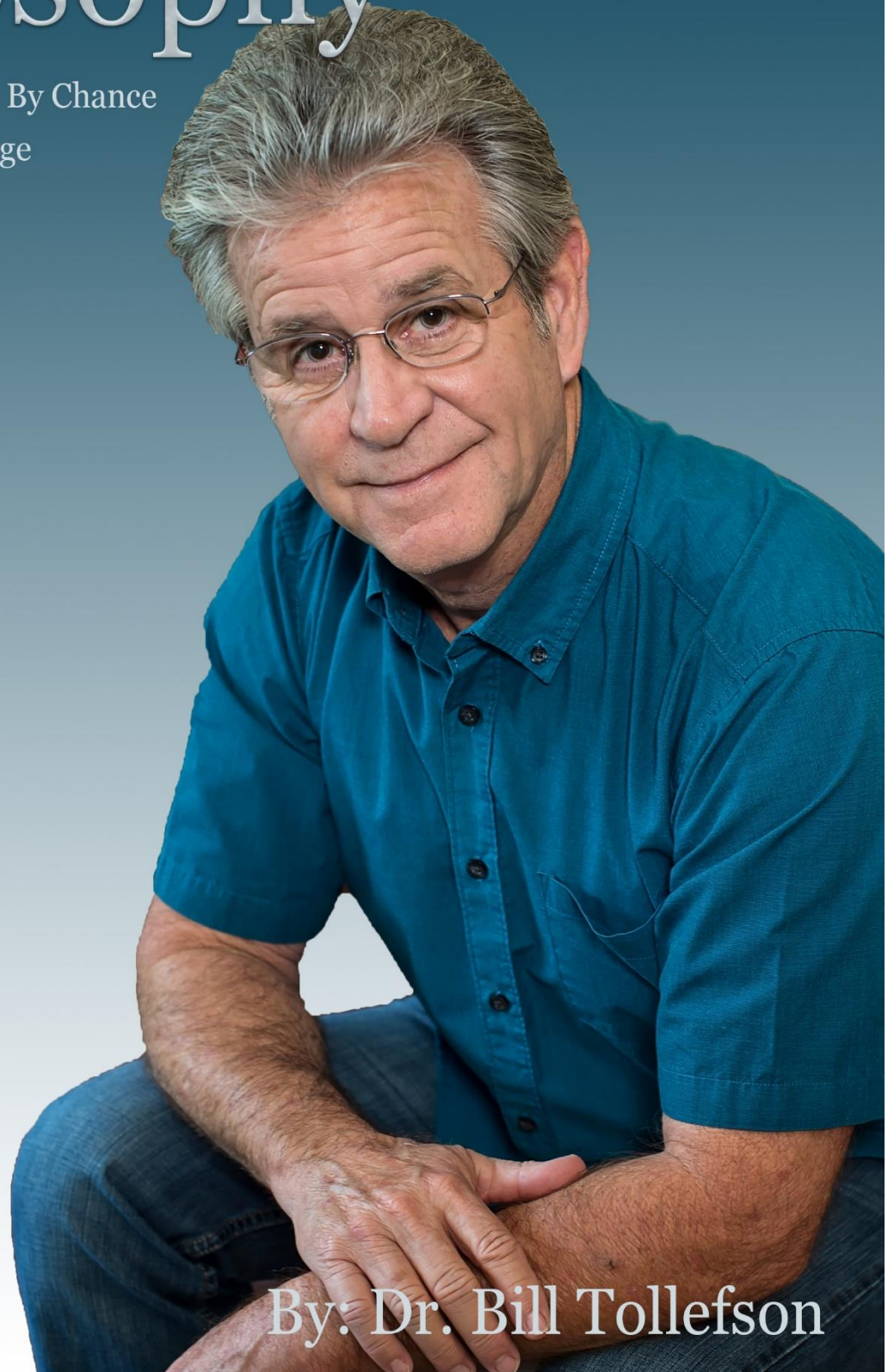


# Personal Philosophy

Life Doesn't Get Better By Chance  
It Get's Better By Change



By: Dr. Bill Tollefson



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Tollefson Enterprises, LLC  
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Contact Tollefson Enterprises, LLC for Copyright Information at:

Websites: [www.DrBillTollefson.com](http://www.DrBillTollefson.com)

E-Mail: Email Dr. Bill directly at [Tollefsonenterprises@gmail.com](mailto:Tollefsonenterprises@gmail.com)

Business phone: 239-349-2209



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## Introduction

For many years now, my passion and intention has been to find ways to help individuals make significant positive changes in their lives. Human behaviors, thoughts, emotions, and identity are extremely complicated subjects. Most lay people, as well as many professionals, find all of them very confusing.

At first, I encouraged people who wanted to change, to understand that memories and experiences of the past influence how they act, believe, feel, think, and react. Memories and experiences from past events strongly influence the here and now. This was demonstrated for me time and again over my thirty-six years as a therapist and founder of an inpatient behavior management program (Women's Institute for Incorporation Therapy, WiiT) which was recognized helping those suffering with post-traumatic stress disorder (PTSD) and Dissociative Disorders. The WiiT program helped scores of women and males to stabilize their PTSD symptoms and live more stable lives, free from the negative influence of abusive and traumatic experiences. My first book, *Separated from the Light*, gives a first-hand view of this stabilization experience.

Twelve years ago, I left inpatient services, and shifted my focus from therapy to Life Coaching. This move opened a whole new focus in a field that allows me to coach individuals on an ongoing basis and teach them how to improve their current skills, and gain new skills as well as, and rid their lives of barriers and negative behaviors, feelings, narratives, and thoughts therefore helping them to create positive changes in their lives. Through their coaching experiences, these individuals empowered themselves to move forward and to break barriers which kept them stuck. My move into Life Coaching enabled me to answer the question asked by my WiiT clients upon completion, "Now what do I do after stabilization?" I wanted to be able to answer this question, so I dedicated myself to long hours, more education, current research in all disciplines and plain hard work to answer the question. I reviewed all the hundreds of lectures, presentations, and groups I had conducted throughout my inpatient career treating abuse, trauma and PTSD symptoms looking for answers. My objective was now to find out how to help an individual to grow and heal from past by assisting them to name what their intentions were, what skills they were lacking, discover their harmful core beliefs, and support them to move forward regardless of their experiences. I used my passion to discover an approach that will lead a person from stabilization to healing.

In this endeavor, opened my mind and heart in a new direction. I have taken all that I learned in my extensive education, and thirty-six years of clinical experience as a therapist, along with

my twelve years of new training and experiences as life coach, to shift my mindset and vision. All my efforts helped me to create a unique new method which is called Personal Philosophy.

## Is there a Difference?

So, you ask what is the difference in this method than all others? Many methods practiced in the helping field today focus on alleviating the symptoms of the problem, not the origin. Unfortunately, after a short period of time the symptoms return and sometimes with more intensity. Maybe focusing on the symptoms is the wrong thing because it takes our focus off the real problem therefore not effecting change.

I would like to use a metaphor or analogy so the reader can gain a clearer understanding of what the message of the book is about. Imagine that your house is on fire and all your smoke alarms are going off. Would your first action be to cut the wires to the smoke alarms? Of course not. Your first reaction would be to get out of the house and then obviously attempt to put the fire out, not just turn off the noisy fire alarms. Now I thought that this was a wonderful way of looking at it in a sense of how often a lot of the symptoms that we suffer from are like the alarms alerting us to a greater problem, a greater danger, or a greater threat. Maybe our symptoms are telling us that something else is happening within us whether it is emotional, mental, physical, spiritual or even environmental that's affecting us, that's affecting our enjoyment, safety or success in life, as well as affecting the way we look and react toward ourselves, things or other people.

The key principle is that this method does not deal with symptoms. It looks at the root cause of the problem. That means it is the root problem that is driving and influencing our actions, emotions, and thoughts, positively or negatively. Well, this driving force is actually buried deep in our personal philosophy which resides in the subconscious. This book will explain how each of the 4 key elements which make up our personal philosophy.



## Chapter One

### Personal Philosophy Method: What is your Personal Philosophy?

How many times have you been asked “What is your personal philosophy?” Not many times I am sure. Personal philosophy is not a normal topic of social conversation. Most people do not just sit around discussing their own deep personal beliefs, ideas, expectations, values, or views with each other. Personal philosophy is a subject that is rarely addressed, yet personal philosophy is an integral part of how humans’ function in their lives. It is what you stand for, what you believe in. Personal philosophy is the foundation of our identity. Personal philosophy is how everyone views their inside and outside life. As you can imagine, it is a complex subject.

Personal philosophy makes up most of your belief system. It is a mindset which sets your viewpoints on all things in life. What you stand for and stand on, the basis of your identity. Your personal philosophy determines how you perceptually interpret and respond to life situations internally and externally. Your personal philosophy determines how you behave, feel, think and react.

*“Not satisfied with yourself or the course of your life? Change your personal philosophy and create a new you.”*

Let me share a story of a woman who I was coaching. She was facing extreme personal problems and her life was becoming dysfunctional. She had just finished her third marriage and felt abandoned, empty, lost, and unloved. She described her last marriage relationship as “he kept me trapped and I was his emotional hostage for years. My unhappiness grew with every month. I lost who I was. I continually tried to correct my thoughts, behaviors, and feelings in order to keep peace or make things better; because he constantly said it was my fault and I was the reason for our bad marriage and his unhappiness. I truly thought it was my fault for the bad marriage and my unhappiness. Therefore, I submitted to him daily and gave my power away. I gave into his constant berating of me because I figured he must be right; he is the man of the house. Because that is what I learned to believe was the way it was supposed to be growing up from my mother and what she did with my father.” During her coaching one day, she blurted out “I guess I do not deserve any better. I am unlovable.” Once these two core beliefs were pointed out to her, she realized that she had been repeating this pattern in all of her relationships, and she believed both to be true.



So, to understand a client's personal philosophy better, when they begin their coaching, I ask him or her, "What do you stand for? What is your personal philosophy?" The person stops, a glaze goes over their eyes, their mouth opens part way, and they are mute for a couple of minutes. Most new clients answer decisively: "I don't know." Other have no response. I have had this happen time after time, person after person. If it were an election year and I had asked, "What is your political philosophy?" they would quickly answer, "I am a Republican (Independent or Democrat)." How can a person know who he or she is if they do not know what they stand for, or believe deeply in?

One thing that I must say at this point is that the brain is a wonderful organ. As a human grows up, the human brain records and stores all the data from the time it turns on until it turns off due to death, damage, or disease. The data includes beliefs, concepts, desires, expectations, ideas, principles, needs, requirements, rules, standards, and values. The brain accepts all the data without a filter in their first 7 years, that is, without judging whether the data is right or wrong. The human brain accepts all this data as his or her own and the truth.

Let me explain the bases for my method. I believe that personal philosophy is what drives human reactions (actions, behaviors, feelings, and thoughts) toward and about oneself, others, life situations and the world. It may also be defined as layers of accumulated information of recorded excerpts of a human's experiences and a reflection of one's intellectual belief formation as well as emotional history. Simply, personal philosophy is a portion of a person's belief system.

*"Ignorance of personal philosophy causes us to view ourselves by how others define us."*

Even though personal philosophy is a complex subject; I have broken personal philosophy into basic key elements to increase simplification and understanding. There are four (4) key elements of personal philosophy:

1. Core beliefs
2. Core values
3. Programming
4. Core expectations

The accumulated data in each key element is recorded, accepted, stored, and then embedded into the subconscious mind. The accumulated data, I term as "mind code." Mind code is the



algorithm of how the subconscious manages, governs, direct and influences every aspect of our lives. These elements hide in the shadows of the subconscious mind and until examined are not conscious to the recipient.

To give you a mental visual, the key elements are stack one on top of the other and interact with each other vertically. The base or foundation is the core beliefs and ending at the top with core expectations. When triggered by a life event, information filters down through each element, associating with what is familiar through each element, bottoming out at the bottom (foundation) and collecting a core belief. Then core belief surfaces into the conscious mind producing a reaction (belief, action, behavior, feeling, or thought). This is what drives or motivates how a person to react in the moment. It can also block or hamper a person and cause them to do, to think or to feel negatively. So how a person functions in his or her life depends on the content of their core beliefs that are embedded in their Personal Philosophy.

*“The state of your life is nothing more than a reflection the state of your personal philosophy.”*

The above statement has a lot of power. How can you know what is driving your behaviors, emotions, thoughts or state of mind if you have no idea what is contained within your personal philosophy? Most important is if you are not living off your own personal philosophy, then you are living of someone else's, and you will not have command of your own internal or external life.





## Chapter Two

### First Key Element – Core Belief

“Scars of my past made me stronger and the person I am today.”

Ask yourself -What is inside you that is standing in the way of you achieving what you want?

Generally, what is standing in your way is an internal barrier. At some point in life, each of us experiences a block that keep us away from what we want. Unfortunately, we do not realize that the block is coming from a subconscious source. This source is known as core beliefs. Although little is known about the core belief system, it is very powerful and will rise from deep within us to stop you from achieving fame, love, money or success. A core belief can unknowingly influence the direction of your behaviors, feelings, thoughts or reactions. When triggered, a core belief can creep into your consciousness undetected and completely alter your direction. It then slithers back into its safe realm in the subconscious mind.

So, what is a Core Belief? A core belief is made up of personal messages that you form about yourself related to each life event you experience. A core belief could be positive or negative, good or bad, encouraging or discouraging, motivating or blocking, insignificant or traumatic. Core beliefs are also the foundation of a human’s identity. The last chapter explained that the foundation of your belief system is the key element of core belief. Core beliefs, recorded during childhood, determine how an adult will behave, feel, and think. Whether we know it or not, we are affected by deep core beliefs every day. Once our mind starts accepting data, a core belief will form and root itself into your subconscious and become powerful driving force. Once triggered by a present event, a core belief’s message surfaces into the conscious mind and influence your beliefs, feelings, thoughts, reactions, emotions, and behaviors. A rooted core belief reflects not only your beliefs about you, but it also reflects a profound belief about your body, confidence, esteem, looks, intelligence, performance, potential, and relationships. People do not realize the huge effect, positive or negative, core beliefs can have once they become rooted in the subconscious mind. Or the damaging and harmful impact core beliefs can have on our present lives and relationships.

Let’s look at different developmental scenarios. If the core belief is formed out of a positive life experience, the core belief can result in becoming a positive drive, inspiration or a motivator toward success or happiness with yourself and life. On the other hand, if the core



belief was born out of a negative or traumatic experience, then the formed belief message would cause you to belittle, minimize, doubt, criticize, judge, punish, sabotage, or beat up yourself. The resulting messages from negative core belief, if triggered, would surface in real time, and block you from achieving any personal happiness or success. Negative core beliefs make you feel lonely, stupid, not good enough, failure, undeserving and unworthy. These core beliefs can also result in anger, depression, rage, hostility, addictions, thought addiction and/or resentment.

### How do Core Beliefs Form in the Brain?

The human brain is a complex organ. The brain accomplishes all its numerous functions through compartmentalization. One compartment of the brain operates the heart, one compartment operates breathing, one compartment regulates balance, and another compartment activates digestion and so on. Memory involves three specific compartments which constantly record every life experience you have. Simultaneously, while the brain is recording the event, yet in a different compartment, a belief about the person forms in direct relationship to each event. An emotion also forms and attaches to the core belief. The core belief and emotion inhabit a spot in the subconscious mind.

Over time, the core belief quietly roots itself deeper into the person's subconscious. The brain maybe able to process and make closure on the memory, but the core belief remains in its original form just waiting to be triggered.

Let's say, for example, I am sitting at my desk in math class in middle school. I took a test two days before. I studied very hard for it. My math teacher passes by my desk and throws down my test paper. I gaze down and see that I got an "F" on the test. I look up at my teacher bewildered, and she states, "I really do not think you can pass this class. You just don't have it." This was the actual recorded memory. At the same time inside my head, I form a belief that I am stupid and do not deserve to pass and feel very sad (formation of a core belief and associated feeling). Well somehow, I persevered, got a tutor, studied enough, and ended up passing the math class (memory is processed and closure is made). Let's jump ahead ten years. I happened to get a job working with numbers ... math! A fellow employee approaches me and asks, "Why didn't you go to college, because you are so good at math?" Without a hesitation, automatically, out of my mouth comes, "I am not smart enough to get through college," and I experience a deep feeling of sadness.

Without knowledge of the foundation of our personal philosophy, core beliefs, we travel



through life with blind faith. Our identity, worth, thoughts, reactions and emotions in the moment are all generated from this key element.

Is there Hope?

So, are we helpless to our rooted core beliefs residing in our subconscious and quietly affect the direction of our lives? No! I have learned that no matter what you do in your life, you can never get what you want until you change your core beliefs first. It was not until I identified all my core beliefs that I had accumulated in my lifetime, did I find what was holding me back from happiness and success.

First of all, you cannot fix what you do not know. Recognition, discovery, and identification are the initial steps. There is a skill that can help to shift the content of the messages carried by your core beliefs. Shifting core beliefs is one thing that anyone can do. Gaining power over negative core beliefs is possible. All that is needed was a skill to accomplish shifting negative beliefs to positive beliefs. Hundreds of people have learned this skill, and they have achieved the same positive results. Once the skill is learned and practiced, confidence follows. Master your belief and change you and your life.

*“How can we know what is blocking our success if we aren't mindful of our own core beliefs.”*

Success Story

I have been coaching a client whose intention was to become happier and less anxious. He has been working on recognizing his core beliefs for the past two months as well as learning the skill of shifting from negative to positive. The new skills has been working phenomenally well for him. His life has improved significantly. He discovered his core beliefs were influencing and directing every action and reaction concerning himself, his job, relationship with his wife and children as well as his interaction with his environment.

In six short sessions, he stated “I am a new man. Everything in my life has changed. I respond differently, I am different. My wife told me that she has seen noticeable changes in me.” In reviewing his accomplishments, he reported increases in:



1. Ownership of self
2. Better connection with self, family, and life
3. Increased happiness
4. Closure with past losses
5. Increased focus
6. Stronger confidence
7. Feeling of wholeness

If that was not enough major accomplishments in eight meetings, he also reported a decrease in:

1. Guilt and shame over past experiences
2. Decrease in self-sabotage
3. Less compulsiveness
4. Decrease in stress
5. Decrease fears
6. Less Obsessions
7. No longer feelings of failure
8. Ability to let go of resentments

*"Change starts always from within."*

Core Beliefs are a key source and the foundation of human identity, as well as the major influence on behaviors, feeling, and thoughts. If not recognized, there will always be an undiscovered reason that success was out of reach. Make a positive change to your core beliefs and your identity will remarkably transform in a short time period.

How does Accumulated Data Flow through the Brain and Affect Life?

It is important to know how accumulated data (mind code) makes it through the brain is translated into behaviors, emotion, and thoughts in the outside world.

Let me start you from the beginning. From the time when the human brain develops and becomes active in womb. Once activated the brain begin to accumulate data from events occurring inside the developing body and experiences coming directly from mother's body.



When the infant is born, the brain continues to accept and record data from its own body and events happening in its outside world. The accumulated data which I term “mind code”. Mind code is gathered from every event. The mind code is the basis for the formation of core beliefs. The content or what each core belief is about is used to form self-talk or inner voice in one’s head. The subject matter of self-talk is the foundation for the formation of human thought.

Mind code and core beliefs are totally subconscious. Self-talk or inner voice and thoughts are semi-conscious and is only known to the person.

At this point, the subject of thoughts then crosses over to consciousness and displayed through behaviors and emotions and then displayed to the outside world.

This process I just described is the language of the brain.

Example:

A child is subjected to an influx of negative information about himself from his environment (accumulated data, or mind code) growing up. That data is converted into core beliefs (layers of mental algorithms – sets of self-rules or sets of instructions to be followed in order to operate). One of the core beliefs formed in this example is “I am not good enough.” The subject of this belief, I am not good enough, becomes subject matter for self-talk. The subject matter in the self-talk or self-messages becomes self-defeating, negative, criticizing, and harmful. The constant chatter form thoughts which match the inner chatter, defeating, negative, criticizing, and harmful. Then thoughts are converted to emotions and behaviors. The person in this example becomes clouded in a negative view of himself.

Simply on its purest level, negative accumulated data becomes negative core beliefs which shows up as negative self-talk and is converted into negative thoughts, resulting into negative, self-harming and inappropriate behaviors as well as false and negative feelings. So, on one hand, negative information in ends up as negative information out. Also true is positive information in, ends up positive information out. Understanding this process demonstrates that if the unwanted core beliefs can be discovered and changed then everything after that - self-talk, thoughts, behaviors and emotions changes, life changes.



## Chapter Three

### Second Key Element – Core Value

*“Personal worth is generated from core values placed on our beliefs.”*

Core value is the second key element of the Personal Philosophy. Core value is more of a complicated and abstract concept. Simply put, core value is your assessment, measure of worth, or degree of emotional investment related to each core belief that has formed during your lifetime. For each core belief, there is a core value assigned to it. Core value reflects your sense of right and wrong, good, or evil, as well as how things ought to be. A core value has great influence on human attitude and the importance and influence of the associated core belief.

Without core values, you would lose the essence of your identity. Sense of worth would be absent.

Core values tell you the degree of importance of anything you believe is significant. In other words, those things you consider good, beneficial, attractive, important, useful, moral, beautiful, desirable, appropriate, etc. have value. A core value answers the question of why you hold on to certain beliefs and do not to others. The higher the core value on a belief the stronger you believe in it. A core value designates the degree of influence a core belief will have once it is triggered and surfaces into consciousness. Once in the consciousness, core values determine the emotional impact on your thoughts, feelings, and reactions. The degree of assigned value establishes how much influence a core belief will have on you. Core value can increase drive of a belief or restrict positive movement.

To gain a clear understanding of what motivates your behaviors, emotions, and thoughts, you must know what value you place on any given core belief. What connects a sense of worth for any given core belief depends on the intensity of the original emotion associated any core belief formed. The greater the attachment to the person, group or event causing the formation of a core belief, the higher the value is placed on it. The designation of core value comes from all areas of life; ethical/moral, cultural, doctrinal/ideological (religious, political), social, family, and individual.

Clarity of core value of a core belief can be gained from looking from a different perspective.

View a core value as a rating scale of 1 to 10.

1 is the lowest effect on the scale.

10 is the highest effect on the scale.



### Example:

If your subconscious mind had formed a core belief of “I am smart,” and the core value is a 3, then the core belief will have little or low effect, influence, or power when it is triggered into consciousness. Now if we look at another core belief such as the #1 most common core belief “I am not good enough,” and it carries a core value of 9, the effect, influence, and power it has over the resulting reaction of a belief in the present will be extremely high, therefore resistance to stop the reaction will be very low. The core values can enhance or decrease the influence and power of a core belief which makes core values the second most important element next to core beliefs.

So, at this point, core belief drives your belief about yourself, and core values associated it determine the impact, influence or power that accompanies it. All of us have experienced or remembered a time in our life when we reacted impulsively, doing something we did not want to do, but we did anyway. Perhaps a word or comment popped out of our mouth without thought or the ability to stop it. Both of these situations come from surfacing core beliefs and its associated values. Without knowledge of these key elements, we are defenseless stop or command our reactions.



## Chapter Four

### Third Key Element – Programming

Programming is the third element and probably easier to understand than the two preceding elements. Our minds are being constantly programmed throughout our lives by other people and the media. Programming is statements made to or around us about us from other people that are recorded, accepted, and encoded in our subconscious mind. We all have heard other people say, “I can clearly hear (my father, mother, brother, sister) say \_\_\_\_\_ in my head.” Programming is statements about what we have been said or taught about ourselves by others. So, when we have core beliefs which surface into our conscious stream of thought, we state to ourselves with “I am that way because my parent (brother, sister, teacher, mentors, minister, loved one, etc.) said so.”

These accepted programmed statements end up validating our core beliefs and core values. A validation statement gives you a reason to believe a negative belief and then behave a way we would not normally behave. Programming causes us to react toward ourselves and others differently due to the statements we hear in our head. You are often unaware of this mental programming. Programming functions on a subconscious level and we are not conscious them. Programming strongly validates specific thoughts, beliefs, concepts, ideas, principles, or expectations that we have heard growing up and assume them to be true.

#### Example:

Here is a sample of programming: “All women are needy,” or “Males only want sex” or “You will amount to nothing.” These type of statements of embedded programming can validate you to drive for success, block you from succeeding, or cause you to self-sabotage.

The power behind programming is the degree of emotional attachment you have to another person, group, idea, doctrine, principle, or value. Strangers for the most part have no power to program us. Think about it, if a stranger makes a comment about you like “You are stupid,” your brain rejects the statement because they mean nothing emotionally to you. However, if a person who you have an emotional attachment to makes the same statement, it hurts deeply, it is accepted by the subconscious, and it is remembered due to auto replay when triggered. Many people carry negative statements throughout life which become a personal barrier or limitation. If the statement is positive, the statement becomes motivation. We need to learn and understand that the statements which run through our mind, whether good or bad, support how we believe about ourselves and what we are able to accomplish.





*“Let go of old programming from others & be free to accept the new programming from yourself. The more you let out what occupies your mind, the more space you have to create and accept good things.”*



## Chapter Five

### Fourth Key Element – Core Expectation

The last key element in Personal Philosophy is core expectations. Core expectations are defined as the underlying assumptions of what you, or other people, expect you to do with your life. Core expectations are future projections taught to or placed upon you as you grow up. Core expectations also determine, influence, and govern the direction or limitations to your life and future success.

The power of a core expectations like all three of the other elements, affects you due to a strong emotional attachments, meaningful associations or loyalty with another person or group you are attached to, who project future goals upon you. Core expectations comes in many forms. Expectations can be an expressed through actions, ideas, or concepts. The emotional attachment which allows the expectations to embed without question can be negative or positive, but it is the emotional charge because of the level of emotional attachment that causes it to be accept into the subconscious mind. Core expectations can be positive or negative, projected wants, accomplishments, behaviors, beliefs, goals, loyalties, objectives, performance (success, failure), values, demands or wishes placed upon you. Like a father boasting about their child, “when she grows up, she studies and becomes a lawyer.” Yet once becomes a lawyer, she has no longer any desire to be a lawyer and is unhappy but will follow through to please her father.

Internal stress or pressure to please another can develop into a need to fulfill core expectations even if you do not want them.

A main variable of core expectations is external validation. External validation is the act of seeking another’s approval. External validation is other’s opinions, perceptions, judgments, views, wants, and / or prejudices about what we can accomplish or not. Most of the time, we take other people’s opinions as true or more right than our own.

Can core expectations be the downfall of positive movement in the healing process or limit our vision of possible success? The answer to this question is yes. We only accomplish what we expect to achieve. Discovering the core expectations which you are living by can help you to determine whether those expectations are your desired expectations, or you are living on expectations that someone else placed upon you. Once you recognize this, you can work at

discarding the ones you do not want and create new positive or realistic self-expectation. This process will open you to move toward new directions. Therefore, do not wait any longer,



discard old expectation that are not yours and create new expectations. Once you do that, you regain your personal authority, and strive for the direction you want.

*“Expectations from others either encourage us to grow or are barriers to us accomplishing success.”*



## Chapter Six

### Conclusion

*“Not satisfied with yourself or the course of your life? Change the elements in your Personal Philosophy.”*

Too many of us live our lives without knowing what motivates us or blocks us from what we want, what we want to achieve or why we are unable to get there. We are so busy with life that we do not have the time to reflect and recognize our personal philosophy that has formed out of our many years of growing up. To make a positive change, we first must understand the baggage we have been subconsciously carrying around. It is our subconscious baggage in our personal philosophy that greatly influences how we think, act, feel, and react.

Everyone can identify certain occasions when we say things, do things or feel things we consciously decide we will not do, but we end up doing. We get caught in situations where we get triggered subconsciously and suddenly cannot stop from doing, saying, or feeling things ... and we do not know what they are based on. It is our personal philosophy that manifests into our present. Every human has one. If we are unaware of the key elements that make up our personal philosophy, then we are blinded to their effects on how we function.

The new model presented in this book brings light to the specific elements, how they develop, and the effects of personal philosophy on your life. Hopefully, this book has introduced you to a whole new way to view yourself and understand that positive changes can be achieved once we understand what is driving you, eradicate the negative elements of our personal philosophy and shift to creating a whole new personal philosophy.

*“If you are not living off your own personal philosophy, then you are living of someone else’s.”*