prospect</i>	<i>Error! Bookmark not defined.</i>
<i>Present and</i>	<i>Error! Bookmark not defined.</i>
<i>Follow-up</i>	<i>Error! Bookmark not defined.</i>
<i>A blurb about yourself</i>	<i>Error! Bookmark not defined.</i>
CHAPTER 5: ACTION POTENTIAL	18
ACTION POTENTIAL	18
<i>Action drives us in success in high gear</i>	18
CHAPTER 6: LEADERSHIP	18
LEADERSHIP	18
<i>It is a matter of humility</i>	18
CHAPTER 7: MISTAKES ARE GOOD FOR YOU	19
MISTAKES	19

<i>Leads to the promised land</i>	19
<i>Learn from your mistakes</i>	Error! Bookmark not defined.
<i>They are growth opportunities</i>	Error! Bookmark not defined.
<i>Learning experience</i>	Error! Bookmark not defined.
CHAPTER 8: TIME	20
TIME	20
<i>Invest in the prosperity and happiness and others</i>	20
CHAPTER 9: THE MIND'S EYE	20
ON THE MIND'S EYE	20
CHAPTER 10: ON COMMUNICATION	21
ON COMMUNICATION	21
<i>Keep a writing journal</i>	21
CHAPTER 11: THINKING FOR LIVING	21
THINKING IS WHAT WE DO FOR LIVING	21
CHAPTER 12: CUSTOMER SERVICE	22
CUSTOMER SERVICE	22
<i>The greatest pitfall of our contemporary times and always was</i>	22
<i>Why not you, today?</i>	22
<i>Would you embark on the voyage of a lifetime</i>	22
CHAPTER 13: ENTREPRENEURSHIP	23
ENTREPRENEURSHIP	23
TH LIFE BLOOD OF DEMOCRACY AND CAPITALISM	23
<i>Dig deep my first real kickboxing trainer used to say</i>	23
<i>Eternal optimists. Limit or avoid pessimism in your thoughts and associations</i>	23
<i>Try. And keep on trying intelligently</i>	23
<i>Winners never quit and quitters never win</i>	23
<i>Working hard or hardly working</i>	23
CHAPTER 14: MARKETING	24
MARKETING IS SELLING YOUR IDEAS TO OTHERS	24
<i>Ditch the Elevator pitches</i>	24
<i>Social media posts</i>	24
<i>Dating profile</i>	24
CHAPTER 15: PATIENCE	24
PATIENCE	24
IS THE MIND'S KEY TO SUCCESS UNLOCKING YOUR POTENTIAL	24
PATIENCE LEADS TO THE TRUTH	24
COMPLEXITIES MELT AWAY AT THE FACE OF PATIENCE	24
CHAPTER 16: PERSEVERANCE	25

PERSEVERANCE	25
PERSISTENCE THROUGH WRITERS BLOCK.....	25
A LIFETIME OF SUCCESS	25
SWIMMING MICHAEL PHELPS EXAMPLE SWIMMERS.....	25
AS A KICKBOXER MY TRAINING MEANS I HAVE TO HAVE RESERVE STAMINA AND READINESS TO ACTIVATE A SECOND OR THIRD OR EVEN A 5TH WIND TO	25
JUST LAST A LITTLE BIT LONGER THAN ANYONE ELSE.	25
PERSEVERANCE AVOIDS SEVERANCE PACKAGE LAYOFFS	25
CHAPTER 17: PREPARE.....	26
PREPARE.....	26
<i>Preparation is the key to success.</i>	26
<i>Traveling on vacation</i>	26
<i>Keep preparing for the worst and expect the best.</i>	26
CHAPTER 18 CAMPAIGNING TO YOURSELF.....	26
CAMPAIGNING TO YOURSELF.....	26
<i>My mission since birth and then beyond is to help you find your mission in life.</i> 26	
<i>Your living legacy</i>	26
CHAPTER 19: GROWTH	26
GROWTH.....	27
<i>Grow and learn or stop and rot</i>	27
<i>Books and ideas and problems solving</i>	27
CHAPTER 20 OPPORTUNITIES ARE RIGHT IN FRONT OF YOU	27
OPPORTUNITIES ARE RIGHT IN FRONT OF YOU	27
<i>Opportunity is on the other side success</i>	27
<i>Opportunities are fun and wonderful</i>	27
<i>Think on a document medium computer</i>	27
<i>Look out for opportunities around you in your journal or diary</i>	27
<i>Pros and cons</i>	27
<i>Areas for improvement</i>	27
CHAPTER 21: HEALTH IS TRUE WEALTH	28
HEALTH IS WEALTH	28
<i>After the pandemic</i>	28
<i>Bible body is a temple</i>	28
<i>Free costs a lot</i>	28
CHAPTER 22: WISDOM	29
WISDOM.....	29
<i>Wisdom is the first act of intelligence and humbleness combined</i>	29
<i>Sermon on the mount</i>	29
<i>Socrates all that I know is that knowing nothing</i>	29
<i>Paradox</i>	29

<i>Books video</i>	29
<i>Skip the heartbreak speak and embody the truth</i>	29
<i>What is wisdom for me?</i>	29
CHAPTER 23: READING	30
READING IMPORTANCE IN THE AGE OF EDUCATION	30
<i>POV</i>	30
<i>Educated class</i>	30
<i>Make reading fun</i>	30
CHAPTER 24: JACK OF ALL TRADES OR A MASTER OF ONE	30
JACK OF ALL TRADES OR A MASTER OF ONE.	30
<i>Which one would you rather be?</i>	30
CHAPTER 25: WORK SMARTER NOT HARDER	30
WORK SMARTER NOT HARDER	31
<i>Enjoy life</i>	31
<i>And do what you were meant to be doing</i>	31
CHAPTER 26: PLANNING	31
PLANNING	31
<i>My plan is to cure every disease one by one</i>	31
CHAPTER 27 HISTORY AND HERSTORY LESSONS	31
HISTORY LESSONS.....	32
<i>Study your past</i>	32
<i>Study the history of human civilization</i>	32
<i>Rewrite your past. Accept your present. Choose your future.</i>	32
<i>Make a difference in your life</i>	32
CHAPTER 28: VALUES	32
VALUES	32
<i>What are your values?</i>	32
<i>Where do they originate from?</i>	32
CHAPTER 29: WHAT IS INTEGRITY?	33
WHAT IS INTEGRITY?.....	33
<i>We must be flexible like the palm tree or willow tree of integrity or we will snap under the force of the winds</i>	33
CHAPTER 30 RETHINK	33
RETHINK AND REVIEW YOUR ALL AREAS OF LIFE SO FAR	33
<i>Look back on how far you come and be excited of what lies ahead.</i> .	33
<i>I have created this book to help you and me along this journey</i>	33
<i>Computer service added value: Add a survey and chart your progress online</i>	33
<i>Rethinking how you can shape your future, with actions today, and put your past in the rearview mirror.</i>	
<i>Something that you are aware of and focusing your senses into FWD (Forward) thinking today</i>	33

Ask yourself Is this year you want to be in the next 5 years?	33
CHAPTER 31: BE A TEACHER.....	34
BE A TEACHER.....	34
Teaching as a method for learning and understanding with personal clarity what is the lesson.	34
Teaching means having had failed a lot	34
Be humble.....	34
You were once struggling with learning about school. And then life happened	34
Plant trees for others to sit under after your gone.	34
What you teach and your caring will show long after you are going	34
Caring is sharing.	34
CHAPTER 32 LEAD BY GIVE CREDIT AND RECOGNITION TO OTHERS	34
LEAD BY GIVE CREDIT AND RECOGNITION TO OTHERS	34
Carry a giver's attitude	34
CHAPTER 33: VISION IS A MENTAL IMAGE OF YOUR IDEAL LIFE	35
VISION IS A MENTAL IMAGE OF YOUR IDEAL LIFE	35
Task: Sit down a make a list of everything you want.....	35
Fake it til you make it.....	35
Own your vision	35
CHAPTER 34: GET ORGANIZED	35
GET ORGANIZED.....	35
Growth areas.....	35
Decide what you want to do this new year, month, week, day and spend 30 minutes a day improving your life. And be content to have meaning in your life. More importantly helping others will enable them to find meaning in their lives too.	35
CHAPTER 35 NETWORKING.....	36
NETWORKING.....	36
The sermon on the mount	36
Invest in others sow and reap.....	36
CHAPTER 36: BE MERRY.....	36
BE MERRY.....	36
Be cheerful.....	36
Laughing makes others laugh.....	36
Baby's laugh	36
For the sheer fun.....	36
CHAPTER 37 SOLITUDE	37
SOLITUDE	37
Personal space to think.....	37
Be quiet and reflect	37
A walk.....	37
A nap	37

Write.....	37
Think.....	37
CHAPTER 38: YOU ARE PRICELESS	38
YOU ARE PRICELESS THEY CANNOT AFFORD YOU	38
<i>Age is a number and yours is unlisted silly joke placeholder</i>	38
<i>Self-worth is independent of your net worth.....</i>	38
<i>You are important. No matter where you are in life. It is where you are going that you should think about.</i>	
.....	38
CHAPTER 39: TECHNOLOGY	38
TECHNOLOGY	38
<i>Implement new practical additions that for the now and the near term</i>	38
CHAPTER 40: BE FREE	39
REMEMBER AS A KID YOU USED TO DREAM FREELY AS ADULTS, WE THAT PRECIOUS LIFE'S LUSTER	39
PINK SOFA CUSHIONS FORT MY BROTHER JUMPED ON ME	39
CHAPTER 41: TEAMWORK	39
TEAMWORK	39
<i>Footnote good to get by Jim Collins.....</i>	39
<i>Teamwork means we are working all in the same direction</i>	39
<i>Work with humble leaders.....</i>	39
<i>Leaders who bring out the best in others</i>	39
<i>Turn on your flashlight to see in the dark</i>	39
CHAPTER 42: RESEARCH AND DEVELOPMENT	39
RESEARCH AND DEVELOPMENT	40
<i>For personal development</i>	40
<i>Fellowship in other people's passions and interests</i>	40
<i>Leave what easy and comfortable for what is challenging and memorable.</i>	40
<i>Always look for continuous improvement</i>	40
<i>Technology continues it is every evolving need for improvement and to create.</i>	40
<i>Apply ideas of AI and data management to your thinking labs.....</i>	40
CHAPTER 43: BE ANGULAR	40
THINK IN NEW ANGLES	41
<i>Be angular</i>	41
<i>Think in new ways</i>	41
<i>Adjust your new ideas by adding a dash of some other adjacent or unrelated field or ideas.</i>	41
<i>Learn from the great thinkers.....</i>	41
<i>And try applying ideas you think might be applied to your problems and dilemmas and take a scientific method or Socratic method or whatever you know to deal right there with situation at hand</i>	41
<i>Do your homework</i>	41
<i>I always thought homework was a punishment for success. Now I know it is the prerequisite to success.</i>	
.....	41
<i>It is the cornerstone at the base of the foundation</i>	41

<i>Love yourself and give yourself the permission to try something new. GO alone or with a friend or family member.</i>	41
<i>Fear is common in thinking in new ways. But other people do not have a say in what you do, are and want. As long as it is the truth and respectful of other people's dignity and rights.</i>	42
<i>This is the responsibility of success. To care for others as your self... ..</i>	42
<i>The golden rule revisited.</i>	42
CHAPTER 44: UNCONDITIONAL LOVE	42
UNCONDITIONAL LOVE	43
<i>Appreciate the little things</i>	43
<i>NSA to love unconditionally.....</i>	43
<i>Project a feeling of oneness and love with the world, your community and society.</i>	43
<i>Be good to everyone around you. People will not remember that you would good to them. They surely will remember if you were not good to them.</i>	43
<i>Goodness to all should be your mantra and written or labeled somewhere easy to see everyday</i>	43
<i>Appreciate your loved ones</i>	43
CHAPTER 45: DREAM BIG DREAMS	43
DREAMS.....	44
<i>Dream big dreams</i>	44
<i>Dream with with every ounce of magic and muscle in you</i>	44
<i>Dream knowing that galaxy favors those who do right and just.....</i>	44
<i>Dream because just like yeast in dough for bread we grow and rise under certain favorable conditions sow before you reap</i>	44
<i>Bring your dreams to life. Make them come true here today by articulating written or verbal</i>	44
CHAPTER 46: COURAGE	45
COURAGE	45
<i>Be bold as a lion - my nutshell of the bible</i>	45
<i>Courage means swinging the bat at hard pitches</i>	45
<i>I have struck out more times than you can imagine but every once in a while, I hit a literary home run. Be like the Babe and strike out with everything you got and swing for the moon you might at least land in the stars</i>	45
<i>Courage is what we need in difficult times and restraint is the highest form of courage. The courage to walk away for peace of minds sake.</i>	45
CHAPTER 47: IN CLOSING AND COMMENCEMENT	45
IN CLOSING AND COMMENCEMENT	46
<i>Find things that interest you and you will find the meaning of life. ..</i>	46
<i>You may be wondering I learned a lot my eyes are opened and have an expanded horizon. Now what?</i>	46
<i>Consider this and other programs you get as the commencement of finding and practice meaning in your life. Just the beginning. The starting point. From Born to the beyond....</i>	46
NOTES	47
NOTES	47

ADD HUMOR	47
REFERENCE OTHER AUTHORS AND MATERIAL INTEGRATED INTO THE BOOK	47
ADD GAMES	47
WEB SEARCHES	47
AI GENERATED ACTIVITIES	47
CREATE A SOCIAL	47
IMAGE SEARCH	47
A LIFETIME OF EXPERIENCES CONDENSED IN ONE YEAR FOR BREVITY AND ECONOMY SAKE.	47
LET’S GO ON A TRIP.....	47
WITH FUN AND EXCITEMENT AND FEAR AND DANGER.	47
WHAT LURKS BEHIND EACH CORNER IS A SURPRISE	47
BUT WITHOUT GOING ON THIS VACATION FROM THE BORING AND ORDINARY WE ARE SEEKING AN EXPERIENCE UNIQUELY OUR OWN.	48
WE BRING OUR PAST WITH US.....	48
CHAPTER 48: WHAT IS NEXT?.....	48
I WILL ASK YOU TO SUSPEND JUDGEMENTS OF YOU WERE.	48

What is the meaning of life?

The best I can conclude was when I was four years old. When I decided to be a civil servant. To serve others. That has been my calling ever since. I am not the best person to talk on the subject from an academic point of view. Or even success at business. Or even at writing. But I am a storyteller from childhood and I have carried that light flame of love of the art of the story that gives me the freedom to carry on. I can understand if you want a refund or shelve the book right now. However, I have something scholars and material success does not equate easily. Inner peace that everything I approach as work, I put tremendous effort of might and mind. Now, if you become successful from the ideas, tactics, strategies and most important philosophy I will layout in these pages. Then find a way to reach out to me and tell me your story. I would love to hear it. It recharges my literary batteries and teaches me to be a better storyteller myself. Who knows, maybe we will work together on some project or program. For now, this book will have to

do. In the following pages, I will set out to teach you the principles I found essential to my success. But, Mohammed, you say. You have none of the typical ideas of success. You are not wealthy, healthy and you may be thinking I lack in the wisdom department. Fair enough, eager reader. Hear me out. If you can get through the first couple of chapters, I am sure you will want to continue reading and apply some principles to succeed in your whole life. So, I want to remind you what the meaning of life according to my best guesstimation. It is in the service of others. This is a reflect book. You look inward for success to begin to create its ripples in your life and those you love, respect and care for. Yes, this part transidentalism and equally practical. Life is a constant practice of showing and telling. Storytellers and listeners let us sit together and learn from each other. To make this world a beautiful place for the present and all future generations. Let us plant the seeds in our minds that we will uncover and rediscover the meaning of life. Through the telling of my perspective on the world and the best people I know. My family friends and loved ones both past, present and yet to be born. I do not expect commercial or critical acclaim. I am only doing this to deal with the state of affairs. This manuscript may be lost to the hands of time. But I must write. Because that is my nature. And natural inclination to teach. Accompanying this book will a wealth of multimedia resources, citations and references. I will include games. I prefer to not have a website for the book at this time. But that is an evolving personal discussion, so far. Yet What I do bring to the table is an open mind, the willingness to change if the facts change and to prepare by being persistent in my works. This is not meant to be a literary classic. Yet it is a social experiment that I will go along with you. For this year, both you and I will embark on an adventure of our lives, as told through stories that you can relate too.

I am no Samuel Clements or Mark Twain either. Even though you may mistake my writings as satire or a parody.

Let's take a trip around the world in 365 days

What is the meaning of life expanded discussion?

It's to serve others.

Why are we so different. No other creation can create like we do.

I was asked this question by a well-respected cardiologist one day going to his office for a checkup of my heart a couple of years ago.

I pondered it and concluded at the point and mumbled I don't know.

It really is a good question that I rarely get asked. That was the first time it was asked explicitly. However, my antenna goes off when people talk about their education, cars and careers and the ones they care about.

I had done everything I wanted to do in life. Yet, I find myself irritable every day. Not satisfied with half-truths and time-consuming gizmo's.

I had all the answers at the tender age of four. I was a model kid. Seen but never heard.

I had it all and lost it all. And I did not really care.

Because, I was thankful to be out of that dungeon filled with personal dragons.

What does this have to do with the meaning of life?

I will try to explain in parables or stories.

The first story is about sowing and reaping

Then I will tell you my life story

And to conclude I will offer a path forward that has worked for me. However, I can be assured that it will not work for you.

Finally, as an added bonus I will list ways to your 365 days next year to add more meaning in life. But I will have to start rudimentary with the facts and ideas that will lead to riches beyond just your profits and purchases.

I want you to get the value multiplied from this book and when you are done with it, I will recommend that you buy 1 copy and give it to a close friend. One day they may thank you for it.

Lastly, I am going to give. A roadmap, blueprint, strategy and tactics to solve your own problems. I will put in historical and contemporary leadership training context that you can be your personal best, even with setbacks, and continuously grow.

That's how this came into being. I have failed as a writer and you should know that. But I succeeded in far more important area of life. That is being a good person. A person that learned a few philosophies, ideas and techniques that will lead you to success in your personal, social, family and professional lives.

I cannot guarantee that you will all succeed. Or succeed how imagined it. But you will have a set of tools that can make anyone a better human being.

In a world, where it feels like the glass is always half empty. Be the person at the sink filling your cup as much or as little as you want.

This official strategy guide will better prepare you to say with gusto “I or We can handle this.”

We will learn a lot of things along the Way. But the road is beautiful and ever challenging. It will demand strength, courage and determination to stay the course when every ounce of your being wants to give up or give in.

Whether you want to look great for the summer, succeed in business, sports or any profession or home life. I know the things you will learn here will add to your success and subtract negativity from the equation by multiplying love and faith only by dividing with others. In total this book costed you about \$10 dollars, American. But what get might be intergenerational.

Give your grandkids, kids, and neighbors these books. They will appreciate your thoughts and token of gratitude.

Just by reading this introduction you have done something most cannot do. Take the initiative and lead.

Sure, there are bumps on any road, but with a roadmap to discover the meaning to life. You will be like your favorite song (Enter favorite song title hear) always harmonies and with a nice melody, I envision.

Throughout this book and the accompanying audiobook and materials. I will be incorporating new ideas, unfamiliar words and teaching communication techniques to help you reach your goals. I will avoid, as best as I can, rehashed ideas and principles. This is your all-terrain guide to the meaning of life. It's part autobiographical, part satire and wholly humorous. I am sure to offend someone. But humor is like that most rare commodity a big belly laugh, with snorting noises and clenching your mid-section from laughing way to hard.

The Way is my way. May your Way guide me too. On the next leg of my journey. Let me know what you think.

I believe in partnerships. If you want to partner in starting a discussion group I will teach you how to host one and what you will need. Mostly paper and pens.

So, with much descriptive ramblings. We can conclude the introduction and begin your masterpiece. Your life is like a work of art. Each brush stroke is intentionally placed there. In time you will have a masterpiece that you will be proud of.

CHAPTER 0: The meaning of life?

The meaning of life?

Serving others

Work well with others and you will have a great life

Sowing and reaping

Let's you and me go on a yearlong vacation around the world.

How would you start?

Chapter 1: Your attitude influences your gratitude

Your attitude influences your gratitude

Having gratitude, a can-do attitude can work wonders in your life. Whether it is personal or professional challenges a positive mindset will lead to better outcomes for your life. Individuals that exude gratitude are overwhelmingly looking at the bright side of life and limiting the downside effects. Just like the stock market. Buy Low. Sell High. What are you buying and selling? You are buying into the intrinsic value of yourself. And selling your value to the market all of the time. A grateful attitude creates serendipitous opportunities greater than a poor attitude. The difference between winners and losers is how they feel about themselves on the inside. The inside

is a mirror image of how one acts on the outside. So, be positive-minded¹ about all your relationships and situations.

Attitude is the precursor to amazing success

Amazing success is an attitude or feeling. Where your mind goes the body follows as we learn in martial arts. As a kickboxer, I had to prepare my mind to be successful. I primed my mind with videos of championship training. Like Rocky movies or heroic cartoons.² Try your mind and body. If the mind is weak the body will not reach its potential. The simple act of breathing. Relaxed and diaphragmatic in through the nose and out through the mouth. Imagine breathing in good green energy of the universe. Then exhaling bad red energies. Until you reach homeostasis or a balanced and aware mind and body. This is what the French philosopher Rene Descartes wrote about the duality of the mind body connection.

Chapter 2 Life is a continuous practice

Life is a continuous practice

Kaizen or continuous improvements was the mantra of the Japanese samurai in feudal Japan approximately from 11th century to 19th century. Refining techniques generation after

¹ Tip #1: Try this self-care technique. By listening to uplifting music like the song "Positivity" or "Be Good To Me" by Ashley Tisdale on the Headstrong album. Released (2007).

² Some movie training montages to consider if you feel unmotivated. Rocky movies, Never Back Down 1 and 2, Bloodsport, Kickboxer, Favorite WWE wrestlers. For cartoons, Thundercat's, Rescue Rangers, Pokémon, Batman, Superman, Justice League Unlimited and more.

generation. The book and movie “Rising Sun” by author Michael Crichton also shows Kaizen in Japanese technology.

Action step: Watch the original the original karate kid with Pat Morita to learn about continuous improvements. Or play Ninja Gaiden or Shinobi classic and modern video games.

Learn and grow rich.

Chapter 3: Goals

Goals

What are your goals?

Are they written down?

Do you ever read them?

With goals you know where you are heading traveling on this road of finding the meaning of life. That would a worthwhile goal to pursue. If you need help watch some interviews of John Goddard or go see his childhood life list.³

³ <https://www.johngoddard.info> for examples of goal setting and achieving.

Chapter 4: Selling yourself

Selling yourself

Buy the products that you sell and see if you would be a satisfied customer and want to do repeat business. You have to buy-in first. Before you can ever sell. Selling is a good profession.

However, if what you sell products or service do not pass your quality inspection test. What will your customers think about you then?

Sales is like dating

Sales is like dating.

In sales, like dating, you have to prospect, present and follow-up for successful selling. I will address each step you need to take to be successful in dating and sales.

First you have to prospect for potential matches to get a sale or date.

Secondly, present yourself successfully to get an offer of interest for dating or buying your products.

Finally, you need to follow-up with your date to get a second date. Or to follow-up with a client to get repeat business.

Remember, to succeed at dating or sales you must be able to prospect, present and follow-up.

If you follow these basic steps then your sales team members will supercharge your enterprises growth and success. While enjoying the process.

Chapter 5: Action Potential

Action potential

Action drives us in success in high gear.

It comes down to walking the walk. Or just talking the talk. You have to back up your words with action. Action is the starting point of discovering what works and what does not. The Do's and Don'ts of finding meaning in your life. Action the test we all fail and yet must repeat it over and over again. If you look at championship teams, they take action every day that leads them to their goal. There's that word again. I am starting to deluge you with new words. That is my action to introduce you to new words, concept's ideas and terms.

Chapter 6: Leadership

Leadership

It is a matter of humility

Successful and admired leaders do not lead by force or hard tactics. They work well with the team. Leadership is valuing those around you for how precious and important they are to you and your team. Leadership is a dynamic trait and not one method can be guaranteed to make you a leader and leadership requires constant evaluation of yourself and how you deal with

others. Successful leaders have one thing in common. They lead through crisis's and do the hard work that nobody else wants to do. True leaders are selfless and pass on the credit to others.

Chapter 7: mistakes are good for you

Mistakes

Leads to the promised land

Have you ever regreted an action, word or decision?

Have you ever went against the crowd for something you believe in. It might feel like the biggest mistake in your world. But time heals old wounds. And mistakes lead to success. How many companies and people turned their life around on the brink of disaster. They understood that action and leadership are essential ingredients for success in life. But at best it is a trial and error game. Stay the course and go slowly and you will avoid the greater disasters that affect the majority of people. Mistakes are good for you since you can always learn from them. Profit from your mistakes by knowing they are growing opportunities for personal and professional growth.

Chapter 8: Time

Time

Invest in the prosperity and happiness and others

Father time. They say beauty is wasted on the youth. I say we can all stay young at heart and that shows on our appearance. In particular our faces. That will not lie or exaggerate what we feel about ourselves on the inside.

Chapter 9: The Mind's Eye

on the mind's eye

The mind's eye allows us to perceive the uncommon or the mysteries of our lives and its meaning. The mind's eye is a meditation that teaches us to be at peace with our world, Community and close ones. The mind's eye is your intuition or guts steering you from wrong to right for you. No two people's experience or understanding of the world will be the same. This a bit metaphysical. The mind's eye is free to imagine without social or societal barriers and roadblocks. So, detour on the road we are on and yes your eyes and see the world what is part reality tv part performance art.

Chapter 10: On Communication

on communication

Keep a writing journal

Communication is the backbone of any successful relationships. In relating to others, we invented communications. Oral or written. Spoken or unspoken. Subtle or blaring. These are the tools for discovering that the meaning of life is in those moments we share with those close to us. Even if they talk or not. Presence gives them the confidence to explore areas of their lives that need to be more open about. By keeping a journal or diary you are understanding and processing what you are going through. And you can do thought dump. Providing clarity.

Chapter 11: Thinking for living

Thinking is what we do for living

Thinking is our greatest tool. It can also be difficult to think on our own. We need to speak to others to get ideas and new patterns of thought. Thinking a little each day can be an easy way to have a better lifestyle, income and opportunities.

Chapter 12: Customer Service

Customer service.

The greatest pitfall of our contemporary times and always was

Why not you, today?

This trip scary and exciting will lead you around bends and push you to your limits. Do not worry if you will complete the trip. Just know that now that you have moved from being in the passenger seat. You are now steering this special ship that can teleport you anywhere. With one caveat you have to know where you are going each time and why.

Would you embark on the voyage of a lifetime? Think of this book being yours and mine guide as we embark on a new adventure never done before. And never to be reenacted or repeated alike again.

Chapter 13: Entrepreneurship

Entrepreneurship

The lifeblood of democracy and capitalism

Dig deep my first real kickboxing trainer used to say

Eternal optimists. Limit or avoid pessimism in your thoughts and associations

Try. And keep on trying intelligently

Winners never quit and quitters never win

Working hard or hardly working.

Chapter 14: Marketing

Marketing is Selling your ideas to others

Ditch the Elevator pitches

Social media posts

Dating profile

Chapter 15: Patience

Patience

Is the mind's key to success unlocking your potential

Patience leads to the truth

Complexities melt away at the face of patience

Chapter 16: Perseverance

Perseverance

Persistence through writers block

A lifetime of success

Swimming Michael Phelps example swimmers

As a kickboxer my training means I have to have reserve stamina and readiness to activate a second or third or even a 5th wind to

Just last a little bit longer than anyone else.

Perseverance avoids severance package layoffs

Chapter 17: Prepare

Prepare

Preparation is the key to success.

Traveling on vacation

Keep preparing for the worst and expect the best.

Chapter 18 Campaigning to yourself

Campaigning to yourself

My mission since birth and then beyond is to help you find your mission in life.

Your living legacy

Chapter 19: Growth

Growth

Grow and learn or stop and rot

Books and ideas and problems solving

Chapter 20 Opportunities are right in front of you

Opportunities are right in front of you

Opportunity is on the other side success

Opportunities are fun and wonderful

Think on a document medium computer

Look out for opportunities around you in your journal or diary

Pros and cons

Areas for improvement

Chapter 21: Health is true wealth

Health is wealth

After the pandemic

Bible body is a temple

Free costs a lot

Chapter 22: Wisdom

Wisdom

Wisdom is the first act of intelligence and humbleness combined

Sermon on the mount

Socrates all that I know is that knowing nothing

Paradox

Books video

Skip the heartbreak speak and embody the truth

What is wisdom for me?

Chapter 23: Reading

Reading importance in the age of education

POV

Educated class

Make reading fun

Chapter 24: Jack of all trades or a master of one.

Jack of all trades or a master of one.

Which one would you rather be?

Chapter 25: Work smarter not harder

Work smarter not harder

Enjoy life

And do what you were meant to be doing

Chapter 26: Planning

Planning

My plan is to cure every disease one by one

Chapter 27 History and Herstory lessons

History lessons

Study your past

Study the history of human civilization

Rewrite your past. Accept your present. Choose your future.

Make a difference in your life

Chapter 28: Values

Values

What are your values?

Where do they originate from?

Chapter 29: What is integrity?

What is integrity?

We must be flexible like the palm tree or willow tree of integrity or we will snap under the force of the winds

Chapter 30 Rethink

Rethink and review your all areas of life so far

Look back on how far you come and be excited of what lies ahead.

I have created this book to help you and me along this journey

Computer service added value: Add a survey and chart your progress online

Rethinking how you can shape your future, with actions today, and put your past in the rearview mirror. Something that you are aware of and focusing your senses into

FWD (Forward) thinking today

Ask yourself Is this year you want to be in the next 5 years?

Chapter 31: Be a teacher

Be a teacher

Teaching as a method for learning and understanding with personal clarity what is the lesson.

Teaching means having had failed a lot

Be humble

You were once struggling with learning about school. And then life happened

Plant trees for others to sit under after your gone.

What you teach and your caring will show long after you are going

Caring is sharing.

Chapter 32 Lead by give credit and recognition to others

Lead by give credit and recognition to others

Carry a giver's attitude

Chapter 33: Vision is a mental image of your ideal life

Vision is a mental image of your ideal life

Task: Sit down and make a list of everything you want

Fake it til you make it

Own your vision

Chapter 34: Get organized

Get organized

Growth areas

Decide what you want to do this new year, month, week, day and spend 30 minutes a day improving your life. And be content to have meaning in your life. More importantly helping others will enable them to find meaning in their lives too.

Chapter 35 Networking

Networking

The sermon on the mount

Invest in others sow and reap

Chapter 36: Be Merry

Be merry

Be cheerful

Laughing makes others laugh

Baby's laugh

For the sheer fun

Chapter 37 Solitude

Solitude

Personal space to think

Be quiet and reflect

A walk

A nap

Write

Think

Chapter 38: You are priceless

You are priceless they cannot afford you

Age is a number and yours is unlisted silly joke placeholder

Self-worth is independent of your net worth

You are important. No matter where you are in life. It is where you are going that you should think about.

Chapter 39: Technology

Technology

Implement new practical additions that for the now and the near term

Chapter 40: Be Free

Remember as a kid you used to dream freely as adults, we that precious life's luster

Pink sofa cushions fort my brother jumped on me

Chapter 41: Teamwork

Teamwork

Footnote good to get by Jim Collins

Teamwork means we are working all in the same direction

Work with humble leaders

Leaders who bring out the best in others

Turn on your flashlight to see in the dark

Chapter 42: Research and development

Research and Development

For personal development

Fellowship in other people's passions and interests

Leave what easy and comfortable for what is challenging and memorable.

Always look for continuous improvement

Technology continues it is every evolving need for improvement and to create.

Apply ideas of AI and data management to your thinking labs.

Chapter 43: Be angular

Think in new Angles

Be angular

Think in new ways

Adjust your new ideas by adding a dash of some other adjacent or unrelated field or ideas.

Learn from the great thinkers

And try applying ideas you think might be applied to your problems and dilemmas and take a scientific method or Socratic method or whatever you know to deal right there with situation at hand

Do your homework

I always thought homework was a punishment for success. Now I know it is the prerequisite to success.

It is the cornerstone at the base of the foundation

Love yourself and give yourself the permission to try something new. GO alone or with a friend or family member.

Fear is common in thinking in new ways. But other people do not have a say in what you do, are and want. As long as it is the truth and respectful of other people's dignity and rights.

This is the responsibility of success. To care for others as your self

The golden rule revisited.

Chapter 44: Unconditional love

Unconditional love

Appreciate the little things

NSA to love unconditionally

Project a feeling of oneness and love with the world, your community and society.

Be good to everyone around you. People will not remember that you would good to them. They surely will remember if you were not good to them.

Goodness to all should be your mantra and written or labeled somewhere easy to see everyday

Appreciate your loved ones

Chapter 45: Dream big dreams

Dreams

Dream big dreams

Dream with with every ounce of magic and muscle in you

Dream knowing that galaxy favors those who do right and just

Dream because just like yeast in dough for bread we grow and rise under certain favorable conditions sow before you reap

Bring your dreams to life. Make them come true here today by articulating written or verbal

Chapter 46: Courage

Courage

Be bold as a lion - my nutshell of the bible

Courage means swinging the bat at hard pitches

I have struck out more times than you can imagine but every once in a while, I hit a literary home run. Be like the Babe and strike out with everything you got and swing for the moon you might at least land in the stars

Courage is what we need in difficult times and restraint is the highest form of courage. The courage to walk away for peace of minds sake.

Chapter 47: In closing and commencement

In closing and commencement

Find things that interest you and you will find the meaning of life.

You may be wondering I learned a lot my eyes are opened and have an expanded horizon. Now what?

Consider this and other programs you get as the commencement of finding and practice meaning in your life. Just the beginning. The starting point. From Born to the beyond.

Notes

Notes

Add humor

Reference other authors and material integrated into the book

Add games

Web Searches

AI generated activities

Create a social

Image search

A lifetime of experiences condensed in one year for brevity and economy sake.

Let's go on a trip

With fun and excitement and fear and danger.

What lurks behind each corner is a surprise

But without going on this vacation from the boring and ordinary we are seeking an experience uniquely our own.

We bring our past with us.

Chapter 48: What is Next?

I will ask you to suspend judgements of you were.

You have and will always the permission to reinvent or reimagine your life from this moment forward. The past teaches let us learn and move from the present one breathe at a time into the great unknown. The future. We will look to the future with hope, promise and untold treasures both real and surreal.

This trip requires one element. You have to begin right you are today. I only with an intention. But by the end of this year. You will be a different person. More at ease and better prepared to uncover the truth for you.

You see, truth is like a mirror. You zoom in to what you want to see and focus on it. At first the mirror is an ally. We take it for granted that it will show who we are at that time. However, mirrors cannot show character, directly. Integrity and values that can be hidden under persons veneer.

So let us start our engines. And go. I will be there from time to time to offer advice, guidance, encouragement and support. An important point that on any trip especially the

one we will embark on rest is as important as continuing on. Rest if you need to this your trip. You decide where you want to go.

Car. Boat, train and plane. We say our intention and into the unknown. Knowing the universe always provides. Especially on this beautiful, mysterious and majestic blue marble swirling around the sun.

Hope to hear from you along the way. Send your correspondence to this website and make an account and share, I you want.

Wrapping up, Let the adventure of a lifetime start with the reading of a book and let's turn the page our past lives. And welcome in Newness for serendipity favors you.