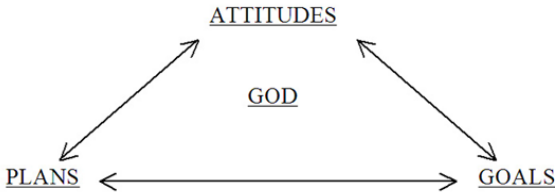


THE POSITIVE DIRECTION SYSTEM – SUMMARY – CHAPTER 7

A LOOK FORWARD, A LOOK BACK

This chapter will tie together the elements of the Positive Direction System that have been discussed in the previous chapters. You will recall the key elements are: 1) Attitudes, 2) Goals, 3) Plans, 4) With God at the center. The diagram below will show the interrelationships of the four elements.



The purpose of the Positive Direction System is to direct us to a successful life. The definition of success is the striving toward worthy goals that nurture physical, mental, and spiritual growth in myself in others. Success is the maximizing of my God given potentials and preparing myself to receive the gift of a fulfilled, happy, and purposeful life. Success is a life lived to a higher purpose. Success could simply be defined as life with love and for love. Everything I do should be for the complete growth of myself and others.

We also can't live successfully without recognizing the three aspects of our being: the physical, mental, and spiritual. Successful living means the development and care of all three of these areas. Of these three, I believe that spiritual development

is the key to successful living. Spirituality is a very practical and useful tool. Spirituality, our relationship with God, gives our life meaning, and it becomes the why of life. Spirituality is itself a goal of life, its real and lasting meaning. Spiritual insight also prevents us from making a deadly sin a goal. Our plans must pass the spiritual test of loving God first and loving our neighbors as ourselves. Spirituality then empowers us with the strength and wisdom to put our plans into action. Finally, with spiritual growth, our attitudes become centered on the enduring values of love, serenity, and peace of mind. Positive Direction should lead us to a life of wisdom, a life of intelligence, effort, and love. If we think of spirituality as love and think of faith as living while loving everything and everybody always, we will be living successfully.

We have talked separately about the three elements of attitudes, plans, and goals, but in reality they merge. This is also true of our physical, mental, and spiritual natures. Success happens when all of these aspects and elements are merged and directed toward worthy goals.

Now let's look at the individual elements of the Positive Direction System.

Let's start with goals. In order to get from life what we want, we must know what it is we really want!! We may have been surprised to find that we were like most people and really didn't know what we wanted from life. In Chapter 4 we engaged in a process of identifying our personal life goals. This is one of the key steps in the Positive Direction System. We will never get anywhere unless we know where we are going!!

As we review our goals again, we should test these goals for true worthiness. We must be very careful not to create a goal based on pride, greed, lust, anger, gluttony, sloth, or envy. We must be very careful of our rationalizations and justifications; absolute honesty is critical. Beware of self-

deception! A goal based on one of the seven deadly sins will not lead us to successful living.

Additionally, we must test our goals against the Great Commandment of first loving God with all our heart, mind and soul and to love neighbors as ourselves. If we put God first in our lives, love our neighbors as ourselves, and do nothing else, we will be living successfully. This should be our primary goal and theme of our lives. We should never compromise these principles to gain any other goal.

Also, we have written down our goals and are reading them at least once a day. This will keep us on track and keep us alerted for any opportunity to move toward our goals.

Every two or three months we should redo the goal setting exercise using the method in Chapter 4 and adjust our goals as needed. Flexibility is needed but **DO NOT GIVE UP** on a goal when the going gets tough.

Once our goals were clear, we needed plans to achieve these goals. Once we knew where we wanted to go, we needed a way to get there. This topic is covered in detail in Chapter 5, and a key point to remember is what we can do now to move us towards our goals. Also, don't forget that planning will include not doing negative things or any activity that moves us away from a goal.

The implication of planning is that it will lead to some activity!! We will have work towards our goals!! Success is the process, the striving, the working towards our goals. And, the greater the goal, the harder and longer we will have to work. Great results come from great efforts!

Our plans and the resulting activities must also fit our view of successful living. Recall that success means the growth and well being of ourselves and others. We cannot grow at the expense of others. Everything we do must promote the physical, mental, and spiritual well being of everyone. We are

responsible to ensure everything we do passes this critical test.

Our plans also must fall within the Great Commandment. Everything must be done with love as its method and its goal. At this point, plans and goals become one with love.

Once we had our goals and plans in place, the most crucial element in the Positive Direction System was added, attitudes, including a positive self image and spiritual growth. Once we knew where we wanted to go and how we were going to get there—and that what we were doing was right for us and others—we had to believe that we could actually do it!

In order for us to release the internal, natural success mechanism, we must have a healthy positive image of ourselves and the world around us. Additionally, we need ongoing spiritual growth. Chapters 1, 2, and 6 all cover this area thoroughly. If you are having problems in this area, re-read those chapters and try again.

We must focus on developing the key attitudes of commitment, honesty, humility, joy, happiness, and serenity. We must always look out for the positive, we must always look outward toward others, and we must always focus on right now. And, above all, we must develop attitudes of love and faith.

Even our attitudes must measure up to the Great Commandment of loving God first with all our hearts, minds, and souls, and loving our neighbor as ourselves. Attitudes of love and faith are the keys to successful living. Love and faith in action is living successfully.

The methods of attitude development and spiritual growth are a vivid visualization of our goals, a daily reading of our affirmation statement, plus a daily regiment of prayer. Constant effort is required to develop and then

maintain positive attitudes in the face of all the negatives we encounter in our everyday lives. It takes work to build the “faith” necessary to achieve our goals, but it can be done!

A critical point to always remember is there are things in our past and things that are beyond our control that we can’t do much about. But, we always control two things: our attitude and our activity. If we keep a positive attitude and we keep working, eventually we will reach our goal!! In fact, our goals, attitudes, and activities truly blend together in a totally successful life.

We must always remember the results we enjoy in our lives are gifts given to us by God. Positive Direction helps us till the soil and plant the seeds, but God makes the plant grow. Whatever results we get from the process of successful living are always best for us in the long run. This is true even though it may not appear that way at the time. We can expect adversity, but we must remember that God will always take care of us. We must always remember that we are not what we accomplish, but the good that we continue to try to do.

Positive Direction gives our life direction and purpose, not total control. It is the difference between domination and dedication, the difference between commitment and compulsion, and the difference between control and consecration. When we work to maximize our internal physical, mental, and spiritual powers, the external, material things take care of themselves.

The Positive Direction System may seem very simple and basic. Well, it is very simple and basic!! The art of successful living is not a complex, superhuman pursuit. It does require dedication and effort, but the concept is very simple. These ideas are not new; in fact, they are based in some of the oldest teachings from many cultures.

The only thing I ask of you as a reader is to give this system an honest try. Put some time and effort behind yourself and see what we can really do!! The future is yours, and the sky is the limit!! Good luck!