

THE
SCIENCE
OF *Living*
WELL

(COACHED BY BOB PROCTOR)

Set a Progressive
Worthy Goal



DONNA
SMOOD

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CONTENTS

Foreword.....	5
Introduction	9
Serenity by James Allen	15
Chapter 1 The Right to Think	19
Chapter 2 There is a Science to Living Well	23
Chapter 3 Opportunity goes to those who seek it and by doing things a Certain Way	29
Chapter 4 The First Principle of the Science of Living Well.....	33
Chapter 5 Life is about Expansion and Expression...37	
Chapter 6 How to Improve Physical, Mental, Emotional, and Spiritual Wellness?	41
Chapter 7 The Use of Imagination and other Higher Faculties	43
Chapter 8 Doing Things, A Certain Way	47

Chapter 9 Why is it a must to Perform Repetitive Daily Habits to Support Goals?49

Chapter 10 Why Choosing One Progressive Worthy Idea is Worth-while? 51

Chapter 11 Make a Decision to continue studying Personal Development.....57

Chapter 12 The Six Fears to Overcome.....61

Chapter 13 Get Out of Your Own Way.....63

Chapter 14 A Summary of The Science of Living Well65

Donna Smood Streaming Club69

Bibliography71

FOREWORD

I dedicate this chapter book to all the people who choose to go after their dreams and extremely large goals, thinking illogically, committing to achieving or doing something without knowing how and making a committed decision to do it anyway. I would like to express my gratitude to my ex-husband Tom Bandiera who passed away June 10, 2020, after a long-fought battle with thyroid cancer. Tom was a man of deep courage, and he developed a faith to keep going on regardless of the twenty years of negative news he received from the oncologists. He refused to give in to death, for he had more things to accomplish and to think about before he was ready to retire permanently. Tom was a very generous and kind man. He had to stop working at his printing company due to his cancer treatments in his early fifties. Tom's partners and his employees were like family members to him, so it was quite a shock when he had to quit at such a young age. Tom was a chartered accountant, and his job was to oversee the operation of the company. He had to rest a lot because of his ongoing cancer treatments, but that didn't stop him from opening up an investor line account and study everything he could

about certain companies that provided retained earnings. He earned more money by trading in an hour each day than he could have earned if he worked eight hours a day at his company. Tom did not let his cancer treatments affect his thinking. He kept his focus on what he wanted and was grateful to be alive. He did not focus on his pain with cancer journey; he chose to invest his time earning and attracting multiple sources of income to share his wealth with his friends and family and give to the charities he believed in. While I miss him dearly, we learned a lot together. We both were determined people who wanted to achieve our goals and accomplish what we set out to accomplish. I give many thanks to my parents Irene and Henry Smood, who continue to do well in their early 90's through the Covid Virus crisis that has taken many seniors' lives around the world. My parents have supported me while I write and continue the path of my next journey, which is a lofty goal. I support my parents by caretaking for them as often as they need it, and at times we have faced obstacles together and put up with one another. I have become a global personal development educator and speaker, encouraging people to think about what they desire and encourage them to make the decision to achieve worthy goals without harming or taking away from others by learning how to think, feel and act a certain way to achieve all their dreams and do things according to the way it makes them feel good about what they think and do.

I thank my sister Sue for hours of listening to me while I was going through several difficult things at one time and for my nephew Joe Klikach for sharing ideas together and encouraging one another to keep going the distance to fill our hearts dreams. In addition, I thank my girlfriend Ashley Sharifi for her hours of listening to my ideas on our long runs, hikes, and walks and for believing in my ability to become a global personal development educator, speaker, and author. I thank everyone and everything that has led me on this journey. I thank God for giving me the staying power and committing my thoughts into action when life seemed very difficult and more challenging at times; then, I knew I could survive. I have learned to think a certain way that allows me to do as much as I can each day without rushing and staying focused in the present moment without worry about the past or future. I now focus on what I truly want to accomplish and hold the vision with a grateful heart. I hope you enjoy the read of this chapter book, and I wish you a wonderful adventurous, healthy, wealthy, and prosperous life.

Thank you to God and the universe for everything “as is.”

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INTRODUCTION

I am writing this chapter book on sharing how The Science of Living well can provide you with the knowledge and tools that you will need to think, feel and do with a positive mental attitude by learning to do things a certain way that will allow you to achieve your goals. Firstly, a certain way requires thinking about what you want and what your clear goals are in the present moment. Secondly, it requires self-discipline, self-confidence with some humility, and a willingness and ability to commit to the goal and make the necessary repetitive daily habits that support the end goal for as long as it takes. Most progressive worthwhile goals will require obtaining knowledge and understanding, skill and experience with a positive mental attitude, daily gratitude journal for everything “as is,” a clear view of the image you see in your imagination and higher faculties and learn and understand that thoughts that are felt move into form as you feel them, therefore these thoughts are now active and become thinking substances. It is vital to your success that you take the time to practise daily repetitive habits that will support your long-term success without harming or taking away from others. Taylor Swift,

songwriter, dancer, producer, and singer, is an excellent example to those who focus on what they enjoy doing with extremely good repetitive daily work ethics. Taylor Swift receives her success because her thoughts, feelings, actions, and positive mental attitude are all in alignment for her to reach the kind of success she has experienced and continues to.

My goal is to impress upon your conscious mind to supply your subconscious mind with the right thoughts and feelings that will activate the right action steps one day at a time to allow you to choose and pick one progressive worthy idea that you are committed to achieving.

The most important lesson I have learned in my life is to allow myself to think about what inspires me or things I would like to achieve, or places that I would like to travel and begin thinking about how I will achieve it. However, some of my most memorable experiences happened when an idea came to me in the present moment that inspired me into immediate action with quick decisions to go on trips, acquire things I liked, signed up for courses or seminars.

We often allow people around us to influence our decisions so that our thoughts become unaligned with our goals. Sometimes, we allow ourselves to be swayed by other people's opinions or objections because of fear of criticism. Yet, many of the people who have changed the world

thought illogically and did it anyway. Oprah Winfrey, Steve Jobs, Bill Gates, Warren Buffet, Henry Ford, Bob Proctor and Sandy Gallagher, Michael Jordan, Elton John, Tina Turner, Taylor Swift, Wright Brothers, Ray Croc, Alecia Beth Moore known as Pink, Condoleezza Rice, Margaret Thatcher, Dolly Parton, Madonna, Reese Witherspoon, Renee Zellweger are examples of people who went out and did what others would not do and their ideas proved to be excellent individual choices. These people have developed amazing work habits and can ignore unimportant matters that are not a good use of their time.

Dare to be yourself and make the most of your time by committing to invest your time, energy, and money in things that inspire you and you feel connected to. Make sure you do your own thinking and think about strong possibilities to stretch, strengthen and grow knowledge, skills, and experiences to be useful to serve other people for a profit. In this way, you can live your life thinking, feeling, and doing what you love to do while earning multiple sources of income. Therefore, you become self-reliant and grow your opportunities to travel or do things you would like to do because you traded idle time for more important matters.

Practising kindness towards your ideas and your willingness to follow through will aid your success. In addition,

deciding to be kind to others and encourage them to find their true talent will help you become a partner in The Science of Living Well.

The Science of Living Well is not easy, and it is not difficult. It just takes time to understand how the universal laws apply to everyone and everything and every cause has an effect. It takes courage and self-discipline to learn how to live a successful life because there are many principles to learn along the way. Humans, by nature, like rewards quickly, which causes haste which causes waste which negates the laws of the universe. There is enough of everything for everyone, and there is no need to hurry or compete for something. When we hurry or worry, we make mistakes, and sometimes these mistakes are grave and cannot be undone. Next time you feel like hurrying or worrying, stop and reflect on what you are hurrying for or worried about. If you examine your thoughts more carefully and shift your attitude to a position of strength in the present moment, how would it look to slow down and choose faith by looking at the situation from a new angle and a new lens? This is how people become good problem solvers. They look at problems and challenging situations as an opportunity to create something new and learn how to do something in a different way that supports the end result they are seeking. Patience is a great tool to store in

your toolbox. Calmness of mind will help you achieve your goals with a positive attitude and perfect timing.

Many people found their true calling in what they perceived to be their most challenging obstacles when they felt “as if” they were heading downhill without brakes. It often takes failure and negative thinking, which causes ill health and feelings of unhappiness, to figure out exactly what you want. Once you identify what you do not want, you are in a position to ask what you want. It is at this time one should write down a gratitude list for everything that is good because a gratitude attitude brings forth good fruit. The moment we stop being grateful for everything “as is,” we are heading downhill, and there will be consequences. This is why I recommend waking up each morning with a grateful heart and writing down all the good things in your life and the people you love and the things that you do that you enjoy. Begin your day off with thanks to God for bringing you into the world and allowing you to co-create with the gifts and talents that have been giving to you and see how God can use your gifts and talents to inspire others.

When you find yourself thinking and feeling negative, STOP and ask yourself why you are thinking and feeling this way. Dr. Charles Stanley from In Touch Ministries has

a formula he calls H.A.L.T. So many problems could be solved if people were willing to follow his formula below:

H – If you feel hungry, eat something

A – If you feel angry, forgive yourself or someone else

L – If you feel lonely, call someone or visit someone

T – If you feel tired, rest

SERENITY BY JAMES ALLEN

Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. But, nevertheless, its presence indicates ripened experience and a more than ordinary knowledge of the laws and operations of thought.

A man becomes calm in the measure that he understands himself as a thought evolved being, for such knowledge necessitates the understanding of others as the result of thought, and as he develops a right understanding, and sees more and more clearly the internal relations of things by the action of cause and effect, he ceases to fuss and fume and worry and grieve, and remains poised, steadfast, serene.

Having learned how to govern himself, the calm man knows how to adapt himself to others: and they, in turn, reverence his spiritual strength and feel that they can learn of him and rely upon him. The more tranquil a man becomes, the greater his success, influence, and power for good. Even the ordinary trader will find his business

prosperity increase as he develops greater self-control and equanimity, for people will always prefer to deal with a man whose demeanor is strongly equable.

The strong, calm man is always loved and revered. He is like a shade-giving tree in a thirsty land or a sheltering rock in a storm. Who does not love a tranquil heart, a sweet-tempered, balanced life?

It does not matter whether it rains or shines or what changes come to those possessing these blessings, for they are always sweet, serene, and calm. That exquisite poise of character, which we call serenity, is the last lesson of culture; it is the flowering of life, the fruitage of the soul. It is precious as wisdom, more to be desired than gold-yea, than even fine gold.

How insignificant mere money-seeking looks in comparison with a serene life—a life that dwells in the ocean of truth, beneath the waves, beyond the reach of tempests, in the Eternal Calm!

How many people we know who sour their lives, who ruin all that is sweet and beautiful by explosive tempers, who destroy their poise of character, and make bad blood!

It is a question of whether the great majority of people do not ruin their lives and mar their happiness by lack

of self-control. How few people we meet in life who are well-balanced, who have the exquisite poise which is characteristic of the finished character!

Yes, humanity surges with uncontrolled passion, is tumultuous with ungoverned grief, is blown away by anxiety and doubt. Only the wise man, only he whose thoughts are controlled and purified, makes the winds and the storms of the soul obey him.

Tempest-tossed souls, wherever ye may be, under whatsoever conditions ye may live, know this-in the ocean of life, the isles of Blessedness are smiling, and the sunny shore of your ideal awaits your coming. Keep your hand firmly upon the helm of thought. In the barque of your soul reclines the commanding Master; He does but sleep: wake Him. Self-control is strength; Right Thought is mastery; Calmness is power. Say unto your heart, "Peace be still!"

CHAPTER 1

THE RIGHT TO THINK

The right to think is a crucial topic. People have choices about what they think about and how they choose to feel about things. People also have a choice about their attitude and choice of actions.

Nobody can make anybody feel something they don't want to unless they engage in other people's decisions and feelings. I am sure some people may disagree with this last sentence because some people feel that they have been forced to do something or may have experienced being bullied. Some people have developed a positive mental attitude and have figured out the use of their higher faculties that help them choose their thoughts, feelings, and actions very carefully and selectively. These people have become masters of their own destiny by controlling what they choose to think, feel and do. There may be times when outside circumstances do not support your goals or ideas,

and you may feel fear. Allow the feeling of fear and do it anyway. Navy seals (men and women) at war are put in situations that are very challenging and dangerous, yet they know they must put on a brave front to keep their fellow men and women safe. Fear is a very dangerous place to be as it weakens our thoughts, emotions, and actions and causes us to think, feel and act without reason. The enemy loves to find our weaknesses and use us to get their needs met, causing a win/lose situation. Therefore take the time to become more aware of your thoughts, feelings actions so that your decisions will be based on sound thoughts, feelings, and actions. Memorize the formula:

Positive thoughts+ positive feelings causes right actions =
SUCCESS

Negative thoughts + negative feelings or mixed emotions
cause negative or mixed reactions = NEGATIVE AND
MIXED REACTIONS

Challenge your thoughts by seeking knowledge, understanding, skill, and experience from a progressive worthy goal. In addition to seeking knowledgeable books interview people that you admire and find out what they do, what they are thinking, feeling, and acting upon and see if you can incorporate some of their daily repetitive habits into your routine and add your own personality, knowledge, skill, and experience and continue to seek a growth

mindset and find higher ways of thinking, feeling and doing so that you find something that truly interests you that you can progressively grow with and make your own. Do things that interest you, support your goal, go where you want to go, follow your dreams, and seek out knowledge and understanding to improve your thoughts, feelings, and actions. Make a decision to put thought and action into what you feel connected to. Do things that motivate and positively inspire you. Let others develop their individual path. Support yourself to follow your dreams and support the people you meet as well as family members and friends to seek their goals and dreams without harming or taking them away from others. Whatever you do, do it with love, self-confidence, and some humility, and have faith in your ability and willingness to do what it takes along the journey. Keep your eye on the end goal, and do not be swayed by fear; allow some flexibility along the way because obstacles will arise along your journey but do not get dismayed. Winners never quit, and quitters never win. Find some humour in your daily repetitive habits to keep your thoughts light, your heart full of love, and your courage strong.

CHAPTER 2

THERE IS A SCIENCE TO LIVING WELL

*B*elieve it or not, there is an exact science to living well. It requires the ability to think and feel what you want and hold the thought with a positive mental attitude, and believe that it is already manifested in the outward form in the present moment. It is a vision seen in your imagination that allows you to feel wonderful about having the experience of accomplishing the goal even though you have not yet accomplished the goal in outward form.

Wallace B. Wattles wrote *The Science of Getting Rich*, and in the book, he describes in his own language that if people are willing to think, feel and do things a certain way regardless of what it is, the thing they are thinking about and feeling the majority of time will produce the activities

to move the thing and the feeling into outward form. If this concept works for attracting more prosperity and financial wealth, the same concepts may be used to receive top physical, mental, emotional, and spiritual wellness. By law, everything is good in itself. It is only when people apply a positive or a negative attitude toward it that it becomes either good or bad. For instance, if you choose to think well even when you don't feel well, before you know it, you become well because you didn't listen to negative thoughts and decided to feel well in the present moment regardless of outside circumstances. I know this to be true. Many times in my life journey, I would get some pain or something, yet I wanted to run long distances regardless of the pain, so I ignored the pain or the doctor's advice and went running, and I conquered whatever I needed to feel well in the present moment. My attitude and desire for what I wanted outweighed any discomfort or pain.

People achieve what they think, feel and activate the majority of the time, whether it is physical, mental, emotional, spiritual wellness or learning how to grow prosperity and wealth through daily repetitive thoughts, feelings, and activities they choose over a period of time to accomplish their goals by deciding to go the distance with self-confidence and some humility, faith in God and faith in their ability and willingness to be flexible until they have accomplished their goals regardless of what area in their life

they are focusing on in the present moment. People who think or feel they have a drinking or weight problem result from how they are thinking and feeling in the present moment. You can learn how to shift your attitude to gratitude and replace new habits with habits that allow you to think negatively or do things that are harming your ability to think right. Thinking problems can lead to drug and alcohol problems and can contribute to weight problems. This is because you feel stuck and know you must have a hidden goal or something to discover yet you have not figured it out or perhaps you have the ability or a dream but have not yet figured out how or perhaps you feel it is impossible to dream of something in the future because of your current circumstance. You do not need the money, time, or energy to achieve anything until you are committed to achieving the goal. You can command your thoughts, feelings and repetitive daily actions that support your goal regardless of your current circumstances. Take small steps daily and overtime, your repetitive small daily steps will add up to help you achieve your goals. Life is a journey, and big goals require time to acquire the knowledge, skill, and talent to achieve great results that can be used to serve people for a profit creatively, i.e., music, writing music, playing an instrument, singing solo or with a band, creating new clothing, new technology, building new machinery to improve transportation or improve how we use the ocean or improve the aircraft industry. There is no limit to

co-creation with what already exists. Nothing is new under the sun. Creation is finished. We just co-create new ideas to keep people thinking of new ways of thinking, feeling, and doing activities to grow our imagination, use our intuition, perception, memory, will, and reasoning, and shutting down our five senses for a deeper understanding of how invisible energy runs everything in the universe. All people, creatures, nature, environment, sky, stars, the sun, the moon all exist together, and we all need one another to exist. Everything is connected to everything, so when you figure out how to use and apply your higher faculties, you can accomplish way more than you think because the Holy Spirit dwells within your higher faculties where the conscious and unconscious mind invisibly connect.

Dare to explore your hidden talents. Some of my hidden talents include: I became a good runner, and I am very athletic, I enjoy dressing fashionable, love reading and understanding non-fiction books, writing, ongoing personal development, enjoy hosting dinner parties to family and friends, enjoy speaking at large gatherings about personal development, attending seminars and meeting new people. A few years back, I took a chance and flew to New York to meet a producer who I did not yet know, and I came up with the idea that if I dressed a certain way for a specific reason, I would attract a producer. My thoughts and feelings were in alignment, and I had faith in my ability and

willingness to follow through with my idea, and it worked within a few days. Of course, it was risky. However, it was fun, very entertaining, and expensive, but it was worth it, for I found many hidden talents that I was unaware of. I am now focused on becoming the best I can possibly be as a global personal development educator, speaker, and author. What is in your back pocket? What hidden skills do you have that you would like to bring out and explore? Remember, one idea can lead to a bigger idea so take time to explore all your creative ideas and something you enjoy thinking, feeling, and doing. I am a creative person. I want to find all my talents and use them to help others in some way, so I remain open and keep growing knowledge by studying things that interest me and gaining new skills and experiences with some adventure along the way. I am flexible to how it happens; I just know how to think, feel and act in the present moment and command my conscious mind with the right feelings to activate the right activities in the present moment daily by making repetitive daily habits that support my goals including gratitude for everything “as is,” faith in my ability and willingness to achieve the goals, persistence to continue through all obstacles and faith that God is my leader and is leading me in the right direction one day at a time. I have faith in your abilities. Unpeel your core like unpeeling an onion, take off the roughness of the outside and see the beauty inside. What is your true desire and purpose? Figure it out

and write about it and share your journey with others. We all have stories to tell about our journey. It is a good idea to constantly get out of your comfort zone for growing is when you are searching for something new, and you have no idea how to do it or achieve it; you just know you want to have the experience and are willing to move in-to the idea one day at a time step by step until you accomplish and achieve your creative goals whether they are physical, mental, emotional, spiritual growth goals or growing financial wealth and prosperity.

CHAPTER 3

OPPORTUNITY GOES TO THOSE WHO SEEK IT AND BY DOING THINGS A CERTAIN WAY

Opportunity is available to all people wherever they may be and whether they are rich, poor, big, small, male, female, all people regardless of ethnicity. Opportunity begins with a desire for something and applying a positive mental attitude and a feeling that this is a good idea for you because it serves a purpose that you are connected with that can improve many people's lives. You must have some intelligence that what you are trying to produce is useful to share with people around you. For example, if you wanted to work in the Pacific Coast Salmon industry, it would be impossible to start it in Florida; it would make more sense to go to the Pacific

Coast and pursue your salmon business where the Pacific salmon are caught. It is better to open up ice-cream shops in hot places such as the tropics.

However, when you connect with an idea that you are super passionate about and decide to take the illogical route, you may just come up with something entirely new and worthwhile that can change how the world does business. Many people like Steve Jobs and Bill Gates changed how the world does business with home computers. Jeff Bezos, who started Amazon, did the illogical. He did something different. He is an American internet entrepreneur, industrialist, media proprietor, investor, and founder and CEO of the multinational technology company Amazon. He is labeled the richest person globally at age 57 in 2021 and continues to search for new ideas, including developing rockets for commercial use. People do not need to leave their house anymore for anything unless they want or choose to. Everything from food, clothing, books, health products, prescription drugs, alcohol, etc., can be brought to your doorstep. Success comes from getting out of your own way and going after what you want and feel connected to. Your ideas do not have to make sense to others at first, but you must entirely understand them, and it must be something memorable that allows you to keep going with a good feeling knowing that it will surely arrive in due time. At some point, Jeff Bezos had to sell his ideas to others to

Opportunity goes to those who seek it and by doing things in a Certain Way allow his business to grow. Jeff Bezos probably improved his verbal and written communication skills to sell his products and services to global people and the benefits of choosing to use his new platform. Jeff Bezos had to show how his new way of thinking would improve other companies' and individuals' ways of doing business. He had to show that he cared about his clients and wanted them to excel at what they do and how his platform could help save them time, energy, and money and improve their bottom financial line. It is important to show your customers and clients that your services and products have more use value than the monetary exchange.

CHAPTER 4

THE FIRST PRINCIPLE OF THE SCIENCE OF LIVING WELL

The first principle of the science of living well is to understand that as a person thinks of a form, it begins to take that form; as a person thinks of a motion, it takes motion. Everything that “is” was created by original thought. We live in a thought-world. Human beings are thinking centres and have the ability to originate thought. Nobody can shape a thing until the individual has thought the thing and has formed an image in their imagination.

People have the power to think about what they want to think using their imagination and higher faculties. However, this requires more mental effort than it does to think thoughts that are suggested by appearances.

People who choose to become physically, emotionally, mentally, and spiritually well can learn how to become financially wealthy by doing things a certain way. You must be able to think a certain way and do things that support the outcome consistently with a good attitude and for a specific purpose. It is therefore important that you learn how to think about things that are pleasing and pleasant. Thus, it is thinking truth in your imagination and learning how to use your higher faculties.

A person who thinks about a certain thing and feels very strongly about realizing the thing or the experience impresses upon the subconscious mind to put into action whatever is required to begin establishing the plan and the right actions to move into outward form.

Olympic athletes make a decision of what kind of player they want to become before they become a certain type of athlete. To become a Prime Minister of Canada, the candidate must desire to become the next Prime Minister and feel that they have the ability and willingness to do what it takes. First comes thoughts, next comes feelings that activate your idea into motion over a period of time with self-discipline, repetitive daily habits, positive mental attitude toward self and the people you meet and affect along the way, self-confidence with some humility for there will surely be more things to learn and understand as things

do not always go smoothly. There will be many obstacles to overcome and solve.

An airplane would not have got off the ground unless someone or a few people decided to create a plane that would fly into the skies. The airplane did not become a success until after many trials and errors were conquered. However, the Wright Brothers (Orville and Wilbur) proved that their thoughts to build and fly a plane successfully were accurate. Dare to dream about things that inspire you or that you would like to create or improve, and once you get an idea in your intuition, dare to make it a reality. Always remember humans get what they think about the majority of the time. Do not accept negative thoughts of poverty or poor health to dampen your spirit. God is all-powerful, always evenly present, and is infinitely intelligent. God exists throughout the universe in the skies, on land, on top of the ocean and below the ocean and in all living creatures and things, so remember that when you face challenges, think of asking God to use his wisdom, reasoning and power and trust that the Holy Spirit will dwell in you the right thoughts, feelings, and actions. God is a courageous spirit so when you are experiencing growth spurts, know that it is God who is growing your strength of character and setting you up for bigger goals so that when you are weak, you can say you are strong in the Lord. God uses certain people to encourage and teach many people

after they have stood the test of time and learned how to think a certain way, feel a certain way and do things a certain way for a specific purpose that will help you attain your goals and serve global people. We are here to be taught lessons through knowledge, study, understanding, skill, and experience. We are here to teach new ways to people seeking knowledge, understanding, skill, and experience to help them grow creatively and effectively.

CHAPTER 5

LIFE IS ABOUT EXPANSION AND EXPRESSION

*T*he Science of Getting Rich by Wallace B. Wattles discusses why life is about expansion and expression. The universe has been expanding and expressing itself from the beginning of time and will be until the end of time. What are you thinking about expanding so that you can express it from your unique perspective?

Nature is about expansion; people are put on earth to develop into something unique with their own thoughts, feelings, and action steps they enjoy doing that they feel a connection with. Sadly, many people leave the world without discovering their true talent. If you could become anybody that you wanted, who would you want to become,

and what experiences would you like to have? Dare to write your desires on paper and allow yourself to think and feel in the present moment a vision using your imagination and your higher faculties without the use of your five senses.

For example, if you think you would like to become a public speaker and at the moment you feel shy or are not sure of what your topic would be. Stop and think about what you would like to talk about. Find more information and understanding on the topic, make a decision to get the skill and experience over a period of time, and begin to talk to people in person or online. The sooner you develop your talent, the sooner you can serve it for a profit. When people improve their verbal and written communication skills, they can build their self-confidence with some humility, which opens up more doors to earn more profits because all businesses who have something to sell are required to communicate their ideas to sell their products and services. Toastmasters International is a speaking platform that has been around for many years. It encourages people to become good speakers through practice and by learning how to structure the subject matter with a beginning, a purpose or a message, and a conclusion to deliver an effective message or story. I joined the local chapter of Toastmasters in West Vancouver, B.C., a few years back. I enjoyed the people I met in my local community. However,

I wanted to get private speaking lessons because I wanted to figure out why I was a little nervous speaking when I was a very outgoing person. I hired speaking coach Pamela Hart and then hired Norm Wright a Business coach at Dale Carnegie. Training to help to me identify what was holding me back. Both were good experiences. The problem was not that I didn't know how to speak; the problem was I didn't know what my subject matter was, that I felt enthusiastic about sharing. This took me on a journey of self-discovery. I knew I wanted to help global people overcome obstacles, but I had no idea there was a proven system that worked every time if people actually knew what they wanted and were committed to thinking, feeling, and doing things a certain way over a period of time with a positive attitude, developing self-discipline with self-confidence while remaining somewhat humble to go the distance until they achieved their goal(s). Our attitude reveals where we are at in the present moment. The good news is a positive attitude can be developed by shifting negative thoughts and feelings to positive thoughts and feelings.

It is worthwhile to pick goals that will expand your knowledge, understanding, skill, and experience from where you are that will help you become a specialist so that you can express your idea at the highest level according to your thoughts, feelings, and capabilities. Always remember it is much better to seek specialty knowledge and specialty

products or services than acquiring general knowledge, ordinary products, or services. Take pride in all that you think, feel, and do.

CHAPTER 6

HOW TO IMPROVE PHYSICAL, MENTAL, EMOTIONAL, AND SPIRITUAL WELLNESS?

The best way to improve anything is by thinking about what you want and deciding to acquire it by investing time, money, and energy and doing what physically fit people do by getting physically active and eating nutritious food, and drinking lots of water daily. Mental health results from thinking about and feeling good thoughts that inspire you and spending some alone time to discover the inner thoughts that make you feel good and get knowledge and understanding, skill, and experience that support your mental well-being. Spiritual wellness comes from understanding that the universe is all energy, and we live in a thought world where everything

in the universe is connected regardless of outward appearance. Reading the bible and studying theology will help you connect with your spirit to see if something connects with your soul at a deeper level.

To improve anything, you must first desire to do so and then make a committed decision to do what it takes that helps you achieve your goals without harming or taking away from others and allowing yourself to think for yourself, feel your emotions and impress upon your subconscious mind what you want the majority of the time. This requires focus and daily repetitive habits over a period of time with a positive attitude and a goal that keeps you moving forward.

CHAPTER 7

THE USE OF IMAGINATION AND OTHER HIGHER FACULTIES

*H*umans have six higher faculties, including imagination, intuition, perception, memory, will, and reasoning. This is where human thoughts are developed. We become what we think about and feel most of the time, whether positive or negative. The human subconscious mind is like land; it does not care what you plant. The soil in the land will grow whatever seed is planted, whether it is a corn seed or a nightshade poison seed. The reason you should give some thought and feeling to this idea is that you are responsible for what you think about and feel. You have a choice to think positive, negative, or remain neutral about any thought, feeling, or

experience. This may spark a nerve, but the fact remains that people become what they think about and feel most of the time. Paradigm meaning is a collection or a pattern of habits, thoughts, and feelings that are a collection from birth, and some of these habits, thoughts, and feelings are destructive to the present moment. People from past generations hold onto negative thoughts, feelings, and habits, and 50% of the past thoughts and feelings did not occur. Sometimes people watch movies or read books, or hear stories, and the conscious mind feels a connection and impresses on the subconscious mind, and the subconscious mind stores the image as a true story when in fact, it is a perception and did not really happen. Once you start understanding how the mind is an activity and thoughts are things, you have a choice about what you choose to think and feel a connection with, you can shift your paradigms by choosing a positive attitude to something you desire and feel good about achieving or attracting that is meaningful and has a specific purpose. When your thoughts and feelings are aligned, the message and feeling will impress upon your subconscious mind to deliver an action that will help you achieve the goal. Your inner thoughts are invisible energy that flow continuously. The Law of Vibration moves outward to the universal magnetic energy that responds by giving you what you think and feel connected to. This is why humans were given six higher faculties so that we can think and view an image in our imagination before

it is formed through the use of our intuition, perception, memory, will, and reasoning and bring what we think into physical form.

CHAPTER 8

DOING THINGS, A CERTAIN WAY

Doing things, a certain way requires knowing what you want and why you want it. Without knowing what the purpose is for achieving your goal, your idea will remain dormant. In the same way before a ship sets sail to leave a harbor it needs to know where it is going and the purpose for the trip.

Once you make a committed decision about a goal that you are feeling passionately committed to achieving because the result of the goal is for a higher purpose and has a use value that other people will also find useful begin gathering knowledge by reading and studying knowledgeable books on the subject and doing repetitive daily habits that support the result whether it is a mental, physical, emotional or spiritual action that is required. The investment

of time and money will pay off in the long run by doing things a certain way. Big goals require patience and flexibility regarding how the result will finally take shape.

CHAPTER 9

WHY IS IT A MUST TO PERFORM REPETITIVE DAILY HABITS TO SUPPORT GOALS?

The reason it is a must to perform repetitive daily habits to support goals is that good habits that are performed repetitively become like compounded interest. In the beginning, when you start a new journey, certain things must be done to be cultivated. A golfer who is at the beginning of his training will not connect with all the balls. A beginner golfer will hit some balls and miss the connection with many balls until much training, which requires a committed decision to invest money, time in mental thinking, and repetitive physical training. The golfer who makes a decision to become an

THE SCIENCE OF LIVING WELL by Donna Smood

excellent golfer will not reap his rewards until after many years of repetitive daily habits that support his goal.

CHAPTER 10

WHY CHOOSING ONE PROGRESSIVE WORTHY IDEA IS WORTH-WHILE?

Choosing one progressive worthwhile goal is important to achieve success. When conscious thinking and subconscious feeling are not aligned, it is impossible to become very knowledgeable, skilled, and experienced at one progressive worthy goal. Worthy goals are something that stretches and strengthens your knowledge, understanding, skill, and experience that in the present moment you have no idea how to acquire because you do not have the funds it requires, do not feel you have the time commitment or that you may not have the self-confidence with some humility to fulfill the long term success.

For many years I was a generalist and knew a little about many things. The problem for me with this thinking was that my pay was general and did not allow me to earn multiple sources of income or achieve what I was capable of if I chose a bigger goal and went the extra mile to achieve higher pay by giving greater service about something useful and that was in need for people to want. Then, one day I met a lady at work, and she was hilarious and fit, and we got along very well. This lady's name happened to be Vera. I asked her how she developed such a wonderful figure. She said, "My family had a summer home on the ocean in Port Moody, and ever since my siblings and I were very young, we learned how to water ski often, and we all became very good and skilled at water skiing because we enjoyed the sport as a family." She told me she was currently playing racquetball which I knew nothing about. She offered to teach me, so I met her at a local racquetball club near the Salmon House in West Vancouver, and she began to teach me.

While I enjoyed learning a new sport activity, it did not take me long to discover that I was going to have to do more than play racquetball a few times a week if I were to obtain a strong physical figure, so I took matters into my hands and signed up for fitness classes at the YMCA in Vancouver and began swimming regularly until I finally discovered that I wanted to exercise outdoors. One

rainy April afternoon, I walked up Sentinel Hill in West Vancouver from the bus stop after a full day of work, and on the walk uphill home, I decided to start running outside. I arrived home and put on a pair of shorts and running shoes, and committed to the run in the pouring rain in early April 1981. When I was feeling tired, I made a choice to go run in the rain regardless of my negative feelings. I ran from home down Sentinel and around Younette Drive, arriving back home ten minutes later. I remember coming home and thinking all the energy required to change and put on shorts and running shoes for ten minutes was a little silly. The next day, I decided to run much further and little by little; within a week or so, I was running five miles, and each day, I would stretch my distance a block or two further. Within six months, I was running 15 miles or 22kms. I became a very good runner for a young woman who had developed severe asthma as a child. The doctors used to give me a horrible little yellow pill before giving me inhalers that didn't work, so I stopped taking them. I was told not to exercise rather than to exercise and exert my lungs so my airways would open and I would receive more air throughout my body. I am glad I didn't listen and did my own thinking, feeling, and activity. Another time I hurt my leg or somehow got a hairline fracture in it, and the sports medicine doctor told me I would never make a good runner or become a marathon runner. While I did not stop running, I believed at the moment that maybe he

was right about running the full distance of a marathon. One day at the age of 46, I hiked the Grouse Grind trail on Grouse Mountain in North Vancouver, and I was going down the mountain on the tram with several other hikers when I met a lovely woman named Agnus, who was 65 years old. Agnus started running at 55 years of age and ran marathons every year since. I was so inspired by her story. I went home and signed up for the next nearby marathon that happened to be a few months later on a Thanksgiving weekend in Victoria in October 2006. I trained solo after asking for advice from a girlfriend who had run several marathons. I was already running daily, but now I also needed to strengthen my core and upper body. My girlfriend explained the legs are good to run the first 20 miles, but it is the upper core that helps runners run the last six miles. I did exactly as she explained, and it worked like a charm. I enjoyed the run in the pouring rain, and my time was 3 hours 50 minutes, not bad for a 46-year-old lady who had asthma and never gave up on this particular dream. Go the distance with your dreams, and do not allow family members, friends, colleagues, or strangers to dampen what is inside of you. Nobody knows what you are capable of; only you do. Shift your attitude from fear to faith and go after your dreams fully with self-confidence and some humility. Make a decision to overcome obstacles by choosing a positive attitude and finding new ways or angles to think, feel and do things.

Why Choosing One Progressive Worthy Idea is Worth-while?

Once you create daily habits that support your goals, whether it be physical, mental, emotional, spiritual, or financial, you can achieve your goals when you learn how to think, feel and act a certain way with a clear vision, purpose along with a committed attitude to go the distance regardless of the investment of time, money and energy, it requires. So what is your one progressive-worthy idea?

CHAPTER 11

MAKE A DECISION TO CONTINUE STUDYING PERSONAL DEVELOPMENT

One of the best decisions I have made is to continue studying personal development. Life is a journey, and there are many things to see and do. Knowledge and understanding, skill, and experience allow growth mindsets to continue learning new ideas and creating new experiences that make our lives full and rich and help us overcome defeat.

In addition, personal growth encourages us to think about what we are thinking about? Are you thinking in the present moment, past, or future? Everything happens in the present moment, so reliving the past over and over will

not support your growth opportunities, and living in the future will rob you of the present moment. The key to living a successful life is to focus on big goals that you want to acquire by using your imagination and allowing yourself to think and feel “as if” your dream has already arrived in the present moment. In this way, it becomes your happy place where you can withdraw from the outer world, close your eyes, ears, smell, touch and taste off momentarily and allow yourself to use your imagination, intuition, perception, memory, will, and reasoning and mentally, physically, emotionally and spiritually become this ideal in the present moment. For many years people used to say fake it until you make it by thinking a certain way, speaking “as if,” dressing “as if,” doing things “as if,” hanging with the right people “as if,” reading knowledgeable books and listening to tapes to understand what skill or experiences you need to become the person you intend to become. The truth is you are already that person and have always been. Sometimes our outside circumstances and our negative thoughts, disappointments, and attitude become like layers of dead leaves that have fallen on fresh green grass. Once we get rid of the dead leaves, we begin to see the fresh grass growing underneath. An onion is another example that has a rougher outside core that protects the inside onion, but once the outer layers are peeled away, there is something fresh and has a distinct flavor and smell that cause eyes to tear. What is underneath your

Make a Decision to continue studying Personal Development

outer core? What do you see? What do you want to see? Are you willing to peel off your outer layers and take the time to discover your true talents and purpose for living? It is your decision. Make the decision to figure it out sooner than later because time goes by quickly, and it would be a shame to look back twenty years from now only to discover you did not invest your time, money, and energy wisely. Choose faith in your capabilities about one idea and commit to a progressive worthy goal that will fulfill your life with adventure and purpose and perhaps benefit others in some way.

Decide always to have a progressive worthy goal that will allow you to continue developing and using a positive mental attitude toward yourself and others and keeping a growth mindset. Finally, decide to fill your basket with all your dreams so that when you leave the world, there is nothing left to do but rest and be grateful for the life you lived and the people you met along the way, and the adventures and experiences that were all part of the journey.

CHAPTER 12

THE SIX FEARS TO OVERCOME

The six fears to overcome are:

1. Fear of Poverty
2. Fear of Loss of Love from a Love One
3. Fear of Old Age
4. Fear of Death
5. Fear of Criticism
6. Fear of Ill Health

Most people suffer from one of these fears, if not all of them, at times in their lifetime. Are you suffering from any of these fears in the present moment? Can you think of a time in your life when you overcame one of these fears already? If so, this is proof you can overcome your fears one by one by facing them and doing things that inspire you regardless of the fear in the present moment. From my

life experience, I choose to have faith and face my fears because I have lived through times of feeling poverty, loss of a loved one's love; I am not concerned about my age because I have found age to be a blessing; I am not concerned about other people thoughts about my ideas and I feel I have been blessed with good health. I have broken bones that have healed, I have scars that have healed, and I have overcome many obstacles such as asthma, divorces, loss of finances, career trials, and personal relationships. Therefore, I have faith that I can handle any obstacle I face.

I encourage you to examine your fears carefully and think about when you have been criticized, lost a loved one's love, got older, experienced poor health that you have overcome, lost your finances because of poor decisions or misunderstandings, and somehow you are still here and reading this chapter book. This is proof that we can all overcome our fears if we choose to think, feel and do things a certain way.

CHAPTER 13

GET OUT OF YOUR OWN WAY

Getting out of your own way is one of the challenges you must learn to overcome. I know from my own experiences in life that sometimes it seems and feels very difficult to do. While I am writing *The Science of Living Well*, I am reminded of the many times I have got in my own way by choosing lofty goals and perhaps taking shortcuts in the plan without gaining the knowledge, understanding, skill, and experience required to create a successful outcome. Regardless of failed attempts, eventually, I figured out a new plan by looking at the situation from a different angle that supported the desired outcome. It is important to invest the time to get the right knowledge, understanding, skill, and experience that will allow you to create success.

Become a decision-maker. When you make a decision, make it quickly and honor it in the present moment. People who are able to make committed decisions quickly are proven to be the people who create the most success. Often plans need to be changed to support the goal—however, the goal remains.

If I could offer one piece of information that will prove to be worthwhile throughout your lifetime, take the time to read books that improve your knowledge, understanding, skill, and experiences with subjects that interest you so that you will develop a special understanding and skill that can be exchanged for a financial profit or that will help improve people's lives in some way just because you have made a decision to live a purposeful life to serve others your gifts and talents.

Reading is like therapy; it allows us to take us from where we currently are to where we would like to go and allow us to participate in other people's imagination, dreams, and experiences.

CHAPTER 14

A SUMMARY OF THE SCIENCE OF LIVING WELL

Thoughts are things, and thoughts are invisible thinking stuff (energy). Our thoughts and feelings produce our results. Our thoughts and feelings generate our actions, and our actions and attitude determine whether or not the outcome will be positive or negative.

The Science of Living well requires a positive attitude about how you view yourself, the world and the people and creatures in it and what you plan on thinking, feeling, and doing for the majority of your life that will allow you to continue to grow and experience all that you desire using your imagination, intuition, memory, will, perception and reasoning.

The people who succeed at living well are those who choose goals that they are willing and committed to achieving and feel a connection with the purpose it serves. Become a good listener and pause before responding or perhaps choose to remain silent. Live a balanced life by setting time aside each day to take care of your physical, emotional, mental, and spiritual wellness, as well as think about how to grow and invest your money wisely. Keep in mind that a growth mindset, positive mental attitude, increased faith, giving thanks often for everything “as is,” trusting your inner spirit God to teach you and protect your thoughts, feelings, and actions day by day, and the people in your life will lead you to The Science of Living Well.

Thank you for reading.

The End

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Donna Smood Educator, Coach, and Speaker

My mission is to help you move forward by choosing one progressive goal that will inspire you to wake up each day to improve your knowledge, skill, and experience to become an expert at your chosen creative idea.

HOW CAN I HELP YOU?

Please contact me by email at donnasmood@gmail.com or visit my website at <https://globalthinkinginstitute.com>

Subscribe to Donna Smood's website and view her eBooks *It's Cool To Be Fit*, *The Science of Living Well*, and *How to Think on its way...*

DONNA SMOOD STREAMING CLUB

Would you like to brainstorm and mastermind with Donna Smood every single week? Learn why progressive-worthy goals will help you move forward with a positive mental attitude toward your physical, mental, emotional, and spiritual wellness. In addition, learn new ways of improving your income sources.

We can connect through Facebook and Zoom globally.

I will share things that can:

- Increase your vibration and awareness of living in the present moment.
- Turn the wheels in your thoughts, feelings, and actions.
- Open up possibility thinking help you create new habits that will support your progress towards your goals and dreams.

If you want to be part of Global Thinking Institute, here is what you can expect each week live via streaming Facebook or Zoom:

- Live streams of Donna Smood and guests once a week.
- An archive of recordings from the live streams.
- Timeless wisdom and creative ideas that will transform your life.
- Great customer service
- A go-to place for inspiration and motivation, and up-to-date information.

See your life dramatically changing in your favor by investing some time, energy, and money working in the right direction at something that allows you to grow and inspire you creatively so that you can create your own economy and reach all the goals you set.

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To all the authors who have inspired me along my self-discovery journey.

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Dave Linegar – *My Next Step*

Professional creative artists, singers, songwriters, actors, musicians, professional athletes, and all the people who take the time to realize their creative talent, inspire me to continue becoming the best of me.

My parents, Irene and Henry Smood, in their nineties, inspire me to keep going regardless of anything that is happening around them. They are living proof of overcoming obstacles and going the distance.



DONNA SMOOD became a personal development educator and speaker due to a long journey trying to figure out her life purpose and career choice. Donna is one of seven siblings and grew up in West Vancouver and is very close to her Mom and Dad, who are in their early 90's and have so far survived the Covid virus. She is a mother to her son, who is now in his mid-30's. She has overcome three ex-marriages. Her second husband, Tom Bandiera, remained her best friend until his passing in June 2020. Donna has been very enthusiastic about physical fitness and loves the outdoors, especially running trails, swimming, paddle boarding, skiing, hiking, and golfing. Physical fitness has been part of her daily life for more than forty years. She is a positive person with a growth mindset. She

believes that personal development is an essential part of physical, mental, emotional, and spiritual wellness. She believes in setting lofty goals that she has no idea how to achieve when she initially commits to the goal. She has learned to understand how prosperity and wealth are earned and attracted and encourages all people to earn and attract the income they desire to become financially self-reliant and afford whatever it is they enjoy creatively without taking away or harming others. She is very self-disciplined by choosing repetitive daily habits that support all her goals, whether physical, mental, emotional, spiritual, or financial, with a positive mental attitude and willingness and ability to go the distance for as long as it takes. Her goal is to inspire global people to seek one progressive worthy goal that they feel connected to with a committed attitude to achieve it regardless of the length of time and to be flexible on how to go about it. Donna believes life is meant to be creative, and it is a journey of ups and downs that builds character and strength along the way. She believes we have to fail often at several attempts before we get the understanding, skill, and experience at becoming very good at one thing so we can spend our life thinking, feeling, and doing things enthusiastically and with a belief, our hidden talent will reveal itself to help others in some way. The Science of Living Well is meant to inspire people who are pondering something that they genuinely want and feel connected to that scares them because they do not know how in the present moment yet willing to make a decision to do it anyway. She loves illogical thinking people, for they are the ones who have the ability to change how the world does business.