## An Original Success Journal

## Chapter Guide

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This book is dedicated to all those who passed this last 9 years, who never saw this happen in life.



You are remembered.

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#### 1. Make Your Choice?

## Life-Time or Time-Bound?

The first decision you must make when approaching the Original Success Journal strategy is discerning your personal style.

There seem to be two types of people those who *relish* life and those who *cherish* life.

If you *relish* life you need to use the **Time-Bound** method. This means setting a target date and going like the clappers until you have accomplished your aims.

Those who *cherish* life need to take the **Life-Time** strategy. This journal will have a higher level of quality content, often with a lot more sentimental meaning.

How you know this is you sit with you brand new OSJ and figure out how pensive you are about marking that book, your book of life. Give it 10 minutes before you decide and then stick to that first *Empowering Choice*. Congratulations you just made your first start and first Chapter. Get your favorite drink to celebrate and next complete your first Unexpected Reward! (the drink).

If you have an **Original Success Journal** then you might like to know our training courses are **free** and all you need to bring along is your journals to gain access. We love doing that bit and hope to see you at one of our trainings.

## 2. Acknowledgements

## Who You Respect and A Little of the Why?

The **Acknowledgement** chapter is all about regarding everyone who ever shaped your life to date. They are those who you can connect with in the shared sense of moment and relations, who poured their time into you, or you mingled your time with. That time can never be bought back and so cap stoning these relations, and when you come to write your biography, these golden steppingstones will give you solidarity with your life.

Dig out from the **get-go** everyone who you feel had a meaningful effect in your life and thereafter continue to return there as and when you are reminded. This powerful reflection reinforces your sense of value, purpose and reconstitute your self-esteem. Life is not hard when you know you were there, and you were made for your purpose.

Only include those people who, without regret or remorse you can reflect upon, drawing the strength to come to the realisation that it was you who was worth developing, shaping and reap the view that you can now do the same for another.

#### Pass it on...

Meanwhile we can go into fine detail how this relates to your success hereafter and converts into the results, things, or people you need to continue to move forward, start easy on yourself. Let the world prove to you how this small and powerful reflection can and will thrust you forward for a long while to come yet.

#### 3. Dedication

#### You need this...

A dedication is in terms of an OSJ is...

'The rightful due respects to those, who without being there, you would never have accomplished your efforts'

#### Method 1 - The Empirical Dedication

This is the most detailed of the two methods. Like with the **Acknowledgements**, spend time with selecting all those people who your wish to dedicate your OSJ to.

It is a very special event to have a book dedicated after an inspiration and it is with that in mind, we should consider who would be appreciative of this attention and who would benefit. It is a gift from you to them and a notorious means of elevating someone in the esteem to all who know about your dedications.

Again, it is limitless, and many people pour out their respects to many people here and if that in your considerations is the way for you to go – so you should.

Empirical Dedications tend to be sentimental, sensitive and conscientious texts which have depth and specific meaning. They are more musical than they are poetic. They capture the essence of relations and relay that to emotion into the reader. In the writer the instill a sense of solidity and self esteem that ensures they maintain standards or ethics once taught, because they chose to admire that person and was touched by their input into their lives.

#### Method 2 - The Specific Dedication

We find this mostly in the Time-Bound OSJ's. It is short and for example:

'OSJ is dedicated to Howard Hughes who inspired me to become the worlds best qualified Ghost Hunter.'

This is a very meaningful dedication to singular person or a few people. It has been known that dedications have been written posthumous to deceased inspirations as well as hero's who have left such an outstanding change that authors have felt that they would like to leave this special place just for them.

A great thing to do is if you are writing a post humous dedication is to take the OSJ to the place they were familiar with and write it there.

You can use more than one, giving plenty of space to each one and laying it out beautifully. Again the onus is on respect of your inspirations.

Whichever way you go with this, you can expand on it later when you so desire to. There is no rush to get this done and only when you are sure that you are ready to make your mark then put that pen to paper, as it is not editable.

The next page is blank so you can trial run a few names or commentaries. Once you have got that feeling right, you will know more instinctively who to add.

Practice first here...

## 4. Practice Area for Dedications

This OSJ is dedicated to...

#### 5. Forward

### (Or Foreword)

## The Top Two Lines

There are two ways of writing an OSJ Forward and again depending on your hearts response you will choose which way you go. In this case it does not matter which method you use and the information is for guidance only.

Traditionally a forward is written and *signed* by a book's author. Any forward tells the overarching story of what your OSJ is about is about. They are often written at the *end* because writers often allow the creative process to direct to the narrative before arriving at the conclusion to reflect on.

Choose the OSJ Forward method that suits your style...

#### The Life-Time Forward

A Life-Time OSJ is used over one's WHOLE life. Your life is the project not the individual task, theme or mission.

#### Therefore, it is:

- Started towards the middle of your life experience and includes the heading or direction up until.
- Completed in separate parts and different time frames that suit you.
- Written as a summary of content for that particular journal.

Life-Time Forwards are considerate, lingering and quite long. This means over two pages in length and dabbled with enriching language which exemplifies the sensations and timbre of your life's content.

#### The Time-Bound Forward

A Time-Bound Forward is set by the them, task or mission is:

- Completed at the end of the goal, ambition or time frame committed to (successfully or not).
- It is specific defining the outset and overarching perspectives, concluding with your results.
- Can be used with the Pre-emptive Method projecting into the ends of your desired outcome.

They are shorter in summary, punchier and often quick to finish. They drive excitement and drama whetting the mind of the reader of what is upcoming. They inspire the dipping in and flicking methodology, unlike reading it page to page.

When you're ready...

decide...

#### 6. Introduction

#### How it started?

Introductions are completed at the end of an OSJ, typically a Time-Bound one. An introduction accounts for the discoveries and offers a short itinerary of your journey.

Summarize key findings and over-arching views which nicely bring together what has happened for you on your way. It may describe a path, great key events or simply be a humble grateful reflection.

Introductions are styled perfectly from your conscious at the time so do not spend too much effort in the early stages contemplating writing this. Some people get writers block and put themselves under pressure way ahead of time.

This Introduction Chapter is at the end of the mission. These are lovely parts of work to look forward to with some anticipation to delivering an enlightening aspect of your achievements.

#### 7. Desires

#### (And what that means)

Desire of the heart and soul is the intrinsic and foremost reason of motivation to your success. It is the indicator that you will be successful because you were meant to do that. Get this right and you can't stop success.

This chapter is particularly special providing a dedicated space for you to express all those desires you have not made enough progress towards or even made headway on yet. Clearly and concisely expressing those desires will become your oars in your continuing success.

This is especially suited to anyone leaving a heavily indoctrinated space, or career which has absorbed way too much of their life.

Often, we give up our desires for many reasons. We no longer strive for them. That is not important. What is important is that you get out all those desires now and have them realised in their initial raw expression, their first expression, be that in words, or drawings. Learn how to draw stick people if you have less time to learn how to draw.

No one ever achieved anything by secretly imagining the arrival of that success because it takes a platitude of people to make any success possible. It must go from conceptualisation to realization and you must be the part of it that it is centered around in its nucleus outset. These initial expressions allow for the ignition of your desires, therein allowing you to move from a static spot to the achievement or the goal, you decided on.

#### What do desires look like?

There is no correct answer here. One of the powerful things about writing your OSJ is it's one of the only places you cannot be wrong. Some people have what others would call minor desires. Things like having greater self-organization, discipline, developing confidence or self-esteem. Do not fall into the trap of prejudice that will convince you these are small or minor desires. They are not easily accomplished and sometimes we must master these things so we endure...

The essential foundations cannot support the weight of even more complex desires alone unless you learn how to skillfully master the suite of skills needed to become accomplished.

Discard how big or small your desires are and ordering them. Place important value on each one and see them as the lifetime components, all which have to be high quality to achieve the complete objectives.

Therefore, pour out onto the desire pages all the desires you have from career moves, leisure and pleasure to personal development objectives. Move toward them by developing and upskilling each of them as the valuable assets that you are going to materialise (even if you don't have them now).

#### 8. Gratitude

## (and how to 'can' it's essence)

Most people who achieve success with anything will agree that success comes about from being in a state of gratitude (or repriocity). Without it they will agree their success would not be possible. Why, because no one will work with the selfish and ungrateful. It is a draining type of attitude to be around and adds nothing to the success of the team or others wider success. Gratitude is the healthy option.

In sport, for example, even in the hardest of events like ultra marathons, there are people **Cheering positively** despite their already qualified sheer determination. These people leave legacies for others to keep up with and you are no different to a high performing athlete or other performer. Your job is to use every ounce of energy to **build legacies** others can either meet or beat. Too often this simple fact is kept secret or unrecognized as unimportant. Yet in grasping that you will also receive new **SUSTO** to do better in your present.

#### Let Us Begin...

To get the maximum out of your Gratitude Chapter and to make them as substantial as possible start with a practice run on in here. The objective is to fill it both sides without leaving any space of all the things you are grateful for. Keep that with you over a day or so and keep on returning to it as other realisations come into view like your washing machine, that chat with a friend, the driver who drove your bus, the clean air and water.

What you are doing in this initial phase is widening the territory of your attitude so that you can walk in the state of gratitude and maintain it. It's a visualization path where realities integrate. The more grateful you are the greater the gifts you can receive.

This strategy also reinforces your perception and fine tunes it to notice opportunity have a fearless embrace to change. It empowers you to correctly value the world you perceive and squashes the emotional drivers that weigh us down.

Take a look at this...

### **OPPORTUNITYISNOWHERE**

What did you see first? Once you have scoped out this wider perception and have completed your pages with as much as you can be grateful for, return to your proper OSJ and begin to add

the things you are **MOSt** grateful for. Continue this as a habit when you find new things to be grateful for. The secret here? To use only those things which mean the most. When you reflect on them they will give you the sustenance you need to maintain your determination to succeed.

#### 9. Affirmations

## Speak well of yourself.

Affirmations are short powerful statements which reassert your confidence in the possibility of obtaining your success. They come with structural requirements. Let's start with understanding what a good affirmation looks like:

"I am so happy and grateful now that money comes to me in incredible quantities from multiple sources on a continuing basis."

**Bob Proctor** 

#### Affirmations like that because:

- They are framed with an invisible invitation that reaches out beyond your current place in time.
- They emphasise gratitude (the givers reward)
- They have zero limitations or conditions, allowing abundance to increase from nil to zil.

The affirmations you are using must include the above three elements to work to be a powerhouse for you. Your mission with the affirmations chapter is, throughout the development of your activities, to design and make your own affirmations.

Writing your own affirmations is the most powerful method because the activity develops your skills set and you learn flexibility in these transferable skills. Your potential is maximized in every direction, therefore go through the struggles of having to master them to create authentic results.

They work because they defeat negative self-talk – that simple.

### 10. What is an Empowering Choice?

### The one for your path...

Empowering choices are very different to choices. Empowered Choices are well-discerned decisions which give you an overall feeling of present strength. This is what carries you forward and enables you to persist with whatever ambition lays within that choice. If it feels good and feels right, it might well be.

The three components that an empowering choice is:

It is relevant to your overall purpose (task, mission, life course) That choice is determined by your will to pursue it, until the completion.

There is an 'in-knowing' that if you don't do this then whatever 'your' that is, will not happen. In short do what is meant for you to do in accord with your path of progress.

#### Use them Wisely

This is the only chapter which demands that you pause before you write anything down and dedicate the ink to your pathway. Carefully discern the structure of the choice as well as its content. Should you find you are contemplating it too long, extract and reform the substance of the Empowering Choice. What's worth considering? Reveal the truth in a new way of saying what you really mean for yourself.

## Tip from the top...

When a writer experiences this hesitation, it comes from struggling with old ways of thinking. It could be they are holding too much in. It's like looking through fog and meanwhile the shape of its there it lacks definition. Take the time to let that fog clear and fully appreciate what the choice is. The mind sometimes creates this pause or distortion because it's too scary to let you know the consequences and it's asking you to find a better and safer way forward, for you!

- Complete other chapters you might need more definition
- Take a break and tap into the real world you have presently achieved – appreciate.
- Reflect on your Gratitude Chapter

There are times when an Empowering Choice is overwhelming, and it is impossible to absolutely expel (exspell) it from imagination to the material ink on a page. Find the richest language and with concision express it to the full vividity you can muster.

That's your instincts telling you that you have struck gold and now it wants to come to life.

These magical or even celestial moments are rare in life. Set it in a place of sentiment and meaning within you. This you will be able to rely on in the future when the odds are for someone else.

We all have dreams and there is always time to make them real...

#### 11. Dreams

## Let your heart take hold of your life...

The Dreams Chapter is where you express the top line of all your dreams. We are not going to suggest anything at this point about what your dreams might be because it may obscure your view. What is important is that you list all the dreams you have in as much detail as possible so that there is a start to those dreams.

Think about Da Vinci. His works and dreams were drafted and he drew for hours out of his imagination making possible for events in his lifetime and those that surpassed him. You need to put on your Da Vinci hat and produce from your heart all those things you want to experience and be part of this lifetime and beyond...

When you know what your dream is, understand it by its components.

Start with your main idea of the dream and then break it down. This is when spider diagrams, lists and mind maps become incredibly powerful. Once you understand what the main dream is and thence the components, you can go about making that happen.

#### 12. Inner Resources

## Your intrinsic gifts are inner resources...

Your Inner Resources Chapter of your Original Success Journal is where you put down every skill you have within yourself. There are thousands to choose from. Get a friend to tell you what skills you have. Make a good start and choose some common skills you could already have (and can perform).

Every **characteristic and skill** you have should be recorded as you want to describe them – go wild. Be real and honest with yourself. Rate if you wish, out of ten, each of your skills to find out deeper information about you. If you get really stuck find a personality test and that often evokes more about you, to you that you might have imagined.

#### What? Kak?

Our spirits are lifted when we are sure of our own self-mastery. We make better decisions by knowing ourselves. It gives us a feeling of solidity which provides a deterrent to anyone who may want to push us about emotionally. Exploring your Inner Resources are a great way of getting to know what is in your treasure trove of inner resources and shine some light on what's great about your uniqueness.

Knowing yourself for your strengths is vital if you are ever going to outgrow your weaknesses.

From here **you can build** on them...

#### 13. Outside Resources

## It all happens outside (too...)

It does not matter how much you have got, it only matters how much you appreciate what you have got. Everything has a title or a label as we might know them. First things first – you must recognise abundance. Use practice pages to list things in the room at your disposal now and number how many. That shows you abundance. When you use your real Original Success Journal, they are more particular. Get the mind juices flowing.

#### A Little direction for the Future...

When you have completed your Outside Resource Chapter, remember this is a working chapter (like the whole of your OSJ). This is because all material and spiritual things (like skills) are transient they degrade or develop. Cross them out when they are expired or no longer helpful to you. Your tastes are transient too, over time those tastes might change like with flavors or wallpapers.

Over the time span of your journal, update it accordingly and when you need reminding of how wonderful this world is – take a good long look over these pages and be grateful to get back into the mood of appreciation. Objects and processes (like classes, applications or trainings) are your roots, your history and may well be in your ancestry one day.

## 14. Meaningful Moments

### The moment in time that's always there.

This valuable Chapter of your Original Success Journal is inspired. It is possibly the most precious chapter you will write because it is stirred by the heart. It is for all the wonderful moments when someone really thinks of you or does something particularly touching. These can be completely out of the ordinary or on static times of expectation like birth and anniversaries.

#### Inspired comes from the root meaning breathe.

Here you add all those meaningful moments of your experience which take your breath away. There is no short answer here, only you know what powers meaning and has you look back with that same sense of affection. These sublime feelings are accessible and on demand to you. Method actors regularly use their experiences to express authentic emotion and its by tapping into that well of emotions and memories they do it.

#### When to Use Meaningful Moments

We never know when we may come across a Meaningful Moment thus it is the case that we need to remember and record this in our OSJ's 'as and when 'is opportune'. These memories are a powerhouse of support and encouragement for all times ahead.

Meaningful Moments are priceless...

#### 15. Substance

#### The Hard Evidence

Substance are the tokens of the actual material and immaterial wealth that shows up as you travel along the road of your journey. This is all the things that get into your existence by your either you are planning them or they show up as a result of the effort you make towards you purpose. Recognise the substance as you see it for yourself in relation to your objectives. They are not Unexpected Rewards, and we have a whole chapter area for that.

Let's look at some examples. If you are en route to producing a music album, the cover artwork, the track of music and video is all substance. A writer may say pens, copy, publishing deals their notes, are all types of substance. An executive may note that targets, sales, winning new clients is their substance. A father who spends better quality time with his family may perceive that as his substance is what they did, such as going fishing or practicing boxing, or the evening at the cinema.

Being offered a new role or responsibility is another subject worthy of the Substance Chapter. The winning application, interview, audition or contract are fragments of substance. Meeting your heroes and getting autographs is another sort of substance. A musician may list his new guitar or the rifts she has learned. If you have started a business and now employ people or moved into an office, that may be your substance.

Do not ask for opinions on this. Your Original Success Journal Substance is unique and not describable by anyone other than the OSJ Author themselves (that's you).

All substance is specific to you and you can really express the detail in accordance to your circumstances. Even small things like positive emails and text messages. These throw away moments become important motivational and gratitude memories later. Sometimes it is the small encouraging things which are substantial to you. Other times they are big things like buying a house or a first brand new car, getting married or a promotion. If you are an officer of the law or of intelligence your substance would be arrests, policy, awareness campaigns or concluded cases which safeguard the public.

Only you will know what small entry or mention is so meaningful to you that you want to add it to the Substance Chapter of your Original Success Journal. The important matter is when you look at the comment or entry, it gives you a feeling of growth and achievement. Become aware of substance in your world, all those little and major markers which are so significant to you personally.

Your substance becomes your spiritual essence. When challenged pick up your OSJ and take a look at those pages, finding encouragement and faith in your ability to go on to do more. This is vital. It keeps your spirits high, progressive and you develop your resilience.

There is no real limitation for you will know what makes you happy and feel encouraged. Elevate even the small things. This is your space to privately, if necessary, acknowledge the meaningful things to you to enlighten your interior world with new types of appreciation.

And that's it!

## 16. Unexpected Rewards

### (what was given you did not expect)

Life certainly teaches us a great deal about being grateful or understanding what an Unexpected Reward may really look like. Therefore, let us recognize our privileges and value their contribution to us. It is important to recognise how blessed we all are.

What the conquerors of life and death have is the underpinning secret of gratitude in their perception of Unexpected Rewards management. By encountering those who have this experience we can learn much. We should, in fact, try to get close to someone disadvantaged so we too can gain perspective of our own wealth and share ours. It is those experiences which bring about massive change and valuable action. Our perspective is absolutely shaken and re-quantified. Therefore, we should study what our Unexpected Rewards are and their relativity to our situations – no matter how wealthy or poor we may perceive ourselves to be. We pass by not looking at the gifts given by chance, by goodwill or by acts of charity. This is what must be overcome.

What your legacy will be, has yet to be determined by your course of action. It is by seeing your Unexpected Rewards and recognizing their value which may well open the doors and take you from where you are now, to where you are going. You will develop en route confidence and trust in the world around you which is ever-so abundant despite the challenges we face.

Give and get (got it?)

#### 17. Well Wishers

# What Are Well Wishers, in fact, Who Are They?

Your Well Wishers are those people who you already know and all those you are going to meet. They are those who when they wish you good or well, you now have a place to treasure that.

#### Why Ask For Other Best Well Wishes?

The reason you ask is that you are asking to receive good intentions of the other. You are letting them know how valuable they are to you (and they are). People feel great when you ask for their autograph and it creates a wonderful moment. You secure stronger and more meaningful relationships by appreciating people. You show your openness or willingness to participate in mutual relations. from there you can share and grow for each other's benefit.

## How Do Well Wishes Help Me in terms of My OSJ or Purpose?

As humans, we let ourselves down sometimes and do not prepare a resource which can provide us support. We too may not know ourselves and need a resource that can provide this sort of support. Often when we have come from a world where we literally pick and choose, mastering our own worlds we arrive at a point of isolation. That is dangerous because we then fall prey to ourselves or the extraordinary influences of others. It is in those silent times which gives just enough time for false beliefs to slip in creating a dip in attitude towards others or worse life purpose. We may become despondent or cease engaging. We may give up.

# Giving up means conceding to permanent failure.

Hence, dangerous because regret will have you quickly seek 'pain relief' of some kind and that will soon wreak havoc in your relationships, finances, health. Awareness sorts this out and should you need reminding of the wealth of support you have or have had...

## Read your Well Wishers

Conversely, we may have never looked for people beyond ourselves to follow or found our **mentors**. This is where

your Well Wishers really step in. They will be there to remind you of qualities you were aspiring to, possibilities that still lay before you or gentle encouragement to reach out for whatever it is you need. Those you admire give you a great example to imitate. Well Wishers gives you a foot in the door when you need reminding of those traits you have or may need

too. They remind you to get support from **trusted** resources. They become an accolade and a compliment and a commitment from those who signed your Original Success Journal.

## No matter how big, powerful, rich,

**clever** you become it is essential to keep the company of good advisors and mentors. Every major long-term successful person has them. Your Well Wishers will give you a place to draw strength and go on an achieve even more.

This world of the West, where we are taught that our roots, history, cultures are all secondary, can create a material reality which is contradictory to our life's direction. In one part of the day, we maybe in a culturally rich environment and in another expected to dress down all that what makes us who we are. For what society says is culturally important, often the opportunities of expression are sparse in that same society. It is an effect of displacement and that is the innate crave and call for the that we do have in the West. You must learn the ability to create or participate in opportunities which propel you. should we switch the ways we take action to join in with them. If we do, then we should be listing that in the Gratitude or Outside Resources Chapter of our OSJ's so we can pursue them. Many live literally in an ocean of impressions that have nothing to do with the person they are, who really is something unique and beautiful - completely.

Times will surely change, yet in the meantime we must persist to a place that is more wholesome preparing ourselves with the encouragement to succeed and to excel. That means to get beyond the current circumstances we are in. Having an OSJ will help you through this and in times when you need to know what you need to know, nourishment can be found in your Well Wishers Chapter. Eventually, you will have found your place, people, and all you need to thrive more each day too.

The Well Wishers Chapter is quite deep and so it does not stop there. It gives you the chance to reflect on relations you may want to reignite at a different point or simply reflect on to instill that sense of in the moment presence too. As you go on your way towards your life purpose you will meet people who down the line have made great discoveries, become famous, done well, passed over. You have in your hands a piece of mutual history - in ink. This is as much about nostalgia (as it is life) and it is good to engage and reflect with those who mean something to you.

#### Get Personal

### We are very serious about your success...

You will know the people you wish to gather your Well Wishes from and you should ask anyone who matters you to sign and message yours.

If you ever attend any courses from the OSJ, you will find that most participants will sign each other's OSJ's. This is because you were there on the start of that journey...

Well Wishers will bring **YOU** joy...

...because they believed in **you**.

It is meaningful...

Go with it and go with your heart...

it will be right...

it always is...

## Acknowledgements

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## **Dedications**

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## Introduction

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# **Empowering Choices**

# **Empowering Choices**

# **Empowering Choices**

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## Dreams

## Inside Resources

## Inside Resources

#### Outside Resources

#### Substance

#### Substance

#### Substance

## Unexpected Rewards

## Unexpected Rewards

## Unexpected Rewards

#### Well Wishers

#### Well Wishers

#### Dear OSJ Journalist

I am the founder of the OSJ and stand by its credentials and strategy to assure you it is a powerhouse for you. I urge you to persevere and even when you find it on a shelf (as I did once for two years) go back to it and have another go. Let it be with you and may I congratulate you for becoming the master chief of your life. It is your life and do no harm...at all...

See you at the courses...

Jz Zillart (Zen)