

IZENEYES

AND THE GOAL PROCESS



BY: MORRIS ANDERSON

SPECIAL EDITION FOR:

US DADS ORG

Izeneyes & the Goal Process

Introduction:

The process, as well as the driven desire, in which someone or something is improved with direct intent and dedicated purpose.

Izeneyes Definition:

This book is not written for everyone. It is crafted for individuals who genuinely aspire to create a positive impact in their lives and the lives of those they hold dear. Rooted in common sense and dedicated effort, this book embodies the essence of transformative change. Embrace the wisdom within! Izeneyes!

"He who takes offense when no offense is intended is a fool, and he who takes offense when offense IS intended is a greater fool."

Brigham Young

**Believe Greatly,
Achieve Greatly!**

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The Genesis of the Goal Process

The roots of the Goal Process trace back to 2006 when Coach Morris was deeply immersed in coaching gymnastics in the club he created and operated. His primary emphasis was on nurturing the self-esteem of his gymnasts, fostering their continuous growth. Over the past decade, marked by the challenges of divorce, these lessons emerged as Morris's steadfast inspiration, anchoring him to his greatest priorities: his children and their development.

Today, the fruits of this labor stand as a testament, an inspiration inviting you to elevate the quality of your life. Morris aspires for these invaluable lessons to resonate widely, especially among fathers across the United States. May the collective journey lead us all to achieve greatness and happiness together.

Izeneyes!

Special Dedications:

I extend my heartfelt tribute to every gymnast I've ever taught and every coach I've had the privilege to work with. The Goal Process was conceived with them in mind. It was born out of the opportunity to step into the gym, striving to help young athletes not only become better gymnasts but, more importantly, better individuals.

As a coach, my commitment was to bring out the best in each gymnast. Understanding that every personality presented unique challenges, I embraced the realization that no two individuals learn the same way. Hence, the one size fits all approach had no place. I left the gym contemplating diverse methods and practical techniques, devising a multitude of ways to teach the same skill to different individuals. The Goal Process became a tool to guide, instruct, and uplift.

With my coaching career in gymnastics now concluded, it is my profound honor and hope that the experiences I've gained can translate into something meaningful for you and your loved ones. Ultimately, I am the one who has been most enriched by this journey. I

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express my gratitude to everyone I've had the privilege to work with—for their efforts, progress, smiles, and, above all, the enduring memories I will always cherish. More than anything, I look forward to the goals the future holds.

Coach Morris



This edition is dedicated to the supporters of the US Dads Organization, a non-profit created by Morris Anderson and his children. As mentioned earlier, they have been significantly impacted by divorce and the family court system, witnessing a decline in the adherence to laws and a lack of concern for the safety and protection of children within the courts. It seems that family values have been lost in the judicial process.

The US Dads Organization strives to enhance the foundation of the family, beginning with the empowerment of fathers who can then foster better relationships with their other family members, building impervious bonds within the entire home and from sea to shining sea.

Additionally, US Dads aims to lobby our country and state legislatures for improvements in laws and their implementation, holding decision-makers accountable for their actions and ultimately contributing to the strengthening of American families.

Morris Anderson and Kids,
Founders:
USDads.Org

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Preface:

Happy individuals often share a common thread—a strong foundation of self-esteem fostered through what I've organized and labeled as the "Goal Process." This approach holds the key to genuine happiness by guiding you in setting goals, navigating challenges, and savoring the well-earned rewards of your efforts. While I teach the process, its true mastery lies within you, awaiting application within your schedule.

Personally, I find the greatest joy when I am productive, actively pursuing goals I've set for myself. Self-esteem, I believe, is a direct outcome of my choices and perspective. It is not a bestowed gift; rather, it must be constructed, earned, MAINTAINED, and upheld by oneself and for oneself. This essence of self-esteem transcends race, creed, religion, gender, nationality, or financial status. It is an impartial characteristic that everyone should be empowered to cultivate—an asset rarely taught.

True self-esteem, the greatest reward from any endeavor, hinges on a belief in oneself. The Goal Process provides the answer to achieving greatness by instilling a profound belief in oneself. Genuine self-esteem minimizes dependence on external circumstances or approval validations. Contrary to the misconceptions of laziness or entitlement, the Goal Process demands diligence, desire, work, and dedication.

Implementing the steps of the Goal Process not only heightens your likelihood of success but also enhances your knowledge, fostering greater progress with improved efficiency.

Remember, to achieve greatly, you must first believe greatly. The person you must believe greatly in is yourself. The Goal Process is the catalyst for this transformation.

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Goal Setting & Self Esteem Overview

Self-esteem, defined in dictionaries by various facets, fundamentally boils down to three key aspects:

1. A judgment or estimation of self-worth.
2. The way individuals perceive themselves.
3. A value linked to one's own standards, an inward perspective.

At its core, self-esteem is a personal perspective shaping one's emotions about their current self. It's a dynamic value, fluctuating based on the diverse environments and personalities encountered.

Many individuals fail to recognize the importance of self-esteem as a daily agenda for improvement, often overshadowed by pride, social status, or greed. Observing the world, you'll find that those with robust self-esteem often accomplish their goals. Power stems from individuals with grand visions of themselves, who confidently pursue their desires. Your display of self-esteem serves as a guide to others on how to treat you. Leaders, in essence, gain followers by first mastering self-command, earning respect and emulation.

Self-esteem is a constantly evolving value that demands daily attention, nourishment, and the opportunity to flourish. Neglecting it allows it to wither, akin to a plant without water or sunlight. Greater self-esteem is gained by setting and working toward ambitions, desires, and agendas. The eleven steps of the Goal Process provide a structured path for this journey. Despite the outcomes of your goals, the process itself offers numerous chances to boost self-esteem—self-improvement being the most significant dividend.

Neglecting self-esteem results in a diminished view of oneself, hindering the ability to achieve greatness. Every attempt becomes a futile use of time, a squandering of one's potential. Remember, time is a valuable resource; utilizing it wisely contributes to personal growth and the realization of meaningful goals.

The Goal Process

The Goal Process is much so a natural formula of progression, resembling a recipe for a satisfying meal. If followed correctly, it promises a rewarding outcome at the end of your efforts. This process is defined by eleven straightforward steps:

Steps of the Goal Process:

- 1. Identify All Your Wants**
- 2. Write Them All Down**
- 3. Refine and Prioritize Your List**
- 4. Define Each Goal's Obstacles**
- 5. Find Mentors**
- 6. Research-Study-Learn**
- 7. Prepare**
- 8. Work**
- 9. Monitor Your Progression**
- 10. Celebrate Success**
- 11. Become A Mentor**

While seemingly elementary, the Goal Process can sometimes pose its greatest challenge in the initial decision to "do it." From this point forward, it's your personal decisions, accountability, and dedication that will define the difference between who you are and who you choose to be.

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Prelude

Q: What Is A Goal?

A: A goal is an objective, aim, ambition, or purpose—an item to acquire, an aspiration, or a defined status. It represents a desire in action for improvement or achievement, serving as a target to work towards.

Q: Where Do They Come From?

A: Goals come from people who believe there is more to achieve or become beyond their current circumstances. They stem from the inherent human drive to pursue improvement and fulfill aspirations.

Q: What Do They Cost?

A: Goals, in themselves, cost nothing. However, the absence of goals can come at the expense of one's self-esteem and personal acknowledgment of happiness. While setting goals is free, the lack of goals may have detrimental effects on an individual's well-being.

Q: Who Needs Them?

A: Everyone needs goals. Goals play a vital role in increasing and continually enhancing self-esteem. As goals progress, self-esteem becomes stronger, leading individuals to aim for even greater achievements, creating a perpetual cycle of growth and fulfillment.

On the Goal Process:

The Goal Process is presented as a way to increase self-esteem repeatedly. As goals progress, self-esteem becomes more defined and stronger. The analogy of Newton's laws is employed, highlighting the idea that, like motion, once you are in motion with your goals, the momentum tends to continue. Conversely, when you are at rest, there is a desire to remain at rest. The key is to strive to keep goals in motion for ongoing personal development.

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Why People Set Goals:

Goal setting is considered a fundamental aspect of human existence, distinguishing humans from other living creatures. Humans possess the unique ability to set goals and strive to change their circumstances. This innate capability is deeply ingrained in the human experience, contributing to a sense of fulfillment and self-improvement.

Lucius Annaeus Seneca, a Roman philosopher from 4BC-65AD, reflects on the idea that humans, unlike other creatures, go beyond basic needs. He suggests that humans have a natural inclination to pursue more, to create, and to value things beyond necessities. The desire for progress and improvement leads to the development of goals and the pursuit of a better life.

“Was it not enough for man to provide himself a roof of any chance covering and contrive for himself some natural retreat without the help of art and without trouble? Believe me, that was a happy age, before the days of architects, before the days of builders! And further: For the limit everywhere corresponded to the need; it is we that have made all other things valuable, we that have made them admired, we that have caused them to be sought for by extensive and manifold devices. . . . That moderation which nature prescribes, which limits our desires by resources restricted to our needs, has abandoned the field.”

Throughout history, human life has evolved significantly due to the pursuit of something better. Goals have been instrumental in driving accomplishments, improvements, and societal progress. This contrasts with other animals, which primarily survive on pure instinct, passing down identical and equal behaviors from one generation to the next.

Seneca emphasizes the diversity of individuals in terms of goals, perceptions, and ideas. Each person possesses a unique certificate of individuality, and this

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uniqueness is a gift—referred to as Individualism and Agency. Society, however, often exerts pressure to conform and shape individuals into standardized, "cookie-cutter" personalities to meet predefined norms of acceptability for a particular group or society "norm."

The metaphor of a cookie cutter illustrates the impact of complete conformity. In a cookie-cutter world, every individual becomes identical, with no distinguishing features, uniqueness, or value separator. People are not replicas of one another; instead, they each individual contributes diverse and specific personalities to the world.

In essence, the celebration of individualism and the freedom to view and choose as one understands are highlighted as essential attributes that make each person unique and valuable in one aspect or another. This section encourages embracing individuality rather than succumbing to societal pressures to conform.

Mankinds Limited Similarities

Acknowledged, there exist numerous shared human attributes contributing to a sense of commonality among individuals. These similarities encompass the physiological functioning of our bodies, the imperative for safety, and a mutual appreciation for social connection.

In 1943, Abraham Maslow meticulously categorized the fundamental similarities and curiosities inherent to every individual. His exploration delved into the requisites for each of us, recognizing humans as a species inherently inclined towards tribal and social interactions.

Maslow's scrutiny of the human mind and brain underscored their intricate operations. The principal controlling organ orchestrates multiple parallel processes, with thousands of nerves and emotions functioning simultaneously. Consequently, a myriad of motivations stemming from various levels of Maslow's hierarchy can coexist.

Addressing satisfaction, Maslow employed terms like "relative," "general," and "primarily" to delineate the foundation of each individual's essential similarities. The hierarchy commences at the base, progressively building

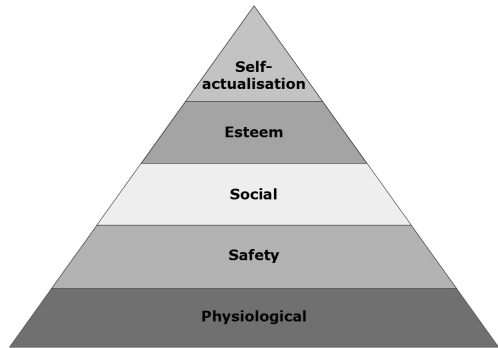
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upwards.

Contrary to the notion of individuals singularly focusing on a specific need, Maslow posited that a particular need "dominates" the human organism at any given time. Thus, Maslow's focus centered on identifying the fundamental types of motivation and establishing the hierarchical order in which they should be addressed.

Exceeding Similarities to Differences

The Goal Process serves as a roadmap to a lifetime of genuine happiness. In the pursuit of Maslow's pinnacle, Self-Actualization, each individual naturally transforms into a distinct and unique persona. The process of attaining goals stands as the most formidable impetus, propelling the world forward. Indeed, the forces embedded within the Goal Process have wielded the power to move mountains, shaping the world's landscape with man's visions, work, and progress.



The utilization of the Goal Process represents an individual's most accessible and inexhaustible resource on Earth. Its potency, when harnessed to its fullest, unfolds with a transformative energy that defies exhaustion. Use it to its fullest advantage, and it will work like magic.

Two Facets of Happiness

In the book's preface, I assert that the Goal Process is employed by "happy people." However, it is crucial to recognize and comprehend the two primary facets within the realm of happiness: Pleasure and Joy. These terms are often used interchangeably, yet they bear profound distinctions in their essence.

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Pleasure:

Pleasure encompasses delightful activities, typically momentary and time-bound. Engaging in pleasurable activities, such as playing video games, watching sports, pursuing hobbies, or socializing with friends, provides enjoyment during the activity. Once the pleasurable pursuit concludes, the mindset reverts to its previous state, whether you leave that scenario improved or not. While pleasures offer temporary relief from challenges, they do not fundamentally alter one's identity, self-esteem, or address overarching issues.

Although not transformative, pleasures hold significance in creating memorable experiences and fostering crucial friendships. They serve as brief respites from the routine, allowing a momentary escape from life's demands to regain focus and perspective. However, it's essential to exercise caution, as pleasure-based happiness is inherently transient. When a person utilizes pleasures as a mask for a perceived lifestyle, they greatly harm their self-esteem; especially if the facade degrades and reality is seen beyond the image they tried to present to the world.

Joy:

Joy, on the other hand, is an outcome—a heightened sense of self-worth and profound self-understanding. Even after the activity concludes, joy leaves behind a lasting feeling of self-recognition, a sense of improvement, or lessons learned through endurance or unanticipated scenarios.

Happiness, derived from fulfilling requirements with the potential to impact self-esteem or life circumstances positively, marks the key distinction. The crux lies in accomplishing something personally significant. Pleasure and joy may intersect, and undoubtedly, pursuing goals will bring moments of pleasure. However, joy persists beyond pleasurable moments, enduring trials, tears, and turmoil because it is rooted in a profound understanding of one's purpose, whether they lead a crowd or stand alone in solitude.

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When embarking on your goal-setting journey, discerning between Pleasure and Joy is paramount. With this foundational understanding, you are poised to apply the Goal Process effectively. Focus on your efforts. Leave luck behind, for happiness isn't a product of luck; pleasures are.

"Diligence is the mother of good luck."

Benjamin Franklin

The Golden Means:

An ancient Greek philosophy, eloquently expounded by Aristotle, underscores the importance of situating oneself at the midpoint between two extremes. In this philosophical framework, there exists an upper threshold and a lower threshold, and the most favorable position is found at the equilibrium—the "Sweet Spot." This equilibrium is characterized by moderation—neither too much nor too little. Anything falling below the minimum threshold is deemed inadequate, and anything exceeding the maximum threshold is likewise deemed excessive.

The essence of the Golden Means is an indispensable element woven into every facet of the Goal Process. Straying too far beyond either threshold introduces imbalance, emphasizing the need for a delicate calibration between extremes. Consistent oscillation between various concepts becomes a rhythmic dance, fostering an average balance to ensure optimal outcomes.

Example: When driving a car and aiming to maintain a constant speed, it becomes necessary to apply more power when navigating an incline. Inadequate power results in an inability to ascend to the hill's summit. Conversely, when descending steep mountains, one must engage braking resistance to prevent surpassing a safe operating speed. Life mirrors this driving scenario, teaching us the art of maintaining a steady pace – knowing when to apply power and in what measure, and when to implement resistance, all in balanced proportions

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without overwhelming pressure.

Before delving into the intricacies of the Goal Process, it is imperative to grasp three fundamental aspects. These serve as guideposts, steering you toward a judicious approach to your actions. Recognizing these principles not only ensures safety but also enhances efficiency. Applying these rules becomes a linchpin for elevating your Self-Esteem, a critical element in achieving the desired results of any goal. The journey toward success is not only about reaching objectives but also about maintaining equilibrium throughout the process and keeping well within the thresholds of the Golden Means.

Misery:

Certainly, the word "misery" does not resonate very positively, with the exception of sadistic personalities, to whom this book is not catering. It is the absolute opposite of both Pleasure and Joy. Misery is the natural default of how one feels when either form of happiness is denied. It occurs as a result of bad actions or from the lack of accountable actions. Misery is the consequence of outcomes where improper logic was applied or when choices lack guidance or direction toward a set goal. Essentially, misery has many avenues through which it can creep into your life and may linger if not forced out. In summary, misery is powerful and painful.

Prioritizing the avoidance of misery is crucial! While it may not be entirely avoidable, taking proactive steps can significantly minimize and, to a large extent, prevent it in the future. Even in the face of life's inevitable challenges that impose a form of misery, there are powerful lessons to extract from those feelings, providing valuable insights for future changes leading towards happiness. By learning and following the Goal Process, you will likely find that you've managed to bypass a considerable amount of potential misery, leading to a more fulfilling and content life.

Gifts & Rewards

Gifts and Rewards yield additional benefits to our lives, offering more than our initial possessions. They contribute to the expansion of our personal inventory, typically in the form of material items. Despite sharing this common outcome, the processes underlying the creation of these gains differ significantly in their origins, purposes, intentions, and implications for self-esteem.

Gifts, in particular, hold unique significance when either given or received. The essence of a gift lies in its transfer between individuals, embodying a gesture of appreciation and value towards the recipient. While the value of a gift isn't solely determined by the intrinsic price of the item, it encapsulates the emotional sentiment associated with how one person values another. Often, the act of giving a gift serves as a means of self-expression, conveying our appreciation for someone else and symbolizing the investment of our time, thoughts, and efforts.

Giving Gifts

When you sincerely give a gift, you invest time and consideration for the betterment of someone else. As emphasized in the Goal Process, your time is valuable, and it's crucial to prioritize it for what and who matters most. The subtle message conveyed through giving a gift is a communication to the recipient that they are genuinely worth your time and departing of your possession for THEIR gain. Your happiness holds significance to them. The aim is to make them feel and understand their importance in your life.

A gift is typically a thought-out item that you believe would be helpful or appreciated by the intended recipient. Gifts extend beyond material items or money; they often involve the time spent with someone, performing a task that, while immaterial, is beneficial to them. While trinkets or items can become symbols of sentimental value, the act of giving often serves as a meaningful connection between individuals.

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The challenge in giving a gift lies in the possibility that its reception may not be appreciated or recognized in the way you wish it to be. It is crucial to give a gift freely, without expecting anything in return. This will maintain its essence as a genuine expression of care and thoughtfulness.

If a gift is given with the expectation of reciprocation by the recipient, it ceases to be a true gift and may be perceived as an investment, manipulation, or concealed bribe. Genuine giving comes from the heart, devoid of any tallying or tracking after the offering. Over time, keeping a record of gifts diminishes the value of the giver. Give because you genuinely want to, as it contributes to your Self-Esteem as well, reflecting that you possess something of value to share with others.

When gifts are given with the intent to enhance the worth of someone else, both parties benefit from the exchange. The recipient feels valued, while the giver finds satisfaction in knowing they have positively impacted another person through simple generosity.

Conversely, when "gifts" lack proper intent, both parties are vulnerable to become victims of the situation. The recipient may unknowingly acquire a perceived "debt," and the giver might harbor resentment in return in what they perceive to have been a "loss."

Receiving Gifts

The reception of gifts varies among individuals, and at times, it can be challenging to express gratitude or fully understand the effort the giver invested in providing the gift. As the recipient, you didn't contribute the time and effort that resulted in this positive addition to your life, making it sometimes challenging to grasp the full meaning intended by the giver.

It's important to acknowledge that a gift is a thoughtful gesture from someone who considered you. A minimum expression of gratitude, such as a sincere 'Thank You,' suffices when the gift is genuine. Recognizing the gift for what it is, without feeling the need for reciprocation, maintains the essence of the act of giving.

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Accepting gifts benefits both the recipient and the giver. The act of receiving a gift serves as external validation of how someone else values you. This external validation can be one of the most significant gifts you receive. Thanks to someone else's thoughtful gesture, you now possess something of increased value. There are instances where you may be unable to reciprocate the gesture, and that is acceptable. A genuine giver presents a gift with the expectation that it is for you, not merely for themselves.

Earned Rewards

The distinction between a gift and a reward lies in their origin and transferability. Unlike a gift, which involves receiving a gain from someone else's actions, a reward cannot be freely transferred from one person to another. Instead, a reward is something that must be earned through individual choices and actions. While a reward may manifest as a physical possession, it's not always material.

Rewards are outcomes that are predetermined based on specific actions. The key element is the direct correlation between the action taken and the subsequent reward. This system of earning reinforces the principle that the effort invested contributes directly to the achievement of the desired result.

Mutual Rewards

In various instances, a mutual arrangement unfolds where two parties engage in a discussion centered around action and outcome – essentially, work and pay. In this dynamic exchange, both sides contribute and sacrifice, creating a reciprocal relationship. A tangible example of this reciprocity is evident when you step into a store; here, you exchange your money for a product or service, constituting a mutual trade. Should the price exceed your perceived value of the product, you may choose to forego the purchase.

Conversely, if the product's value surpasses the price, you gladly part with your money, reveling in the

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satisfaction of a good deal. This concept underscores the universal appreciation for exchanges that mutually benefit both parties involved. Thus, a mutual rewarding transaction for both parties.

Know Your Worth

Understanding your worth is pivotal, yet the challenge lies in the diverse ways individuals perceive and value rewards. Worth, inherently tied to time, becomes a powerful currency in the intricate trade for rewards that shapes your life. The key lies in how you negotiate this exchange, recognizing the nuances in your values and the possibilities your potential rewards hold.

By comprehending and applying the steps of the Goal Process, you pave the way to enhancing the rewards that will define your life's trajectory. This structured approach becomes a compass, guiding you towards a future brimming with accomplishments and fulfillment. Your worth, reflected in the time you invest, is the determining value in this exchange.

Elevating your rewards is not only a matter of strategic time investment but also a journey of personal growth. Increasing your knowledge and fostering a willingness to assist others becomes a catalyst for this transformation. In this pursuit, the Goal Process emerges as a tool that not only amplifies your understanding of worth but also propels you toward a lifetime of enriched rewards.

Laziness

The dichotomy between laziness and efficiency, or complacency, stands as one of the most detrimental influences on any goal. Laziness transcends mere inaction; it encompasses even a 99 percent effort toward a goal. True dedication demands a complete commitment, a 100 percent effort, as that remaining percentile holds the potential to unravel the progress you've painstakingly achieved.

Embracing laziness forces reliance on others for the fulfillment of your goals. While assistance is often willingly offered, it is imperative not to let external help impede

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your self-improvement journey. Maintaining a minimal reliance on others and maximizing your self-reliance is essential. Laziness not only increases the workload for yourself but burdens others unnecessarily. It also jeopardizes the potential for goal fruition if others can't or won't help you.

To combat laziness, strive to undertake tasks within your capacity rather than shifting the responsibility onto others. Though assistance may be available, refrain from allowing it to hinder your personal growth and self-esteem. Avoid the trap of laziness, and you'll not only minimize unnecessary work on your part but also foster an environment where collective efforts contribute constructively toward shared goals.

Efficiency stands as the antithesis of laziness. Its ultimate aim is to propel goals, agendas, or processes forward at an accelerated pace while minimizing the investment of time and resources. Achieving maximum efficiency necessitates substantial effort and thoughtful planning. The hallmark of efficiency is the transition from personally executing tasks to having external factors perform actions that once consumed your resources. This shift might give the impression of laziness, but it is, in fact, the result of meticulous efficiency.

Efficiency is an art form born out of the desire to achieve more within a specified timeframe. It signifies a strategic approach to task management and resource allocation. The true beauty of efficiency lies in the liberation it offers, enabling you to redirect your energies toward higher-value activities. While onlookers might perceive a semblance of laziness due to the reduced personal involvement, the reality is that efficiency is a purposeful and deliberate strategy to optimize productivity and yield greater results.

Generosity

Generosity is the act of caring for others and providing assistance when needed. However, there exists a delicate balance, as generosity can inadvertently transform into an expectation on the part of the recipient. In such

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instances, the well-intentioned individual may unknowingly foster laziness in the person they are trying to aid. It is crucial to exercise caution in your acts of generosity, ensuring that your kindness does not lead to being taken advantage of or to incidentally hinder the recipient's growth and learning opportunities. Striking a balance between compassion and enabling is essential for fostering a healthy and constructive environment.

More of this is covered in the section of becoming a mentor.

Value

Value permeates every aspect of life, manifesting in diverse forms ranging from the "expensive" to the "cheap," the "free" to the "worthless." These distinctions are subjective judgments, shaped by individual perspectives on what holds significance in one's life.

The allocation of resources for obtaining something varies among individuals based on their unique priorities. Some objectives may be adequately served by lower-quality items, while certain aspirations may demand substantial investments for enduring outcomes. The temporal nature of value is also a critical consideration; some things hold great importance in the short term but depreciate rapidly, while others necessitate prolonged efforts for lasting results.

The key to assessing the value of anything, whether it be an object or a person, lies in understanding your goals. Without a clear destination in mind, acquisitions risk being futile or misplaced. A focused mindset, grounded in goals, not only assigns value to possessions and time but also cultivates a sense of Self-Esteem through purposeful living. Only by understanding the value of several different things at once are we able to prioritize our time and resources to best accompany our efforts in our current status.

Three-Requisites of the Goal Process

Requisite 1: Do Not Get Hurt

At times, individuals impulsively act without considering the potential consequences, leading to undesirable or even painful outcomes—misery ensues. Adhering to the fundamental rule of prioritizing your well-being significantly enhances the likelihood of successfully reaching your goals. Consider professional athletes as an illustrative example. An injured athlete, unable to perform or progress, temporarily loses their athletic identity. In the meantime, they are not athletes at all, but patients in waiting. Instead, they find themselves focusing on healing rather than achieving. Careers and occupations can suddenly dwindle to nothing due to an injury.

2) Do Not Hurt Others

Once again, individuals sometimes act impulsively, inadvertently causing undesirable and painful outcomes for others. This situation becomes even more distressing when you realize the impact of your actions on those you care about. The lingering guilt resulting from the pain you've caused others can be overwhelming.

In this interconnected world, the effects of your actions ripple through your network of relationships. It's crucial to recognize that in the dynamics of human interactions, there are those who act and those who are acted upon. As you exercise your freedom to act, you inevitably involve others who become the subjects of your actions. This interpersonal dynamic has a political aspect within each of us. When influencing others, it's essential to consider their thoughts, feelings, emotions, assets, goals, and desires, fostering a more empathetic and mutually beneficial environment.

Considering a self-driven perspective, accidentally harming someone, whether physically, emotionally, or financially, means damaging a potential resource that could have contributed to your own future success. A person you may have, or outright, offended will reject helping you. You never know who you will need in the

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future and how they may assist you if they have only had good experiences with you. It is worth thinking of others throughout your actions.

3) Do NOT Let Others Hurt You

This rule boils down to maintaining awareness of your surroundings and the people in your shared environment. While the majority of individuals have sincere and polite intentions, they are still capable of making choices that unintentionally result in, accidents, discouragement or pain for you and others.

As mentioned before, there are entities in this world that act, and there are those that are acted upon. It's essential to remember that others also have the freedom to act, and they may make choices that involve you as a resource, an asset, or a target. Assuming you have followed the previous rule, treating others with respect, you are less likely to become the unintended negative outcome, oversight, or collateral damage of their choices.

Human nature dictates that some people harbor cruel intentions for various, and often times unknown reasons. Sadists, (a person who derives pleasure or gratification, from inflicting pain or humiliation on others) seek to disrupt, hurt and/or destroy what is around them.

If someone is intentionally trying to harm you, avoid them with as much distance as possible. They have nothing to lose and pleasure to gain. It's a game to them and you become their favorite toy to bat around.

If avoiding them is not possible, it becomes imperative to limit their impact. You, as an individual, have every right to defend yourself from such aggression. Self-protection is crucial in such situations; otherwise, you risk becoming their victim. Being a victim hinders goal achievement and often results in significant losses.

While victimization isn't always preventable, staying aware of potential threats and those who may wish to harm you is crucial. Sometimes, experiencing a mild victimization is the only way to identify a bully. In such cases, following the Goal Process can help you make the most of the situation and minimize potential losses.

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However, always be aware of those around you, learn their agenda best you can, and follow their actions to know when to avoid someone or when to help them.

Socially Misconstrued Words

English words are frequently misused in their meanings or definitions. For the purpose of the Goal Process, here are more precise definitions for contemplating certain words.

Stupid: A decision made by an individual who is aware of right and wrong yet chooses an option that they know will obstruct their progress in pursuing their agenda.

Smart: A decision made by an individual who is aware of right and wrong and subsequently selects an option that will aid them in advancing toward their agenda.

What is Ignorance? I don't know. Literally, it means being unaware of the result of a choice at the moment that choice is enacted. Ignorance, in its essence, has both positive and negative aspects. When engaging with thoughts, ideas, and theories, we venture into a realm of ignorance to generate results and derive lessons from them. Subsequently, we correlate these results back to our actions.

Society often criticizes ignorance, yet it's crucial to recognize that each individual starts at the same level of ignorance at birth. We all commence our journey from this common point, progressing through life lesson by lesson. Let's delve into how this initial ignorance shapes us into the individuals we become.

Due to ignorance, humanity forged its first mathematical equation of life: If=Then?. "If I do this, Then what happens?"—the common thread of curiosity. This inherent curiosity drives us to expand our knowledge, dispelling the unknown to overcome ignorance. The acquisition of information from our ignorant-based tests elevates our Self-Esteem. We take pride in who we are based on what we've learned through trial and error.

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In the process of learning, we discover our capability to make decisions and influence our environment and others. When our curious minds establish connections between different aspects, an epiphany transforms ignorance into knowledge. We acknowledge and relish the ability to learn and thrive on the power to choose. Naturally, we start combining variables and functions to further explore various unknown outcomes.

This exploration leads to the creation of more advanced mathematical formulas like $a+b+c=d$ or $a*b*c=e$. By confronting our ignorances, we generate results that didn't previously exist in our lives.

It's important to note that people themselves aren't labeled as smart or stupid, but their choices may be. This categorization is entirely contingent on their goals and knowledge. While observing others, you might classify their decisions as smart or stupid, but rarely as ignorant even if they obviously are.

What is an Idiot

The term "idiot," unfortunately, is one that doesn't stay ignorant. Experiences typically transform one's ignorance into knowledge. However, when an individual fails to translate their experiences into knowledge, they remain in a cycle of repeating identical mistakes. To a certain degree, we all carry some idiocy, and our individual "learning curves" vary across different aspects and topics, denying the outcomes we hope to achieve.

There are instances when we need 2-3 repetitions to establish connections between variable relations and different concepts. Surprisingly, realizing that you've been an idiot can be the most profound lesson, paving the way for meaningful changes of your limiting paradigms. Embracing this awareness allows for the opportunity to break the cycle and make more informed decisions in the future. Thus, exiting the realm of remaining an idiot.

"We cannot solve our problems with the same thinking we used when we created them."

Albert Einstein

What is Retarded

The term "retard" functions as a verb, indicating a condition in which progress or development is impeded or delayed. For instance, when we say to "retard a fire," it means to halt its advancement and prevent it from spreading further.

What is Selfishness

Selfishness, often wielded as a pejorative and derogatory term. However, selfishness is a life characteristic with a subtle double standard. When one accuses another of being "selfish," it typically implies one of them is in an attempt to absorb more resources, if not both parties—whether money, material goods, attention, or time—than the majority of those around them. This individual may push the average beyond societal thresholds, earning the label of "selfish."

Ironically, society tends to label selfishness as entirely negative. Those enforcing this judgment may themselves exhibit high levels of selfishness, tinged with hints of jealousy and greed. Frequently, those condemning others for selfishness have exceeded the Golden Means, revealing a hypocritical stance.

Contrary to the negative connotation, a certain degree of selfishness is essential for happiness. Throughout this book, the focus has been on the reader—on you. Embracing this form of selfishness is crucial for personal growth and the development of the ability to help others. Acknowledge that everyone, to a large extent, is selfish. Understanding and applying the Goal Process can channel this selfishness in the right ways, fostering personal success and contributing to the betterment of humanity. By maintaining your selfishness within the Golden Means, especially in your interactions with others, you can effectively give and receive rewards and gifts for mutual benefit.

Understanding Charity

Charity embodies the act of one person recognizing another's unmet needs and willingly bridging the gap at

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personal cost. This assistance can take various forms—whether in the form of money, food, clothing, tools, or the invaluable contribution of time. Charity represents the essence of genuine human love and is considered the highest form of assistance one can offer to another.

While charity is often perceived as the antithesis of selfishness, within the Goal Process it is viewed as the proper completion of selfishness within the Golden Means. To provide charity, an individual must first accumulate surplus resources through acts of strategic selfishness. In this light, charity becomes a manifestation of having more than enough, enabling one to alleviate the needs of others without descending into despair themselves.

In contrast, an caring individual lacking the means to give may unwittingly adopt the role of a martyr, attempting to be helpful but constrained by their limited resources. On the other hand, a mentor, having embraced strategic selfishness, may be able to consistently and meaningfully contribute to others. Unlike mentors, martyrs may find themselves limited to offering charity only once, underscoring the significance of their singular contribution.

The crucial factor here is striking a balance between strategic selfishness and charitable acts. This equilibrium ensures the optimization of positive outcomes for both the giver and the recipient. Recognizing the delicate interplay between these aspects allows for sustained, impactful generosity without compromising one's own well-being or trading one bad scenario for another to enter a bad scenario.

Protecting From Pirates

In the realm of reality, there exist individuals who engage in the act of stealing, wrongfully seizing possessions that rightfully belong to others. Whether referred to as pirates, thieves, bandits, or robbers, these individuals pilfer the positive elements in our lives, preventing us from utilizing, valuing, appreciating, or sharing them as we wish. Essentially, these "pirates" act as cancer cells within society, preying on the well-being of

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the healthy cells surrounding them.

It is instinctual for people to establish defenses against such predatory personalities seeking to plunder their belongings. We resort to hiding items, implementing combinations and secrets, and creating keys for limited access. Extensive alarm systems are attached to warn of potential breaches, reflecting a fundamental lack of trust within our human race of one another.

Ironically, we often take more precautions to safeguard our physical possessions than we do for those intangible aspects that are even more personal and challenging to steal. Unless we willingly allow them to be taken from us, these invaluable assets include our Time, our Priorities, and our Energy.

Protect Your Time

As emphasized earlier and reiterated hereafter, your TIME holds incredible value. Numerous subtle pirates relentlessly plunder your time without you even realizing their existence. Time, which once flowed freely, is now consumed by your incessant drive to "get things done," often neglecting the significant consequences of what transpires during those moments—a critical determinant of your Self-Esteem.

Upon implementing the Goal Process, you gain the ability to distinguish your true Time Treasures from Time Pirates. Swiftly discerning what contributes to your progress and what constitutes a waste of your time allows you to make decisions aligning with your goals within the Goal Process.

While other people play important roles in your life, they, too, will inevitably occupy portions of your time. Some demand it dramatically, while others subtly and nonchalantly make use of it. Many struggle to utilize their own time wisely, consequently dominating yours and inadvertently transferring their issues into your schedule. It's not that these individuals are problematic; chances are, you do the same to them at times. Despite how bad this sounds, we often label this dynamic as friendship.

Distinguishing who values your time when they need

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you versus those who disregard it, despite your "niceness," is crucial. Time shared between two people is well spent when there's mutual appreciation.

Ironically, the most formidable time pirate is often oneself. Without adhering to the Goal Process, you risk being oblivious to the fact that you're squandering your most valuable resource. It's easy to veer off course into prolonged activities for momentary pleasure, especially when lacking a clear direction. Operating without goals is akin to a moth drawn to a burning flame. Poof, your time is gone.

In the subsequent stages of the Goal Process, we'll delve into strategies for allocating time blocks, ensuring a balance between activities that bring joy and those that offer momentary pleasure.

Protect Your Money

In the pursuit of acquiring wealth, your initial investment was time. Safeguarding your money is not just about protecting your financial assets but also preserving the time invested to earn it. When others abscond with your money, they're essentially pilfering the time you dedicated to earning that income—a double theft. Additionally, ensure you are rightfully compensated for your efforts. Pirates come in various forms, employing diverse tactics to rob you. Especially when it concerns finances.

Furthermore, as detailed in subsequent stages of the Goal Process, scrutinize how you allocate your funds. The items you choose to purchase reflect not only your spending habits but also the value you assign to your time. Investing in low-value items implies that the time spent earning the money was deemed of lesser worth. Protect your financial resources, as they serve as a reflection of your true value.

Protect Your Priorities

Throughout the day, weeks, and months, you'll need to allocate specific times for various tasks. Clearly, some activities hold more significance than others, while some

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are more enjoyable or, conversely, dreaded. The order in which you choose to tackle these tasks can significantly impact your Self-Esteem. It's crucial to discern between Joy and Pleasure when establishing your priorities.

Frequently, external influences may dictate what, how, and when you should accomplish certain tasks. Without implementing the steps outlined in the Goal Process, you might easily deviate from your schedule due to external pressures. For those committed to the Goal Process, a more deliberate approach to prioritizing tasks based on personal objectives becomes possible. Not everyone's opinions should carry equal weight in guiding your schedule. Some demands are non-negotiable, while others can be postponed or even disregarded. While this might not always seem considerate, prioritizing your own selfish happiness necessitates making such distinctions, and the Goal Process serves as a valuable tool in identifying them in a correct manner to be most beneficial to yourself and others who require your attention too.

Protect Your Energy

On certain days, your enthusiasm may soar, while on others, you might feel like you're dragging yourself across the ground, making little progress. Numerous factors contribute to these fluctuating energy levels, and some tasks on your agenda demand higher energy levels than others. In addition to safeguarding your priorities, it's essential to protect and wisely allocate your energy to ensure it's directed where it is most needed and productive.

Ensure that your highest energy levels are devoted to the goals that hold the most significance for you. Steer clear of getting entangled in drama that saps your energy and impedes daily progress. Identify your peak energy periods and align your schedule with goals that demand higher energy levels during those times. Similarly, recognize goals that necessitate lower energy output and slot tasks associated with those objectives into the corresponding schedule frames. By strategically allocating your energy, you enhance your efficiency and maximize

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productivity.

When you fall ill, your energy becomes entirely consumed by the process of recovery, leaving little room for accomplishing tasks. The challenge intensifies as time continues unabated, regardless of your ailments. Consequently, once you recover, you find yourself in a catch-up game, expending more energy than usual to compensate that lost time. This cycle can be draining. Even during downtimes, there are tasks within the Goal Process that can be addressed. Stay connected with your goals, ensuring continual progress, whether in good or challenging times. Failing to find a path of progression should never be an option.

Protect Your Health

Your body stands as the sole asset you unequivocally possess, akin to time. Safeguard its health and fitness with utmost care. Given the intricacies of your body's requirements, nourish it with the essential ingredients that fuel the energy in your DNA cells. Optimal health facilitates the efficient metabolism of these ingredients, nurturing not only your well-being but also aligning with the vitality necessary for your goals.

Educate yourself on what promotes health and what poses risks to it. Armed with this knowledge, you empower yourself to make intelligent choices in managing your most invaluable asset. The pivotal question emerges: "How can you achieve greatly if you don't first feel greatly in yourself?" If you don't feel well, you don't work or achieve well either. In the realm of health, your performance is intricately tied to your well-being.

In your battle against the metaphorical pirates of life, it's imperative to rid your existence of substances deemed harmful by the law or common knowledge. Eradicate dietary habits that drain your energy or impede your body's seamless conversion of energy into action. Commence a regimen of suitable exercises tailored for optimal body performance, a practice that aids in purging your cells of toxins naturally generated through the

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metabolism process. This strategic approach not only fortifies your physical well-being but also equips you to confront life's challenges with renewed vigor. The bigger problems get tremendously smaller when you do the smart things to eliminate those pirates from your day.

Now, embark on the journey to grasp the Goal Process:
Step 1:

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Step 1: Identify Your Wants

Just take a moment and THINK about all the things you really want, like, and enjoy out of life.

That's it for Step 1 and Identifying You Wants.

So simple, it's often ignored though we do it all day long. This uncomplicated step is instrumental in understanding your preferences and aspirations. It essentially transforms into your roadmap for potential self-definition. Many groundbreaking inventions have originated from individuals identifying their desires and subsequently employing well-thought-out solutions to attain them. As you navigate through your thoughts, you may stumble upon the seed of the world's next groundbreaking idea. Take the time to discern what you genuinely want and unearth the foundation for your self-defined future.

"The value of an idea lies in the using of it."

Thomas Edison

The Lost Souls

Many individuals find themselves adrift in the vast uncertainty of life, unsure of their aspirations even when they yearn for more. These lost souls often encounter repeated frustration, having invested significant time without tangible progress. Their journey is marked by capricious choices, unwittingly stepping into territories they wish they had never explored.

For the "whim riders," happiness is often equated with the pursuit of pleasure in every situation, embodying a hedonistic philosophy. Lost souls, adept at extracting joy from sporadic moments, as they struggle to derive satisfaction from the core of their being. The highs of exuberant pleasure are matched by lows of deep-seated depression when the mood needle swings the other way.

It's crucial to recognize that pleasure is ephemeral, fleeting with our temporary time, while joy persists, even in the face of adversity. If you find yourself wandering

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among the Lost Souls, embark on a journey of self-discovery through Step 1. Despite navigating rough terrains, joy plus pleasure can still be found when you are aligned with your purpose.

During Step 1, suspend disbelief and ignore the constraints of reality. The goal is to envision a future version of yourself that doesn't currently exist. Allow your goals to be grand and seemingly insurmountable; they are, after all, reflections of your ideas, thoughts, and dreams. Embrace the vast realm of possibilities and impossibilities. Take a moment to document these aspirations and revisit Step 1 frequently, nurturing your imagination and capturing random ideas as they materialize.

Common Goal Types

The conventional wisdom imparts the significance of embracing a three-tiered approach to goal-setting: long-term goals, short-term goals, and step-by-step intermediate goals strategically interwoven within broader objectives. Each achievement acts as a springboard, fostering the momentum required to propel you seamlessly into the next phase of your journey. This strategic spectrum lays the foundation for a purposeful and progressive path toward success.

"Just because something doesn't do what you planned it to do doesn't mean it's useless."

Thomas Edison

3rd Party Wants & Cookie Cutters

It's crucial to embrace your desires, preferences, and aspirations without succumbing to the scrutiny of skeptics who might attempt to mold your dreams into their preconceived cookie-cutter notions. Some skeptics might assert that wanting more implies greed or neediness, offering unsolicited advice like, "Be grateful for what you have." While gratitude for current possessions is important, it's equally essential to reject external judgments attempting to confine your ambitions within

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their narrow perspectives.

In the face of such criticism, remember that these opinions are often shaped by the critic's own limitations and expectations, projecting a cookie-cutter framework onto your unique journey. These critiques may serve as barriers intended to force your conformity to their standards, not yours. Resist the urge to impose such constraints on others, recognizing that this behavior can hinder rather than help.

Critics who aim to limit your potential may harbor jealousy, falsely believing that pulling you down elevates themselves. In your pursuit of greatness, be aware of these dynamics, as others can inadvertently become a formidable obstacle on your path to success. Further insights on handling jealousy can be found in the Appendix.

Dedication Over Wishful Thinking

Embarking on a journey often begins with a single step, typically taken at Step One of any goal. Unfortunately, this is also the stage where many aspirations languish, replaced by statements like "I wish..." or "It would be nice if..." Mere desire or wishful thinking, while essential as a seed, is insufficient to propel your goals forward. The key lies in nurturing that seed with unwavering dedication.

Dedication is often lacking for various reasons:

1. Wishful Thinking: If an idea remains a mere wish without transforming into a concrete goal, it's likely to fade away naturally.

2. Ignorance: Lack of awareness that success is achievable can keep the pursuit of a goal dormant.

3. Prioritization: Some goals may be less valuable, making it reasonable to dismiss them in favor of more important ones.

4. Low Self-Esteem: Individuals with low self-esteem might doubt their worthiness to achieve goals, hindering their ability to pursue and claim earned rewards.

The Goal Process provides a systematic approach to

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increasing self-belief incrementally, addressing the hurdles associated with low self-esteem. Return to Step One regularly, allowing each accomplishment to pave the way for the next.

If you identify with the struggles of an undedicated mind, commit to dedicating your next move forward to the 2nd Step of the Goal Process. Each step is a progression toward greatness, offering a path to transform wishes into achievable goals.

How Step 1 Improves Self-Esteem

Engaging in Step One of the Goal Process is not at all about setting goals; it's a transformative journey that enriches your self-esteem because it is the moment you see greatness in your life and this world.

By taking the time to identify your desires, you become intimately connected with yourself — your thoughts, your values, and what truly matters to you. This self-awareness lays the groundwork for building a robust sense of self-esteem.

As an additional note, consider contemplating things you might not want for counterbalance. It's natural to notice negatives in various scenarios. Identifying the causes and effects of these negatives allows you to navigate away from potential pitfalls. Strategically plan to avoid the obstacles that others may have unwittingly placed in your path.

However, it's crucial not to become fixated on the negative aspects. While negatives provide valuable insights, it's the positives that drive meaningful change. Maintain a balance within the Golden Means — an equilibrium where you acknowledge both the challenges and opportunities. This approach ensures a comprehensive understanding of yourself and sets the stage for positive transformations.

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Step 2, Write Them Down

Despite its apparent simplicity, Step Two is often the most neglected phase in goal-setting. The ease with which it can be overlooked or dismissed is precisely what makes it challenging. Anxiety often robs us of the patience required for this seemingly straightforward step.

Step Two marks the initiation of tangible action toward achieving any goals. It is the goals introduction into this world in physical form. It's imperative not to underestimate its significance. Some of history's most influential figures, such as Leonardo da Vinci, Thomas Edison, Benjamin Franklin, Albert Einstein, and Martin Luther King Jr., were avid proponents of writing down their goals. The enduring legacy of their names is, in part, due to the written records they left behind.

Consider the power of quotes—they endure because someone deemed them worthy of being written down. In this book, quotes punctuate various topics, emphasizing the value of documenting thoughts. Similarly, your goals are deserving of being put into writing.

When you start jotting down your goals, you might find additional ideas surfacing. Capture those thoughts as well! The act of writing not only solidifies your goals but also frees your mind from the burden of remembering them. How often have you experienced a mental lapse, unable to recall what you hoped desperately not to forget? Writing down your goals ensures they remain accessible and aids in preventing such lapses.

"Why bother remembering important information when you can just write it down."

Albert Einstein

If putting thoughts into writing is effective for the most brilliant minds in the world, it is undoubtedly a practice well-suited for you. Einstein, who thrived in a mathematical context, emphasized that it's easier to remember one piece of paper than a thousand details. This concept gave rise to the creation of reference

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materials like dictionaries, containing a wealth of words and meanings for easy recall when needed. Once written down, the necessity of remembering dissipates.

Consider the common scenario of someone attempting to share information but forgetting it midway, saying, "I was going to tell you something, but I forgot what it was." The forgetfulness leads to embarrassment, and the sought-after information remains elusive. By committing goals to writing, you eliminate the need for such memory struggles.

After documenting your goals, you can conveniently refer back to them, track your progress, and rehearse your achievements over time. Your list of goals should never stagnate; once a goal is achieved, it's time to transition to the next one. Staying static in your pursuits can diminish the happiness you've earned, and neglecting to set new goals after an accomplishment can erode your hard-earned Self-Esteem.

This underscores the importance of avoiding contentment with your current achievements. Through the Goal Process, you'll develop the habit of anticipating the next goal even before completing the current ones, ensuring there's always something to look forward to.

Tips on Goal Setting

A goal can encompass anything you aspire to achieve, whether it involves changing personal habits, financial growth, or enhancing your physical appearance and abilities. The essence of a goal lies not in its specific content but in mastering the Goal Process—learning, understanding, and applying it. Once you've successfully applied the Goal Process to one goal, you gain a tool that can unlock success for any future goals throughout your life.

The act of writing down your goals serves as a powerful lesson to yourself. It signifies that you are dedicating time for your personal growth and improvement—solely for your own Self-Esteem enhancement. Always keep in mind that your goals are written for you and by you.

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When you put your goals into writing, you create a personal narrative that serves as both a reflection of yourself and an inspiration for boosting your Self-Worth. Your written goals are tangible expressions originating from your heart and thoughts. As you document them, you'll experience a growing sense of importance, fostering a deeper understanding of your personality and the aspects of life you hold dear.

It's crucial to recognize that goals imposed or dictated by others cannot truly contribute to building your Self-Esteem. True Self-Esteem is earned through your own actions, guided by your personal thought processes and preferences. This approach establishes a profound sense of personal accountability and ownership over your goals.

The Mentors Disclaimer

In contrast to the preceding paragraph, it's important to acknowledge that individuals who genuinely care about your well-being may express a keen interest in advising you on potential goals. There is value in allowing trusted mentors to contribute their insights and assist in identifying and prioritizing your goals, particularly if you are uncertain. Mentors, with their wealth of experience and knowledge, can help save you significant time and provide valuable guidance.

During various phases of life, especially in youth and inexperience, individuals may be unaware of their full range of possibilities and potential. In such instances, external influences, acting as mentors (not dictators), can play a crucial role in decision-making. As highlighted in Step Six - Education from Mentors, seeking encouragement from trusted external sources can significantly enhance subsequent steps in the Goal Process, as long as the implementation remains a personal endeavor.

To clarify the apparent contradiction in the previous paragraph, it is not a complete discouragement to achieve goals set by others for you. Striking a balance between accomplishing someone else's objectives and pursuing your own is feasible. Life provides you the ability

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to accomplish both at different times. In many cases, fulfilling someone else's goals can serve as a valuable learning experience, offering insights and perspectives that may not have been encountered through your independent thought processes and actions.

While you should always prioritize your personal goals, the lessons and experiences gained from following someone else's short-term agenda can enrich your understanding and contribute to the growth of your Self-Esteem. Each experience, whether in alignment with your goals or not, is an opportunity to learn and expand your horizons. Embrace every experience as a stepping stone to further define and progress toward your own goals, fostering continuous personal and professional development.

“Either write something worth reading or do something worth writing.”

Benjamin Franklin

The final advantage of documenting your goals is the invaluable reference point it provides during hectic periods or, conversely, in moments of stillness. When life becomes overwhelmingly busy or presents an unexpected void, having your goals written down serves as a compass to guide you back into your rhythm. This roadmap allows you to seamlessly re-enter the flow and maintain consistent progress.

In times of high activity, your written goals act as a grounding force, preventing you from feeling lost amidst the chaos. Conversely, during quieter moments, your documented goals become a source of inspiration, reigniting your drive and providing a clear path for continued advancement. The act of revisiting your goals ensures that momentum is sustained, fostering a continuous and purposeful journey toward your aspirations.

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How Step 2 Improves Self Esteem

Engaging in Step Two, the act of writing down your goals, fosters a profound sense of ownership. Ownership instills a heightened sense of care and responsibility. When you own something, you naturally become more attentive to its well-being. Your goals, being a creation of your thoughts and aspirations, become an integral part of you.

The ownership of your goals serves as a powerful validation of your intrinsic value. By possessing something valuable—your aspirations—you reinforce the understanding that you, as an individual, hold worth. This validation through ownership contributes significantly to the elevation of your Self-Esteem in Step Two. As you put pen to paper, those goals become yours, a tangible representation of your aspirations and an affirmation of your unique identity.

Step 3: Refine & Prioritize Your List

“Are you a meaningful specific, or a wondering generality.”

Zig Ziglar

Transitioning into Step Three of the Goal Process marks a pivotal moment where the distinction between "Meaningful Specifics" and "Wondering Generalities" is discerned, a concept elucidated by the late Zig Ziglar.

The challenge at this stage lies in effectively aligning priorities. Planning priorities during periods of calm reflection is markedly simpler than doing so amid the hustle and bustle of a hectic schedule. Rushed decision-making often leads to uninformed choices, yielding unintended outcomes. In such scenarios, relying on luck becomes a precarious strategy for progression.

Initiating the prioritization process necessitates allocating dedicated time for planning—an integral step for success. Establishing an order for this process is critical. Various criteria and category methods can be employed to prioritize the extensive list of goals generated in Step Two.

As you delve into prioritizing, consider key questions to guide your decision-making:

1. Which goals hold the utmost importance to me?
2. What distinguishes the ease or difficulty of achieving each goal?
3. Which goals are feasible for immediate accomplishment?
4. Are there goals that must be deferred due to a lack of necessary assistance or resources at present?

By contemplating these questions and any additional criteria you deem relevant, you embark on the journey of refining your goals and future into a prioritized framework, laying the foundation for effective goal pursuit.

In the pursuit of your goals, certain resources may not

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be immediately accessible, necessitating a temporary pause. Additionally, there might be instances where the energy required for a specific goal is lacking. Patience is crucial, especially when external changes are beyond your control. Organizing your goals strategically enables continuous progress, irrespective of prevailing circumstances.

When one goal faces impediments, consult your prioritized list and redirect your efforts toward achievable objectives. By consistently accomplishing tasks, even amidst limitations, you maintain a sense of accomplishment and avoid the disheartening feeling of stagnation.

Implementing diverse prioritization methods enhances productivity during periods with seemingly fewer tasks. These methods serve as guides when confronted with the common queries: "What could I do? What should I do?" Ensuring efficient use of your time, these questions are paramount in navigating your goals.

Recognize that a singular goal cannot provide lifelong happiness; our lives encompass various facets, each requiring attention. Social, relational, familial, religious, financial, vacation, and fitness aspects all contribute to our multifaceted existence. The Goal Process underscores the significance of balancing time, resources, and goals to maximize happiness-inducing activities daily.

Flexibility is key; leverage multiple prioritization methods to adapt to changing needs. When one goal encounters obstacles, seamlessly transition to another aligned with your available time, circumstances, energy, and resources. The outcome is the simultaneous pursuit of multiple goals, fostering continual progress and an elevated sense of self-esteem even amid limitations. The revelation that one task can fulfill requirements for several goals concurrently adds an exhilarating dimension, amplifying progress within the same time frame.

Goal Scheduling

"I just didn't have the time" is a common refrain, often used as a socially accepted excuse. While everyone acknowledges the busyness of life, this excuse may pacify others but does little to preserve a healthy self-esteem for yourself.

To make the most of your natural resources, begin by recognizing the essential activities that demand your time daily—sleep, eating, personal hygiene, work, school, cooking, cleaning, and various other obligations. It's crucial to differentiate between tasks that merely occupy your time and those that advance your personal agendas. Once a day is spent, it's gone forever, whether maximized or allowed to slip away.

To prioritize and refine your goals effectively, consider the allocation of time throughout your day, week, and month for each objective. Some goals demand regular maintenance, like financial responsibilities, while others occur daily, weekly, or monthly.

Managing multiple goals with different periodic requirements can be overwhelming. Leveraging modern digital tools and platforms, equipped with efficient calendar and scheduling features, streamlines this process. Use these tools to coordinate your goals seamlessly into your schedule, ensuring optimal use of your time for diverse objectives.

How Step 3 Improves Self Esteem

Your time, a sacred gift from the cosmos, is a fleeting and precious resource. It began without your control, and you won't dictate its end or most of the portions in between. Each moment is invaluable, making the maximization of this limited resource essential. Elevating your Self-Esteem involves ensuring that your earthly experience is the best it can be during the time you have.

As you progress and accomplish goals, you inherently increase the value of your time. Designating specific time for particular goals allows you to worry less about uncompleted tasks during that period, knowing you have prioritized what matters most.

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Prioritizing goals not only enhances the quality of your work but also fosters better focus on fewer things. This concentration makes your time significantly more efficient, leading to better-quality results. While lower-priority tasks may lag behind, the quality and impact of your accomplishments contribute to a richer experience, reinforcing your sense of accomplishment and, consequently, your Self-Esteem.

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Step 4: Define Your Obstacles

"Honesty is the first chapter in the book of wisdom."

Thomas Jefferson

Any goal deemed worthy of prioritization is unlikely to come without its fair share of challenges. In this pursuit, honesty with oneself is a crucial factor in accurately identifying potential obstacles. Failure to be forthright with yourself can lead to underestimating the difficulty of the goal, potentially making it overwhelming and hindering your progress. It's imperative to confront the reality that roadblocks, setbacks, and consequences are inevitable companions on the journey toward your aspirations. Embrace this truth, and your preparedness will serve as a resilient shield against unforeseen challenges.

"No legacy is so rich as honesty."

William Shakespeare

Upon listing all known obstacles at this stage, you'll likely find yourself reassessing the prioritization of certain goals on your diverse array of priority lists. Keep in mind that this list can undergo daily or even hourly changes based on your accomplishments and ongoing evaluations of your current situation. These goals are yours, set in the order you desire, and are subject to rearrangement at your discretion. Maintaining honesty with yourself is paramount in determining the value and importance of each goal relative to the others, ensuring a dynamic and adaptive approach to your priorities.

"It's not what you look at that matters, it's what you see."

Henry David Thoreau

In Step Four of the Goal Process, you confront and define your obstacles, recognizing that challenges can arise unexpectedly as you work towards your goals. Unforeseen tangles and small issues can snowball into

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significant delays if not addressed promptly.

Some of the most formidable obstacles stem from mistakes made due to a failure to adhere to the Goal Process. These errors may lead to embarrassing or frustrating situations, requiring additional effort to resolve new issues that could have been avoided with proper planning. It's natural to feel upset with oneself in such instances, as no one enjoys making avoidable mistakes.

Obstacles are an inevitable part of the journey to success. Without challenges, there would be no need for goals; you would already have everything you desire. It's crucial to categorize obstacles into two main types:

Obstacle Types

By identifying the nature of each obstacle, whether it's physical or rooted in conditioned mental paradigms, you can tailor your approach to effectively overcome them. Understanding this distinction is vital for navigating the diverse challenges that may arise on your path to achievement.

Tangible Problems

When confronted with a Physical Inhibitor, often the solution lies in patience or acquiring additional physical materials. Waiting for external factors to align with your goals can be challenging, but impatience is even more taxing.

Practicing patience, especially when eager to take action, requires considerable mental control. The silver lining in waiting for external requirements is that it offers an opportunity to revisit Step Three of the Goal Process. In the meantime, redirect your focus to other goals within different priority lists, ensuring that your time remains productive and progress-oriented despite the unavoidable wait. While waiting, you can make strides in areas that aren't hindered by tangible problems, maintaining momentum and maximizing your efficiency in the face of temporary setbacks.

Mental Barricades

Mental barricades pose a formidable challenge, entrenched in both conscious and subconscious realms, intertwined with overpowering emotions. Paradigms, the foundation of these obstacles, reflect our way of thinking and often resist change, even in the face of contradictory evidence.

A paradigm, when accurate, serves as an unwavering guide through opposition. However, most paradigms carry human errors, biases, and fallacies, persisting despite contrary evidence. Emotion, masquerading as logic, sustains a paradigm's existence.

In the face of mental barricades, it's common to seek excuses rather than self-blame. Paradigms often shift blame externally, making it crucial to proactively accept responsibility and verifiable reality. Become your own scapegoat to accelerate the correction of misperceptions, fostering quicker alignment with reality, truth, and good conscience.

Identifying Mental Barricades can be challenging as they may lurk unnoticed. Listing obstacles during Step Four reveals how many stem from paradigmatic interpretations. Once identified, altering thought patterns becomes imperative but is undoubtedly easier said than done.

Step Four is about obstacle identification, not immediate solutions. Resist the temptation to skip ahead. Continue following the Goal Process systematically, uncovering more efficient strategies along the way.

To complete this step, delve into detailed obstacle analysis, assigning each goal a difficulty value. Elemental inclusivity is key—consider time requirements, fear factors, labor intensity, mental and physical demands, and the need for external assistance. Thorough detailing minimizes errors, paving the way for smoother goal achievement.

How Step 4 Improves Self Esteem

Providing a falsehood is a disservice, implying the recipient isn't deserving of the truth. Honesty, especially

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to oneself, affirms intrinsic worthiness and value. In Step Four, honesty becomes a compass for navigating obstacles, reinforcing the belief that one is deserving of the truth.

Understanding and acknowledging obstacles early in the Goal Process fosters greater forethought during research, study, learning, and preparation phases. Fear, left unaddressed, can inhibit goal pursuit. Identifying obstacles not only reveals pockets of ignorance but also directs focused learning, transforming fear into confidence. This proactive approach enhances self-esteem by instilling purpose and ambition for continuous education and intelligence growth.

While patience is emphasized, the satisfaction of streamlined progress toward success is unparalleled. Efficient decision-making affirms one's competence, and obstacle identification provides an opportunity to face challenges armed with remedies. This strategic approach distinguishes those prepared and knowledgeable from those who forge ahead unprepared and possibly ignorant of available options. The journey becomes not just about overcoming obstacles but doing so with informed precision and efficiency, a powerful catalyst for self-esteem elevation.

Step 5: Education From Mentors

Exemplary Mentors:

"A wise man learns from his mistakes, but an even wiser man learns from someone else's mistakes."

An age-old saying

Seek knowledge from qualified mentors and seasoned individuals to leverage their education and experiences, creating an opportunity to bypass potential delays they've encountered. Absorb the wealth of knowledge they offer, providing a more efficient roadmap for your journey.

People you encounter possess diverse qualities; select the best attributes from those you wish to emulate. Each person excels in distinct areas, whether athletically, socially, strategically, or emotionally. No individual embodies every desired attribute, and differences in values and traditions may exist despite common goals.

Mentors can emerge from various backgrounds—celebrities, historical figures, educators, religious inspirations, or even family members. Mentorship extends beyond direct interaction; observation from a distance can also be valuable. Recognize the mentorship value in everyone, appreciating their strengths and examples.

In your quest for a mentor, broaden your perspective to include diverse individuals, even those with fundamental lifestyle differences. Step Five signifies the moment to seek others' assistance in self-improvement. Embrace the opportunity to learn from everyone, transcending differences and recognizing positive qualities even in those you may disagree with.

Consider the last movie villain you encountered. Despite their nefarious goals, villains often exhibit determination, intelligence, hard work, and persuasive abilities. While their objectives may be undesirable, learning from their talents can be enlightening. Everyone, even those we may not like, has something to teach us when we choose to focus on their strengths. In Step Five, appreciate the diversity of qualities around you and

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extract valuable lessons from unexpected sources.

Again, EVERYONE is able to teach you something when you choose to learn from their strengths.

Personal Pessimism

Learning from others' mistakes should be a process of growth, not an opportunity for ridicule or self-elevation. Adopting an attitude that discredits others' failures as shortcomings that "you didn't make" lacks learning value and impedes personal development. Avoid the trap of judgment beyond reasonable assessment, as excessive criticism corrodes your own well-being and Self-Esteem.

When you witness someone facing challenges, especially in areas where you excel, cultivate empathy and respect for their effort. Your accomplishments reflect your dedication and hard work, and you should recognize the same potential in others. While you aren't obligated to assist them, refraining from derogatory comments preserves your own productivity and prevents the unnecessary creation of enemies while keeping your energy beam directed in a positive direction for yourself.

Critiquing others may provide a temporary boost on the emotions, it's purely a counterproductive habit that erodes your character. It's essential to avoid creating unnecessary enemies, as those you disparage today may become formidable adversaries in the future. Approach interactions with politeness, fostering trustable allies rather than discounting others' abilities to progress.

Arrogance based on experience should not blind you to the efforts of less-experienced individuals. Dismissing them as inferior due to their current struggles is counterproductive. Understand that everyone starts somewhere, and those who earnestly try will eventually improve. Arrogance risks alienating potential allies and mentors who may contribute to your growth. Treat others with respect, regardless of their current proficiency, as they may rise above their current stature, and your conduct will leave a lasting impression on their journey.

Positive Persona

Learning from others is a valuable tool for knowledge acquisition, even if you don't necessarily admire or like those from whom you're learning. The key is to objectively analyze their choices and results so you can do better with your choices for similar or different results.

Over time, you may find that you develop respect, not love, but respect, for individuals whom you initially despised as you understand the motivations behind their actions and the positive outcomes they achieved. Fostering empathy or sympathy is a growing experience for you too.

When selecting mentors, prioritize credibility that aligns with your specific goals. Investigate why your chosen mentors achieved notable accomplishments. Understand the challenges they faced, the beliefs they held, and the resources that propelled them forward. This research helps you prepare for potential pitfalls and tailor your path to align with or diverge from theirs based on your desires.

Mentors play a crucial role in shaping your ideas and guiding your emulation efforts. Individuals in mentoring roles are often eager to assist those aspiring to follow in their footsteps. This willingness to help is a theme that will be explored further in the Eleventh Step when you transition to becoming a mentor yourself. Don't hesitate to reach out to those who can aid you in your journey. People generally enjoy sharing their knowledge and stories, contributing to their sense of accomplishment and fostering growth in others, which, in turn, boosts their Self-Esteem.

Nice Things To Know

Throughout the Goal Process, there is no explicit requirement to be "nice" to others. However, it's crucial to recognize that your actions have consequences, as per Newton's Laws:

"Where there is an action, there IS an opposite and equal reaction."

If you choose not to be nice, don't expect others to

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reciprocate kindness, which may impact your ability to achieve goals independently.

Even individuals who are generally nice have their limits before responding with less amiability. Everyone possesses the autonomy to act according to their own principles. It's essential to exercise caution if cordiality is not within your disposition.

"We have the right to refuse service..."

by Management."

In various situations, such as business interactions, respect and courtesy carry more weight than financial transactions. Many establishments may refuse service to paying customers if their behavior is disruptive or disrespectful. How you treat others significantly influences your ability to obtain what you need and, conversely, the risk of being denied.

Courtesy, from a certain perspective, can be viewed as a selfish act. Recognizing that you require assistance or cooperation from others, treating them respectfully becomes a strategy to encourage them to go out of their way to create mutual benefits. After criticizing, degrading, or humiliating someone, anticipate that their opposing reactions will reverberate back toward you with fervor.

Inversely, you have every right to withhold your talents, time, resources, and best wishes from someone who has intentionally sought to mistreat and condemn you. It's how you communicate to the world at large how you expect to be treated. That's the nicest thing you can do for yourself when you face the world at large.

Benefits Of Forgiveness

Forgiveness is a crucial aspect, especially when delving into the realm of seeking mentors. Finding mentors marks the initial step in the Goal Process where you take your goals into the world, attempting to give them a tangible form. This process involves putting yourself, your thoughts, and your ideas out there—a significant step that can boost your Self-Esteem.

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However, it's also a space where the world's response can be potentially harsh. Especially as the world is not short of derogatory pundits and enthusiastic critics.

At some point, each of us has formed a negative opinion or made a choice that may have unintentionally, incidentally, or intentionally offended or harmed another person. In return, others might have shaped derogatory opinions or made choices that offended us. In the vast world, others are pursuing happiness and striving for goal achievement, just like you. This introduces the element of political maneuvering, where many individuals primarily seek positive gains for themselves, sometimes at their own expense, but more frequently at the expense of others.

In essence, the truth is clear: you need others, and others need you. However, navigating through our feelings and egos can be challenging. Holding grudges can alienate you from working effectively with others. When you remain offended and act defensively, the likelihood is that they won't help you, and you won't help them. Grudges create a lose-lose scenario, rarely resulting in any winners. Be careful of who you choose to retain a grudge against.

There are substantial benefits in the broader context of life when we learn to implement the practice of forgiving one another. Understanding how to forgive, when to forgive, and, conversely, when forgiveness might not be appropriate due to the severity of the transgression—all these considerations play a role in maintaining healthy relationships. It's crucial to recognize when forgiveness is warranted and earned.

Granting External Forgiveness

In the Goal Process, forgiveness is not a mandatory requirement for the progression of Self-Esteem. As a human being with emotions, dictating that forgiving others should be obligatory can feel like conforming to a social cookie-cutter against your genuine feelings—feelings that you may rightfully possess with logical reasoning, evidence to back your stance, and witnesses

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who attest your affirmations.

Honesty is crucial in acknowledging that there are individuals whom you may not wish to forgive, and they may deserve the weight of any grudges. You indeed have the right as a human being not to forgive, but it's essential to recognize that holding onto grudges may lead to the withdrawal of potential resources by others involved.

Choosing not to forgive someone can also serve as a safeguard for future experiences you intentionally aim to avoid. It communicates to others that you know you deserve a certain level of respect and treatment, contributing to an increase in your Self-Esteem as you prioritize self-acknowledgment.

In some instances, the hurt you've experienced may be too profound to forget, and the phrase "forgive and forget" is deemed horrible advice. It contradicts the Goal Process, disregards the existence of emotions, and subjects your Self-Esteem to the limitations of societal norms.

Forgiving does not automatically restore things to their previous state because you chose to ignore and numb out a few emotions. Actions have fractured the laws of trust or respect, and a simple "sorry" usually does not repair the damage. Sometimes, time only dulls the senses or reopens long-healed scars into new deeper wounds.

Rather than forgetting, learn from the experience. Embrace the fact that things have changed, and so have you. When someone seeks your forgiveness, it is your prerogative to decide if they have genuinely changed in a way that merits your pardon. If you choose to forgive, do so truly and honestly, letting go from that moment forward.

Forgiveness doesn't necessarily mean allowing someone back into your life or reinstating all levels of trust. Sometimes, forgiveness means letting them peacefully leave your life to protect your Self-Esteem. Forgiveness is a challenging process, whether you decide to maintain a diminished level of trust or part ways with someone who was once of great value to you.

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It's essential to be cautious when forgiving, as it doesn't guarantee that the individual has genuinely "repented." Beware of repeating offenses, as some individuals may exploit your willingness to forgiveness to leverage your kindness, using apologies as a means to repeat harmful behavior. At this juncture, by tolerating and overlooking their mistreatment of you, you've implicitly conveyed that their abuse was deemed valid and acceptable, creating a perception that it's acceptable for them to repeat such behavior. It now becomes your own fault.

While forgiveness should not be rushed, it should not be categorically refused if circumstances change to benefit both parties involved. But **ONLY** when **BOTH** parties benefit and grow.

Requesting Forgiveness From Others

First, if you have not acted in a way that was inappropriate, damaging, neglectful, or harmful to another person, do not apologize. That becomes an admission of guilt even if you are innocent.

But, when need to, requesting forgiveness from someone requires utmost sincerity and a genuine acknowledgment of the impact your actions may have had on them. It is crucial to initiate this process promptly, expressing remorse for the hurt caused and demonstrating a sincere commitment to make amends.

1. Caring for the Person You've Hurt: Genuine remorse involves caring for the well-being of the person you've harmed. Manipulative apologies that prioritize your own interests can lead to creating more enemies than friends. At this rate, your apology may become more damaging than the action requiring the forgiveness.

2. Acknowledging Your Thoughtless Actions: Recognize that your actions were inconsiderate or miscalculated and caused harm. Take responsibility for your behavior, demonstrating an understanding of the impact on the other person.

3. Compensating Losses Equally: While you may not be able to fully restore all losses, make a genuine effort to

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compensate as much as possible. Consult with the affected person to determine fair restitution, emphasizing your commitment to making amends.

4. Learning from Mistakes: Actively work to avoid repeating the same mistakes. Utilize the lessons learned from the experience and apply them to personal growth. The Goal Process can serve as a valuable framework for continuous improvement.

By sincerely following these steps, you aim to create a renewed start in the relationship. Trust and respect can be rebuilt over time if forgiveness and repentance are handled with respect and humility. It's important to acknowledge that despite your efforts, some relationships may still be strained or lost. To minimize the need for requesting forgiveness, prioritize a comprehensive approach to goal-setting and decision-making through the complete Goal Process. This will not only reduce the likelihood of mistakes but also contribute to a more positive and fulfilling life.

Caution To Those You Love

In moments of frustration and anger, individuals often unintentionally direct their emotions towards those closest to them—family and trusted friends. This paradoxical behavior highlights the tendency to be more forgiving and understanding with strangers and acquaintances while being easily frustrated with loved ones at home.

This peculiar dynamic may be rooted in the confidence that those at home, who genuinely care about you, will forgive your outbursts. Unlike strangers on the street, your loved ones have a vested interest in your well-being and may extend compassion more readily.

However, it's essential to recognize that the ones most willing to forgive deserve better treatment for their purity of heart. Your dearest loved ones should not bear the burden of forgiveness as a routine part of maintaining a relationship with you. Instead, strive to create an environment where forgiveness is not a constant necessity, safeguarding the bonds with those who hold

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significant importance in your life. Make a conscious effort to shield your loved ones from the unintended consequences of using their love as a release valve for your frustrations.

Sorry Warning

Exercise caution when dealing with individuals who employ guilt as a manipulative tool to influence your actions. Throughout your life, you'll encounter people who consistently demand apologies and more apologies, using guilt as leverage. These individuals typically do not adhere to the Goal Process; instead, they seek validation by incessantly manipulating others through negative tactics and subtle gaslighting. Many of them exhibit extreme narcissistic traits, manipulating you with guilt to fulfill their demands, often without you even realizing it.

Recognize these individuals by their perpetual state of being "offended" by the actions or remarks of others. It's crucial to disregard such individuals and refrain from feeling remorse for not succumbing to their repetitive demands for forgiveness. Distance yourself as much as possible from these individuals, as their preoccupation with perpetual offense makes it unlikely for them to prioritize your needs. In steering clear of such individuals, you safeguard your time and energy for more constructive pursuits.

Internal Forgiveness

The person who wields the most influence on your life is undeniably YOU. Understanding your mistakes more intimately than anyone else, you find yourself at the crossroads of self-grudges and self-forgiveness. In the complex dance of self-offense, you are both the seeker and granter of forgiveness—from you to you.

This internal struggle is intricate, often causing resistance to both learning and self-forgiveness. There are moments when forgiveness, even from oneself, seems unattainable. This internal conflict sets off a roller coaster of questioning. How do I forgive myself? How do I seek forgiveness from myself? Have I genuinely transformed to

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warrant self-forgiveness? Will I repeat the same harm if I do forgive myself? And, how do I forgive myself for not forgiving myself? This cyclical self-interrogation takes a toll, eroding self-esteem in the process.

For optimal alignment with the Goal Process, when caught in this self-defeating loop, consider redirecting your focus outward. Extend yourself to help others in need. Charity, in its various forms, becomes a powerful antidote to self-doubt. Letting go of the self-centered cycle, become a source of benefit to someone else. This outward shift opens a pathway for you to take pride in sharing your time and abilities with others. Recognizing the need for compensation to facilitate self-forgiveness, consider offering to others what you wished for yourself—whether it's help, compassion, or appreciation.

Remarkably, this approach results in a dual victory. By seemingly helping others the most, you simultaneously extend the most significant help to yourself, fostering gratitude and appreciation from those you've assisted.

How Step Five Improves Your Self-Esteem

In line with Maslow's Triangle, a measure of External Validation is a prerequisite on the "Social/Belonging" tier before individuals can ascend to the "Esteem" level and ultimately reach the pinnacle of "Actualization." The pursuit of mentors emerges as the most effective strategy to fortify the Social/Belonging platform and advance toward the coveted Actualization stage.

Collaborating with a trusted mentor not only allows you to impart trust into your aspirations but also taps into the wisdom of someone seasoned in your chosen domain. The reciprocal exchange of trust becomes a pivotal force in enhancing your Self-Esteem. Crucially, this collaborative experience teaches you the art of teamwork, even with individuals you may not necessarily like, if it means propelling your goals forward.

The expansion of your network of resources becomes monumental, broadening the scope of your aspirations and amplifying the potential for goal achievement.

Step 6: Research, Study & Learn

Immerse yourself in the vast sea of knowledge, pushing the boundaries of your mental capacity. There's no risk of oversaturation; rather, the potential to surpass your current understanding is boundless. Occasionally, you may find yourself ingesting more information than you can immediately organize or comprehend, but this should be seen as a testament to your unyielding pursuit of knowledge.

Your learning capacity is inherently limitless, only constrained by the self-imposed limitations you choose to embrace. Even if the concepts you encounter initially elude your grasp, persistence in your studies will inevitably unveil clearer and more comprehensible insights. Strive to become the authority on every aspect relevant to your goals.

Embrace the journey of continuous learning, as the more you invest in understanding through dedicated efforts, the greater advantage you gain. This reservoir of knowledge not only empowers you to navigate challenges but also positions you to make informed adjustments, ensuring you stay steadfast on the path toward your goals.

"Learning never exhausts the mind."

Leonardo da Vinci

Awaiting a roadblock to trigger your studying is reactive; proactively engaging in learning is the key to sustained progress. Don't delay your educational journey until challenges force you to the books. The sooner you embark on the quest for knowledge, the more equipped you become to navigate hurdles with confidence and resilience.

A deep understanding diminishes fear, making obstacles less daunting when you eventually confront them on your journey towards your goal. This newfound knowledge doesn't just aid in overcoming challenges; it also reshapes your paradigm. Embracing a proactive

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approach to learning prepares you to adapt your beliefs swiftly in response to evolving circumstances, fostering the flexibility needed before habits solidify.

In essence, knowledge acts as the catalyst for understanding, while fear often stems from the absence of comprehension or an encounter with the unknown. Embrace the power of proactive learning to transform challenges into opportunities for growth, continually refining your path to a better understanding.

"The only thing to fear is fear itself."

Franklin D Roosevelt

Acquiring the necessary knowledge for your goal marks the initiation of mental preparation for success, as it dispels much of the unknown. This newfound understanding empowers you to formulate a highly effective plan, laying a solid foundation for your journey.

Frequently, individuals fall short in dedicating ample time to educate themselves adequately for their aspirations. Ignorance persists in the landscape of knowledge, inviting unforeseen challenges. Consistent and dedicated study acts as a bridge, spanning these gaps of ignorance and ensuring continuous progress and safety.

The diligence invested in Step Five is the pivot differentiating the pace of progression and significantly enhancing your Self-Esteem. The knowledge amassed becomes a reservoir of confidence and enhances your decision-making prowess. Conversely, neglecting the commitment to study leads to fatigue, frustration, and disappointment as anticipated results remain elusive. This lack of understanding may prompt the application of stagnant approaches, intentionally steering you toward failure and, ultimately, abandonment of your goals.

Research

In the contemporary era, educational resources are effortlessly within reach. The very devices designed for entertainment seamlessly double as gateways to news

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feeds, blogs, and the invaluable insights of your peers. Gone are the days when research involved a trip to the library, with its limited resources and constrained content.

Modern technology has ushered in an era where virtually every piece of information you may require is accessible online—easily storable, retrievable, and shareable through various access points, offering a plethora of perspectives. The world has become so interconnected that individuals carry the entire internet in their pockets, along with maps, photos, address books, cameras, and, ironically, a device for telecommunication while on the move. The key imperative remains: conduct your research. With information streaming into your hands within seconds, there is little excuse not to tap into this wealth of knowledge at your fingertips.

Artificial intelligence (AI) is essentially a sophisticated interplay of scripts intertwined with expansive databases. Leveraging AI as a tool to sift through myriad possibilities significantly enhances your capacity for data collection and filtration. It is strongly recommended to incorporate AI platforms into your research endeavors. However, the key lies in seamlessly transitioning from AI-driven data collection to tangible Goal Progression (GP).

Ensure that your interaction with AI goes beyond mere data accumulation and transforms into a strategic progression toward your goals. The synergy between AI capabilities and your goal-oriented endeavors can propel your research to unprecedented heights.

“Getting information off the internet is like taking a drink from a firehydrant.”

Mitchell Kapor

Collect every piece of information within your reach during the research phase. Simultaneously, create file folders and categorize each piece according to your specific goals. This organizational approach ensures easy accessibility across various devices and maintains an orderly structure.

Feel free to jot down miscellaneous notes and reports,

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even if they seem tangential to your primary goal. Sometimes, seemingly unrelated information can spark innovative ideas or provide alternative solutions. Many groundbreaking inventions have emerged from such diverse knowledge accumulation, including the Microwave, the Pacemaker, Velcro, Penicillin, Potato Chips, and X-Rays.

Embrace the idea that miscellaneous information can be a powerful asset in achieving your goals or fostering creative problem-solving during the research phase.

Remember, the more information at your forefront thoughts, the stronger your ability to formulate strategic approaches and make confident decisions. There's value in knowing more than what may seem strictly necessary, as the insights gained during the research process contribute significantly to your overall understanding.

Recognize that researching is a time-consuming aspect of the Goal Process. It may feel like you are wasting time because you aren't making physical progress at this stage. Resist the urge to rush through your research; instead, view it as an immersive mental adventure that lays the foundation for your subsequent journey. Your best plans are made when the most amount of information is identified as factors to your planning.

Advertisements as Research

Exercise caution when encountering business-sponsored advertisements, as their primary goal is to prompt you to make a purchase from THEM. Companies are motivated to sell their products or services, irrespective of their actual utility to benefit you. While researching these products/services, only commit to a purchase if you genuinely believe it aligns with your goal and contributes to your ongoing progress.

Recognize that advertisements often include educational content intended to inform and persuade your decision-making. However, be mindful that this information is inherently biased in favor of the company promoting the product. Take the time to critically evaluate the information presented, considering its source and

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potential biases, and their distinguishment from their competitors with similar goods of benefit.

For goals requiring the purchase of specific items, explore various companies offering similar options. Each company emphasizes different aspects, such as advanced functionality, ease of use or application, price, quantity, or quality. After thorough research, you can make an informed decision based on your unique criteria and preferences.

Understand that companies invest substantial resources in Research and Development (R&D) to enhance their product lines. While their primary motive is sales, the outcomes of their R&D efforts often lead to innovations that benefit the public, such as safer vehicles, faster computer speeds, and new medicines. During your research, consider these companies as potential mentors to your goals, exploring what they have studied and prepared in their pursuit of innovation.

Thoroughly evaluate commercials, advertisements, and brochures. Although these entities aim for substantial purchase persuasion, exceptional companies genuinely offer products that align with your goal needs at a reasonable price. If their product contributes to achieving your goal, acquire it and leverage the benefits it provides.

Goal Grocery List

In addition to your research, maintain a list of essential materials or items necessary to advance your goal. In other words, create a Bill of Materials or Ingredients for your goal's recipe. This list not only acts as a checklist for needed items but can also include prices, serving a dual purpose for potential financial requirements. This efficient method saves time and ensures you're well-prepared for the goal implementation process, preventing potential interruptions due to a shortage of required materials and supplies.

Study

Once you've gathered all the information, it's time to delve into it and gain a deeper understanding. Make

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sense of the data, and consider manipulating it in various ways to generate fresh insights. Even if certain aspects are not fully comprehensible at first, take your time to filter and process the content bit by bit. Compare data from various sources, and critically evaluate their differences. Seek to understand the criteria variances they might have had.

Recognize that some promotional materials may be aggressively designed for audience persuasion, introducing hypothetical scenarios instead of raw data and possibly presenting slanted, irrelevant, or incomplete statistics. Remain aware of the biases inherent in promotional content, often aimed at gaining support without considering the consumer's fullest interests.

During this phase, assess both the positives and negatives of different methods to achieve your goal and to form your views. Look for reports from others who have attempted similar endeavors, paying attention to the challenges they faced and any offered solutions. As you study, you'll likely encounter additional links and references to potentially valuable resources, leading you back to further research and study.

Embrace trial and error, "what if" scenarios, and tests with different data arrangements to verify expected results or uncover unforeseen insights. Don't fear trying new approaches; staying in your comfort zone may provide security, but change is essential for bridging the gap between your current state and your goal. In the study stage, the changes needed primarily involve expanding your knowledge and seeking self-education, a safe space to foster personal growth.

Learn

The learning process is closely intertwined with Research and Study. While memorization is valuable, learning extends beyond merely recalling information you've gathered. It equips you with the ability to effectively apply the knowledge you've acquired, fostering more accurate decision-making as you forge forward to the remaining steps of the Goal Process.

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During the Learn phase, it's crucial to adapt your mental and physical paradigms to the lessons acquired. Be open to different perspectives, even on familiar subjects, as continuous learning can deepen your existing knowledge or introduce new facets.

Adaptation is a key element distinguishing survival from extinction, progress from stagnation, and success from failure. Avoid the trap of arrogance, presuming you've learned everything there is to know about a subject. There is always room for more learning, especially considering the evolving nature of information. Fill your mind with knowledge and applicable uses of it, prioritizing humility over pride and ego.

A Know-It-All learns nothing; when you believe you know everything, your mind shuts itself off from new lessons and perspectives. Guard against falling into the realm of stagnation by maintaining an open and curious mindset.

Learning to Learn

Recognize that everyone learns differently. No two people extract the same knowledge or lessons from identical experiences or lectures. There are seven distinct learning methods, and while you may engage in all types, understanding your strengths and weaknesses can significantly impact how you approach studying for your goals. The learning methods include:

- Auditory Learning
- Visual Learning
- Verbal Learning
- Logic Learning
- Kinaesthetic Learning
- Intrapersonal vs. Interpersonal Learning

Identify your strongest method of learning; when a lesson aligns with this, you are a natural learner. Lessons

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learned in your weaker methods may require extra effort to comprehend and recollect.

For Auditory Learners, music, notes, pitch, and rhythms are influential. Visual Learners prefer seeing processes, interpreting charts, graphs, and visual representations. Verbal Learners excel in reading, writing, and verbal communication. Logic Learners thrive on patterns, numbers, and mathematics. Kinesthetic Learners have strong hand-eye coordination and prefer hands-on experiences. Intrapersonal and Interpersonal Learning consider how well you perform in group versus solitary settings.

Learn how you learn best; this self-awareness is vital for optimizing the Goal Process's efficiency. While you may have a primary learning method, utilize all methods to study the same material, extracting unique insights from each. Don't disregard a learning opportunity just because it is not in your preferred or natural method. Again, on the theory that a chain is only as strong as its weakest link, intentionally attempt to advance your skills using each of the learning methods if you can. There is nothing wrong with knowing the same thing from many different perspectives.

As you progress, you may become a mentor to someone with a different learning style. An apprentice figure will most likely be seeking your advice for your accomplishments, not of your learning aptitude. Understanding diverse learning methods enables you to tailor your teaching approach to effectively reach and educate others in what would be their best learning style. If you are going to take the time to assist someone, make it worth both of your time. They can teach you something new in the process as well.

Above all, cultivate a love for learning. Passion for your studies enhances your ability to apply learned knowledge when it's time to put your plans into action.

Step 7: Prepare

This is where the Goal Process becomes enjoyable. First things first: refer to your List of Needed Items and identify what you require to proceed with your goal. Collect the necessary items and catalog them into your inventory to ensure that everything is accounted for. Evaluate what else is left to acquire.

For some goals, a substantial amount of physical materials may be required. Managing physical aspects is usually more straightforward and enjoyable compared to non-physical ones. However, not all goals are physically oriented; some may be entirely internal, such as building or eliminating a habit.

At this stage, you have a comprehensive understanding of your goals, including associated obstacles and required items. Develop a plan that allows for efficient maneuvering. Review your list of priorities so that, in a moment of change, you can alter your route while still making progress with minimal backtracking or stagnation.

In contests, the winner is not typically the luckiest; success often goes to those who are the most prepared—physically, financially, and mentally. Preparedness is a crucial factor in achieving success. The Boy Scouts emphasize the motto: "Be Prepared." Without the foundation laid by the first five steps, preparing for success becomes challenging.

Following Step Seven of the Goal Process is the pivotal point between a dream and reality. Realistically, you may never be 100 percent prepared. Sometimes opportunities arise without the chance to plan or strategically prepare adequately. Nevertheless, actively do everything you can to have as many necessary preparations ready as possible when the opportunity arises. Luck is often a result of preparation meeting opportunity. Even when life throws unexpected challenges, your best preparation can make a significant difference. Understand the priorities of your designed goals to help you decide whether to engage or decline a spontaneous opportunity.

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Physical Preparations:

Money often plays a crucial role in fulfilling physical requirements for your goals. There's a common misconception that "money is the root of all evil," but this is a misinterpretation of the complete verse, which states, "For the Love of Money is the root of all evil."

Ironically, in some religious interpretations, love becomes a sin when misplaced. Money, however, is a necessity for advancing most goals, whether one likes it or not. Even the religions that preach this misperception are always in need of accumulating money to cover their associated expenses.

Let's consider some aspects of money:

1. Can you achieve what you want without money while being fair to others?
2. Can you place a value on your time without money?
3. Can you acquire what you need without money?
4. Can you trade something of value for another item of value in equal proportions?

The answer to each question is, yes. Yes, these actions can be performed without money. So, what is the value of money? Money represents the truest form of human-to-human equality, enabling an exchange of agreeable time and material.

Using money as a medium of trade allows us to measure and divide our time and self-worth, facilitating fair trade of items with inequivalent values. Governments issue currencies to citizens to enhance the efficiency of productive commerce and measure economic health.

Many individuals abandon their goals due to the perception of money as evil, missing opportunities and surrendering to a false sense of righteousness. The beauty of the Goal Process lies in motives not being driven by the love of money but by the priorities set in Step Three long before money becomes a criteria.

Money is another form of energy. Saved money is potential energy. Spent and earned money is transferred energy. The more money you possess the more force can

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be applied in less time.

There is nothing wrong with having a surplus of money. While money itself doesn't buy happiness, it however, does significantly impact the ability to do more, be more, and help more. Remember, charity can't be given by those who have nothing to give, and money provides a straightforward means to help others. But as with your time, utilize your money wisely.

The next step is to see how well you've prepared.

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Step 8: Work

"A little knowledge that acts is worth infinitely more than knowledge that is idle."

Khalil Gibran

Up to this point, you've identified your goals, documented them, conducted thorough studies, researched the best approaches, and initiated the preparations for your goals. Now it's time to set your goals into motion and turn them into reality. What does "work" mean in this context?

Work can take on various forms. It can involve electrical, thermodynamic, mechanical aspects, and, particularly for Goal Setting, physical, mental, and emotional exertion. Each of these types of work demands a specific input measurement to produce a distinct output.

"Just do what must be done. This may not be happiness, but it is greatness."

George Bernard Shaw

Physical Sciences Work

Sir Isaac Newton formulated a set of principles that he explored, now recognized as Newton's Laws of Motion and the Law of Gravity. Here are the three laws paraphrased:

Laws of Motion

1. Newton's First Law of Motion states that an object in motion will remain in motion, and an object at rest will stay at rest unless acted upon by another opposing force. In more detail, this means that an object will persist in its state of motion unless a different force acts on it in a specific direction. Similarly, if an object is in motion, it will continue moving in the same direction at the same velocity in a straight line until another force acts on it.

2. Newton's Second Law of Motion asserts that force is equal to the mass of the object multiplied by its

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acceleration. Here, force refers to a push, pull, or hold, while mass indicates the amount of matter the object contains. Acceleration is the rate of velocity change over time and distance. In essence, forces are necessary to accelerate objects with mass, and this law quantifies the magnitude of that force for a particular object.

3. Newton's Third Law of Motion states that for every action, there is an equal and opposite reaction. When forces are exerted between two or more objects of similar size, their motions are influenced accordingly. For instance, when a billiard ball collides with another, both balls change their velocities, and these changes occur in opposite directions. This is a result of the forces acting on them pointing in opposite ways. While it may be challenging to observe the force on an object as massive as the Earth, interactions with smaller objects demonstrate the equal and opposite reactions in their motions.

Law of Gravity

Gravity is a force that acts between any two objects with mass. This force increases with an increase in mass and decreases with an increase in the distance between the two objects. Gravity is always attractive, consistently working to pull objects closer together. This phenomenon explains why objects fall to the ground. Newton's laws are instrumental in determining the amount of work accomplished.

So, how do Newton's Laws apply to Step Seven of Work? Humans, being bodies of physical mass, are impacted by these laws, influencing both our lives and our minds. We often gauge ourselves based on our work performances.

These laws present a significant opportunity to understand human capabilities and define limitations. Interestingly, these principles seem most noticeable during the early morning or late at night. In the morning, when at rest, there's a tendency to want to stay at rest, and at night, when active, there's a desire to remain

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active. It requires a considerable amount of energy in the opposite direction to wake up or go to bed at the times you are supposed to.

Put Your Motives To Work

Step Eight is the juncture where you determine whether you are a person of lofty aspirations or someone genuinely destined for achievement.

While it is vindicating to prove you're right, never entertain the antic that you must achieve a goal in order to prove someone else wrong. Attempting to prove someone wrong is not a wise approach. Instead, pursue your goals because you need to affirm to yourself that you can and will.

The world is filled with ridicule and rejection. Opposition is an inherent part of everyone's journey. You are more than capable of striving for your dreams, irrespective of the negative voices or criticisms. It's inevitable that there will be "Nay Sayers" and pessimists.

Motivation derived from negative sources of contention is futile and won't enhance your Self-Esteem. When you embark on a journey to prove someone wrong, you are adopting someone else's perception of your goals and potentials. Even if successful, the accomplishment is contaminated and tainted with bitter undertones, therefore failing to improve your Self-Esteem as the goal originally intended.

Putting your goals into action is immensely gratifying. Witnessing something you've planned and envisioned take shape is incredibly satisfying. This phase is also where you'll encounter and rectify numerous mistakes. On the positive side, it's where you'll encounter the most challenges, solve those mistakes, and gain invaluable learning experiences. Experience is the greatest asset you can acquire in life, and engaging in the work will help you understand the cause and effects of many things and unravel the reasons behind the way things are.

Start On A Mental Note

Begin by keeping your mind open and clear. Take a

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moment to relax, breathe, and focus. As long as you have goals, there will be plenty of opportunities to close your eyes and envision yourself achieving them mentally. Visualize each precise part of your plan, repeating this process several times to become as familiar as possible with the ongoing progress. Feel the excitement in your mind, fostering a sense of worthiness and readiness to accept both the challenge and the reward. This mental state is often referred to as "getting into the zone." Place your mind in a state where you can remain focused, productive, and highly efficient to proceed.

Committing to Your Goal

Now that your goals are ready to go, and you're filled with excitement and knowledge, it's time to move from wishful thinking to concrete action. Go out and put your plans into practice, even if you feel like a beginner. Especially, if you're a beginner. Remember, even a fool can learn from their mistakes, so treat each experience as a valuable lesson.

"Suck until you get good at it"

Chad Dornsife

As you engage in the practical application of your goals, be prepared for discrepancies between your mental anticipations and the actual results. It's normal for there to be variations between what you imagined and what transpires in reality. Take the time to analyze these differences and understand where your interpretations may have gone astray.

It's crucial to recognize that encountering obstacles is an integral part of progress. Obstacles don't seek you out; you encounter them as you move forward with ambition. Understand that slowdowns and challenges are inherent in the process of working towards your goals. Expect these moments and know that they do not signify failure but rather additional opportunities for learning and growing as a character.

While you may face unanticipated challenges and

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frustrations, remember that they are essential for genuine education and skill development. Accept the fact that obstacles will arise, and view them as opportunities to refine your approach and discover solutions. Don't actively seek out obstacles, but embrace them as inherent aspects of the learning journey.

Dissatisfaction can be a powerful motivator in adhering to the Goal Process. Use it as a driving force to change habits and adopt more effective strategies. Emotions that challenge your existing paradigms ultimately hold the potential to reshape your mindset and propel you towards a more rewarding result.

Killing Your Complacency

The essence of setting a goal is to instigate changes in your life, to enhance what you have or aspire to become. Essentially, you have acknowledged the potential for substantial self-improvement. However, complacency poses a significant threat to Self-Esteem.

Merely acknowledging the need for change falls short of what your goal requires for meaningful progress. When you become content with your current state and actions, the energy to pursue your goals diminishes. Consequently, neglecting to strive for improvement will hinder the enhancement of your Self-Esteem, as Self-Esteem is inherently dynamic. If it's not climbing an upward trajectory, it inevitably will decline.

Never get caught doing nothing. The only exception to this rule is intentional waiting, which might appear as inactivity, but is strategic to your next step. When adhering to the Goal Process, you'll discern when to pivot to another goal or when exercising patience is the swifter path to your destination.

Urgency

One tool universally available to everyone is time. Time extends no partiality or bias, providing each person equally with the same 24 hours, 1,440 minutes, or 86,400 seconds each day. No exceptions, no preferential treatment—our lives unfold within this pure egalitarian

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framework of time. The finite nature of days, weeks, and years in our lifetime imposes a sense of urgency, urging us to apply ourselves with greater purpose and zeal. The choices we make with our time profoundly influence whether we enhance or diminish our Self-Esteem.

Why is it that some individuals seem to effortlessly propel toward their goals while others stagnate, making no progress even after considerable time has elapsed—perhaps a year or even a decade?

The key lies in the perception of urgency and the assigned value to time. Are you sufficiently motivated to better yourself, boost your Self-Esteem, and amass achievements? If so, adhere to a few fundamental rules:

1. **DO IT:** If you set a goal, allocate the time to actually pursue it.

2. **DO IT RIGHT:** Once committed, strive to execute it correctly to the best of your current ability. Embrace the Goal Process faithfully. Understand that perfection is not the goal; you will make mistakes, and the key is learning from them and rectifying as needed.

3. **DO IT RIGHT NOW:** If you've resolved to undertake the task and dedicate the time to do it properly, seize the moment. Swiftly fill your schedule with the necessary tasks. Delay only squanders your most valuable resource—time, which can never be recouped if lost. Instead, use it to build your character and enhance your Self-Esteem. Engage with the Goal Process, formulate your strategic plan, and take immediate action.

Procrastination has no place in the arsenal needed for Self-Esteem cultivation. It merely ensures that you carry incomplete tasks into another day. You deserve to forge a path of self-improvement—so act now. Act diligently. (P.S. Keep the momentum going, and I look forward to your completion of this book!)

Busy is not always productive.

"I'm busy." This common phrase often indicates that one's time is occupied. However, the essence of "work" lies in the difference from start to finish, not merely the

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time invested. It's crucial to place greater emphasis on the quality of the work accomplished rather than the mere passage of time.

While everyone may claim to be busy, not everyone derives satisfaction from their busyness, especially if they remain in the same place despite the considerable time invested. True work involves understanding your starting point, tracking your progress, and identifying the remaining tasks to accomplish. The real focus should be on discerning and developing new methods to enhance productivity, transcending mere time consumption. This approach not only propels your work forward but also elevates your Self-Esteem.

"I would rather fail and fall flat on my face, doing all I can to get there, than to quit and out right choose to become a failure. At least the dust thrown in the air from my face shows I did something to change the landscape of this planet."

Morris Anderson

Commitment is pivotal for success. Even the most optimistic individuals face challenges, uncertainties, and setbacks. The key is not to be disheartened by mistakes. Instead, view them as opportunities to learn and grow. Try again, applying the lessons from your errors. Evaluate whether the outcome improves, worsens, or maintains the status quo.

Making a thousand different mistakes and learning a thousand new lessons is just as valuable, if not more so, than achieving perfection on the first attempt and learning only one thing. Moreover, this iterative process is a potent builder of strength and resilience—the true essence of meaningful work. Embrace the journey of continuous improvement and discovery.

"I have not failed. I've just found 10,000 ways that won't work."

Thomas Edison

The Naturally Talented

Consider the scenario of a beginner, no prior experience but possessing a "natural talent" for a particular skill. They navigate through the basics effortlessly, quickly acquiring proficiency with minimal effort. The process seems inherently "easy" for them as they effortlessly inherit the competency and they excel rapidly. Progression comes all too naturally without a significant struggle. Eventually this easy street will lead them to the peak of their abilities predicated on this "natural talent."

However, a turning point emerges when the demands of further progress surpass their innate capabilities. The skills required for continued advancement become more challenging, exceeding the ease of their initial experiences. The past, smooth achievements condition their minds to expect quick and easy progress, always and from here forward. When it happens, and they are faced with the difficulty of the new skill level, these naturally talented individuals often encounter significant challenges, and some may even give up to the dismay of everyone else as they had always done so well.

Rather than applying the Goal Process, they may express boredom, quit, or claim that they never really liked it in the first place, ultimately squandering their natural talent to a dormant dark corner of their life. The implementation of the early steps of the Goal Process would have prepared their minds for the inevitable difficulties that come with higher skill levels down the road.

If activities come easily to you initially, it's essential to intentionally reach the first point of struggle promptly. This is where genuine work and progress commence. Avoid investing too much time in activities that are too easy, as this can hinder your improvement and foster complacency in your mindset. Embrace challenges to continually enhance yourself and avoid falling into the trap of stagnation.

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The Struggling Un-Talented

Contrast this scenario with the highly motivated but sadly untalented individual who can barely walk a straight line even on a lucky day. Despite appearing to be on a path of perpetual struggle, these individuals often acquire one of life's most valuable assets: goal endurance and an understanding of the Goal Process. From the very first day, they acknowledge their lack of proficiency. In fact, they may start their basics in a state of apparent incompetence, engaging in some of the most challenging, demanding, and fear-inducing activities.

They become the subject of jokes in the room, enduring repeated failures and constant rejection in their pursuit. Despite the tears, frustration, and heart-sinking moments of every miserable attempt, they persist relentlessly. Improvement is imperceptible, and it seems there are no signs of progress. This person becomes intimately familiar with consistent goal rejection.

Then, in a breakthrough moment, an immovable barrier budes slightly in their favor. They have made a sliver of improvement. Months of hard work for what seemed like the most primitive of skills finally pay off. This individual has just cultivated a life skill—not the skill in particular, but the strong lesson of persistence.

Now armed with the ability to commit themselves until they achieve their goals, they experience a surge in confidence and progress more rapidly than their counterparts. They understand the crucial aspects of the Goal Process, witnessing its power as they transform from something deemed horrible to fairly formidable.

These individuals ultimately outshine the rest. They never learned to fear failure, no matter how many times they didn't succeed. Instead, they learned the values of persistence, dedication, self-worth, trial and error, and the resilience to face displeasure and disappointment. Their greatest lesson is the achievement of ultimate success and happiness, driven by their urgency and dedication to setting and pursuing their goals for themselves.

Fear

It is ok to be afraid. In fact, it is highly recommended!

"Just as courage imperils life, fear protects it."

Leonardo da Vinci

If fear doesn't intimidate you, it has likely weakened you. Fear is not only acceptable but should be greatly respected instead of shunned. Those who acknowledge and understand fear are less likely to get hurt; they can learn to heighten their sensitivities to meet challenges. Being afraid is beneficial to an extent, within the bounds of the Golden Means. Recognizing fear demonstrates an understanding of the potential risks, signifying intelligence and forethought. The dangers become apparent in the minds of those who hesitate, offering an opportunity to begin or restart the Goal Process by defining obstacles.

Many people discourage fear, deeming it a negative emotion, a stumbling block, or a precursor to panic and failure. By bypassing the Identify Your Obstacles and proceeding directly to work, they neglect the crucial steps of studying and preparing for those dangers. During moments of anxiety or fear, the goal should not be abandoned. Instead, slow down or pause, study it out, but don't lose focus. Identify the hazards and return to research, following the Goal Process more precisely in the next go-around. Allow every sensory system to absorb the environment, building self-awareness. Rehearse the studied information in your mind until you create familiarity with what may not yet be fully understood.

Overcoming fear provides a significant boost to self-esteem, regardless of success or failure. The key is to remain calm and find solace within your mind. Facing fears repeatedly reduces their scariness and transforms them into familiar experiences, fostering further growth. Fear is an essential aspect of making informed choices and understanding potential outcomes. Its benefit lies in providing a starting point for preparation and serving as the first step to avoiding visible challenges. Use fear

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wisely by asking yourself why you're afraid, what you're unfamiliar with, and how others have overcome similar challenges. Embrace fear as a part of your experiences and a reason for eventual success.

Risk

"Nothing ventured, nothing gained," as the traditional idiom says. This concept is emphasized after the section on Fear for a reason. Scientifically, mathematics states that where there is no input, there will be no output, zero will equal zero. Many great goals and dreams are thwarted before they begin because this equation holds true. This is why the Goal Process is crucial for evaluating the risk and reward of multiple goals simultaneously.

Every person is given the same amount of time every day—a blessing and a curse for the human race. Daily necessities such as eating, sleeping, social interactions, and personal development require time and effort. Work is necessary to provide shelter and food, narrowing down the necessities of life.

The Rule of Scarcity comes into play, requiring individuals to consider what they can live without and how much of a particular resource they need compared to what is available. While it offers opportunities for choices and self-improvement, it also poses challenges due to the constraints of time, energy, and the exchange of one resource for another.

Even seemingly simple actions, such as going to the store and exchanging money for products, involve risk. This risk prompts individuals to assess whether a product's monetary expense is a fair exchange for their time. Life is full of choices, and avoiding decision-making is not an option. Neglecting to make choices relinquishes control to external influences, diminishing self-esteem and your best interests being misplaced.

Due to the Rule of Scarcity, the Goal Process prioritizes goals early on in Step Three. By applying a predetermined list of priorities, opportunities are limited, and risks are minimized. Bouncing from one agenda to another becomes possible at a moment's notice, avoiding

potential losses of time or resources.

Risk is not inherently negative; society has painted it as dangerous and accompanied by underlying derogatory emotions designed to instill fear. In your role of researching, studying, learning, and preparing, the goal is to reduce the risk of potential losses while maximizing returns. Use a ratio of input vs. potential outputs to determine if the risk is within an acceptable range under given circumstances.

It's crucial to distinguish risk from the concept of "gamble." Risk, when calculated based on probabilities within your control, is not akin to gambling, which relies more on chance and guesses. Pursuing an agenda outside of the Goal Process may lead to a gamble, relying more on luck than calculated effort.

How Step Eight Improves Your Self-Esteem

Following the Goal Process in the correct order up to this point, Work is the phase where you witness your goal taking tangible shape. Something you've personally conceived is now manifesting into reality, and you begin to shape the world around you. This transformative process generates a profound sense of excitement, significantly boosting your Self-Esteem.

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Step 9: Monitor Your Progress

A Goal begins as a wish. A written Goal becomes realistic. A monitored Goal becomes a reality. Change the old habits with the correct ones.

"Experience is not what happens to you; it's what you do with what happens to you."

Aldous Huxley

Up to this stage of the Goal Process, you've established a paper trail marking your starting point and a designated destination. However, the path between these two points won't be a direct line. Various deviations, interruptions, and detours will create numerous points in between, leading in different directions. It's crucial to make corrections continually to ensure you stay on course toward your goal.

Hence, constant Monitoring of Your Progress is essential at every step of the way. Engaging in continuous work without monitoring may lead you significantly off course, even if you began in the right direction. In the end, you may have invested considerable time, energy, and resources only to find yourself in a location you did not intend to reach. Monitoring progress involves more than examining points on a map; self-examination is just as vital.

Habits

Habits play a crucial role in your journey toward your goals. The initial steps of Work and attempting something new may be nerve-racking, especially when you are venturing beyond your previous limits. Anxiety can kick in and pose challenges to your future progress.

As you engage in the Work phase, you might encounter personal idiosyncrasies that hinder your own advancement. Your actions may be getting in the way, and engrained habits could be counterproductive. Despite recognizing the fallacies in your habits during the Research-Study-Learn-Prepare phase, breaking these

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instilled conditions can be the most challenging part of achieving a goal, particularly if bad habits already exist.

During the process of changing a habit, it's common to experience a phase where it seems like your performance is worsening. This is to be expected. The mind is uncertain between the old and new ways, and the transition can be tough. The brain needs time to re-adapt, and during this period, errors may increase per attempt. The brain also has the occasional relapse of old habits further down the road.

The brain, accustomed to the old way, struggles to accept the new logic as it battles with the paradigm that's been permissible in the past. However, with persistent effort, the brain becomes primed to recognize the desired method as correct. The process involves making many errors, each slightly different as you analyze and force changes, tearing away the old habits while instilling new ones.

Suddenly, in the blink of an eye, you find yourself performing the task with proper form, and corrections become second nature. The adrenaline rush is immeasurable. Witnessing someone accomplish a goal they desperately wanted is a remarkable event. As the brain familiarizes itself with the correct form, you will perform the task more accurately and consistently. Goal accomplishment becomes a part of your identity, a reminder of your success every time you engage in that skill.

Patience

Patience is an indispensable virtue in the pursuit of goals. Achieving anything worthwhile takes time, and the magnitude of the goal correlates with the required patience and endurance. While the duration may vary for different goals, maintaining patience throughout the process is crucial. Even if the timeline extends its original anticipation point, it's important not to abandon your dreams.

Developing patience can be challenging. Paradoxically, it seems that impatience often hinders progress.

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Impatient individuals tend to make avoidable mistakes, prolonging the journey to their goals. When patience is cultivated, things tend to fall into place more naturally, and the agenda materializes. The key is to quickly embrace patience, as the sooner you adopt this quality, the less time you'll need it.

The positive aspect of impatience lies in its indication of genuine concern for the results. It signifies that the desired outcomes matter and are worth achieving accurately. Rather than seeing impatience as a reason to quit, view it as a signal not to give up. Frustration, often accompanied by impatience, can serve as a banner of true motivation. Quitting, when you genuinely care about the results, guarantees failure and diminishes your self-esteem. Therefore, maintaining patience is essential for long-term success and personal fulfillment.

What If My Goal Fails?

"Failure is simply the opportunity to begin again, this time more intelligently."

Henry Ford

Facing setbacks and failures is an inevitable part of any journey toward success. If you find yourself at what seems to be the end of the road, feeling frustrated and disappointed, it's crucial to reflect on your experience. Take a moment to ask yourself a few important questions:

1. "Was I honest with myself when setting my goal?" Ensure that your initial goal was realistic and aligned with your values and capabilities.

2. "Did I prepare and plan well enough for this result?" Evaluate the level of preparation and planning you invested in before pursuing your goal.

3. "Was the attempt to my greatest efforts and energies into this goal?" Assess whether you genuinely dedicated your best efforts and energy to achieving the goal.

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4. "Did my goal change or alter mid-way through?" Consider if the goal underwent significant changes or alterations during the process, and whether those changes affected the outcome.

5. "Was this goal high or low on my priority list?" Reflect on the priority level of the goal in your life. If it was lower on your list, the impact on your overall self-esteem might be less significant.

If you can answer yes to the first four questions, understand that failure does not necessarily reflect on your self-worth or competence. Even if the fifth question suggests a lower priority, the experiences and knowledge gained during the pursuit of the goal are forever valuable. These lessons will stay with you throughout your life, and the story of overcoming failures may serve as inspiration for others who look up to you as a mentor. Remember, setbacks are not the end but rather a stepping stone to future success.

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps."

Confucius

Education is essentially a series of learning experiences derived from mistakes that were reassessed after unsuccessful attempts. Many of the groundbreaking innovations we see today emerged from the need to address problems or limitations in existing systems.

Each mistake, failure, or setback is an opportunity for growth and learning. It provides valuable insights that can be used to refine and improve future endeavors. As you accumulate a wealth of knowledge from your experiences, use it to set new goals. Approach each goal with the wisdom gained from past mistakes, and continue the cycle of learning and progress. Embrace the idea that success often arises from the ability to adapt, learn from failures, and apply newfound knowledge to future challenges.

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When goals do not materialize, avoid being an idiot. Change your habits and learn what needs to be altered for improved results and additional opportunities.

How Step 9 Improves Your Self-Esteem

Step Nine, monitoring your progression, plays a crucial role in enhancing your Self-Esteem in several ways.

1. Awareness and Adjustment: By continually monitoring your progress, you remain aware of where you stand in relation to your goals. This awareness allows you to make timely adjustments, ensuring that you stay on the intended course. It prevents veering off track and helps maintain focus on your original objectives.

2. Track Record of Improvement: The monitoring process creates a track record or journal of your journey toward your goals. This record serves as tangible evidence of your progress, starting from the moment you wrote down your goals. Being able to review this record provides a powerful visual representation of the improvements and achievements you've accomplished over time.

3. Reflection and Learning: Regularly reviewing your progress allows for reflection on the challenges faced, obstacles overcome, and successes achieved. This reflective process is a form of self-assessment and learning. It helps you understand your strengths and weaknesses, providing valuable insights into your capabilities and areas for improvement.

4. Boost in Confidence: Seeing concrete evidence of your advancements and the effort invested in your goals can significantly boost your confidence and Self-Esteem. It serves as a reminder of your commitment, determination, and the positive changes you've made in your life.

In summary, Step Nine is a continuous cycle of self-

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awareness, adjustment, reflection, and confidence-building. Monitoring your progression is not just about reaching the destination; it's about appreciating the journey, acknowledging your growth, and reinforcing a positive self-image.

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Step 10: Achievement and Celebration

Just like any game, book, movie, day, or task, for every goal there is an end just as there was a beginning. You can now look back at the experiences you had along the way.

Don't relax just yet. You are not finished with the Goal Process just because you were successful. Do not move to the next step until you've done one more thing. Just as you wrote down your goals before you started, you need to document your "autobiography" of those goals which you have achieved, and the lessons you've learned.

The entire Goal Process, from Step 2, writing down your goals, has inherently built a journal and development log of your life, achievements, struggles, and lessons you've learned. Reflecting on and documenting the experiences you've had along the journey of your goals is a valuable and insightful practice. This documentation serves multiple purposes:

1. **Self-Reflection:** Writing about your triumphs, failures, frustrations, setbacks, and unexpected events allows for deep self-reflection. It provides an opportunity to understand your emotional responses, decision-making processes, and the factors that influenced your journey.

2. **Learning and Growth:** Documenting the lessons learned is crucial for personal growth. Understanding what worked well and what didn't, and why, helps you make more informed decisions in the future. It transforms experiences into valuable insights that contribute to continuous improvement.

3. **Personal Accountability:** The act of documenting your experiences holds you accountable for your goals. It becomes a record of your commitment, effort, and dedication. Reviewing this record reinforces your responsibility for the choices made and the actions taken.

4. **Teaching Tool:** Your documented Goal Process can

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serve as a teaching tool for others. Sharing your experiences, including the challenges faced and how you overcame them, can inspire and guide those who embark on similar journeys. It becomes a legacy of wisdom that you can pass on to future generations.

5. Building a Complete Narrative: Your logbook creates a comprehensive narrative of your journey. It captures the highs and lows, the moments of clarity, and the times of uncertainty. This narrative provides context to your achievements and makes the entire process more meaningful.

In essence, documenting your "autobiography" of goals is a way of honoring the richness of your experiences and ensuring that the lessons learned continue to shape your future endeavors. It's a tool for self-improvement, a source of inspiration for others, and a testament to your commitment to personal development.

Celebrating your successes is a vital part of the Goal Process and a well-deserved acknowledgment of your achievements.

Celebrate Success

Celebrating is a natural and gratifying response to the culmination of your efforts. Having successfully completed 90.9 percent of the Goal Process steps, it's time to revel in your accomplishment. Begin by revisiting your list of prioritized goals and proudly inscribing the letters "A C C O M P L I S H E D" next to this latest triumph—a tangible testament to your life's achievements.

Share this milestone on your social media platforms, especially on the Izeneyes.com JournalStream, and broadcast to the world that you are a person driven by success. You are not just another online presence sharing memes created by unknown people; you are actively contributing and inspiring through your real-life accomplishments.

The next phase of celebrating your goal achievement

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involves directing your enthusiasm toward the next goal on your list. Focusing on a new adventure provides even more reasons to celebrate. The anticipation of how the upcoming goal will enhance your Self-Esteem adds an extra layer of excitement to your journey.

Take pride in your accomplishments, recognizing that you have taken meaningful steps for your own betterment. Congratulations on bringing your goals this far. While Step Ten has been eagerly awaited, Step Eleven truly marks the you as a master of the Goal Process.

Keep moving forward.

Trust

Throughout this journey, a key theme has been trust—a word that encapsulates the essence of the Goal Process. Building, maintaining, and extending trust on various levels are critical elements. Trust serves as the necessary force propelling action toward a goal. Without trust, one would be unwilling to invest time, energy, or resources in pursuits deemed unworthy or seemingly impossible.

The potency of the Goal Process lies in the incremental growth of trust, cultivated step by step. In Step One, you identified your desires, reaching beyond your current state. You affirmed, "I trust this much." You believed in your ability to be worthy of your aspirations.

Moving to Step Two, when you penned down your goal, you declared, "I trust that I can integrate the world into my life, and reciprocally integrate my life into the world." In this simple act, you demonstrated trust in your capacity to harmonize who you are, what you are, what the world is, and who the world comprises.

Trust is the underlying force that underscores every phase of the Goal Process. It is the assurance that fuels your efforts, propelling you toward your desired destination. Embrace and cultivate trust, for it is the fuel that powers the engine of achievement.

Deserve What You Earned

Having successfully reached your goal, at this juncture,

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your trust in yourself should have grown to a point where you unequivocally recognize that you deserve the rewards you've earned. This heightened self-trust enables you to confidently accept the fruits of your labor.

It's unfortunate that some individuals, despite achieving success, may not have adhered to the comprehensive steps of the Goal Process. Consequently, they may reject the rewards they've earned, feeling undeserving of the positive changes in their lives. Whether it's due to a sense of imposter syndrome, doubts about the legitimacy of their success, or other reasons, some individuals struggle to accept the rewards they've rightfully earned.

It's essential to distinguish between merely acquiring something and genuinely earning it. When you follow the Goal Process diligently, reaching your goal becomes a testament to your efforts, commitment, and personal growth. In such cases, take pride in the fact that you did it right—no one can diminish the authenticity of your achievements. Embrace the rewards with confidence and know that you deserve every bit of success that comes your way.

How Step Ten Improves Your Self-Esteem:

Step Ten of the Goal Process serves as a crucial element in enhancing your self-esteem. As you look back on the experiences documented throughout the goal journey, you create a tangible record of your successes, challenges, triumphs, and setbacks. This logbook becomes a valuable source of inspiration that you can draw upon in times when you need a reminder of your capabilities.

The act of documenting your achievements, failures, and the entire process is a form of self-reflection. Reading your own words, grounded in the reality of your success story, provides a unique and authentic source of inspiration. You're not imagining how it felt; you lived through it. This collection of experiences becomes a reservoir of motivation—an internal wellspring of inspiration within you.

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Success, as documented in your logbook, becomes a natural and powerful method for building self-esteem. It serves as evidence of your capabilities, determination, and growth. The ability to revisit your past achievements, no matter how big or small, reinforces a positive self-image and instills confidence in your abilities. This reservoir of inspiration within yourself becomes a valuable asset as you embark on new goals and face the inevitable challenges ahead.

Step 11: Become A Mentor

“Do not go where the path may lead, go instead where there is no path and leave a trail.”

Ralph Waldo Emerson

The 11th step of the Goal Process is where the success achieved through your goals contributes not only to your personal growth but also to the sustained development of your self-esteem. While some individuals may be inclined to keep their success to themselves, the true power of self-esteem growth lies in sharing that success with others.

Embracing a low-level semi-narcissistic approach to life, as explained here, suggests finding a balance in acknowledging your achievements without crossing into the negative attributes associated with narcissism. It's about recognizing your worth, feeling confident in your abilities, and being proud of your accomplishments without becoming excessively self-centered or dismissive of others.

The Goal Process has been guiding you to become the best version of yourself, and a certain level of self-focus is necessary for personal growth. However, it's crucial to avoid extremes that may lead to self-destruction or negatively impact your relationships with others. Strive for a healthy balance, applying the principles of the Golden Means.

As you share your success and accomplishments, consider it an opportunity to inspire and uplift those around you. By doing so, you not only contribute positively to the lives of others but also reinforce your own sense of self-worth. Remember the cautionary tale of Narcissus from mythology, and strive to avoid a self-centered approach that isolates you from the needs and perspectives of those around you.

Step Eleven encourages you to honorably claim your accomplishments, celebrate your self-esteem, and simultaneously be a positive influence in the lives of others. Balancing self-appreciation with empathy and a

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willingness to contribute to the well-being of the community is a key aspect of sustained personal and collective growth.

Mentorize Yourself

You have now achieved your goal and felt the euphoria of success. You have built your Self Esteem and became the person you previously aspired to become. Even though you will feel like the same person as before your success, you are now transformed and a completely different person. You are now an icon for being a mentor to someone else. One of the greatest prizes in life is to be admired for you being who you are. You have an experience, an education, a quality, and additional capability that others may be seeking in order to improve themselves; which you did the same at a previous point in time.

Step 11 of the Goal Process encourages you to embrace the role of a mentor, not only to others but also to yourself. Having achieved your goal and experienced the sense of success, you've undergone a transformation that might not be immediately apparent to you. Despite feeling like the same person, you are now a different, improved version of yourself.

Being a mentor to yourself involves recognizing the lessons, experiences, and growth you've undergone throughout the Goal Process. Acknowledge the journey you've taken, the obstacles you've overcome, and the skills you've developed. Reflect on the changes in your mindset, behavior, and overall character.

As you embrace the mentorship role, share your story, insights, and the strategies that worked for you. Be open about the challenges you faced and how you overcame them. Your journey serves as a valuable source of inspiration and practical advice for others seeking personal development.

Mentoring yourself is an ongoing process of self-reflection, learning, and improvement. It involves recognizing that personal growth is continuous, and each achievement becomes a stepping stone for the next goal.

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By mentoring yourself, you perpetuate a cycle of inspiration and contribute to the collective growth of those around you.

“Tell me and I forget. Teach me and I remember. Involve me and I learn.”

Benjamin Franklin

Recall, that you did not achieve your success all by yourself. Others influenced and assisted you toward your success. Others taught you to become yourself as well. The best repayment to your mentors, because you are indebted to them, is to return the favor to inspiring others.

It is now your turn to become that mentor which you aspired for when you had that inner desire to bloom into the new you. Help others through either sharing your experience or remaining the successful person you have now become. Allow your writings and documents to be available to those who wish to follow in your footsteps. Better yet, if given an opportunity, tell them your struggles and failures amidst your successes. Others can realize they don't struggle alone. We all do.

Amazingly enough, sharing your failures boosts your credibility more than degrades your reputation. It will humanize you to others, opening a place in their hearts for you. Of course, going public with your successes and struggles will also bring some critical comments. But, so what? You have proven to YOURSELF that you are successful despite the derogatory crowd which will always participate with snide comments. You will open an opportunity for someone to reach out to you who seriously wants you to participate in shaping their life. It is worth it.

You will never know how many people you will benefit throughout the rest of your life all because you once did something great for yourself. The ability to help others is another big Self Esteem boost. Someone else is looking to YOU because of the attempts and success of your goals. Not necessary, but, it is always nice, to receive an

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external validation that your goal achievements are valuable to someone else. So much so, that they wish to make them their own. It is okay to accept external validation. It is also important to help others receive external validation from you. Just be honest, yet critical while encouraging. You may be the one helping to shape their future. Being their mentor will reward you with the respect you can never earn in any other way.

How Step 11 Improves Self Esteem

This chapter is laden with Self Esteem increase. So it is fitting to talk about the value of becoming a mentor and how it is all truly a labor of Love.

When you begin to serve someone, you begin to love that person or group. Just as you began to love those who helped you. Every baby starts needing that nourishment from someone more experienced in life. A good parent will serve as much as they can for their child. That is because of the love through service. Becoming a mentor eliminates jealousy and replaces it with love that you've seen someone else become better.

You have needed others. Others certainly need you. If there is one thing that the entire Goal Process can teach you, I hope in the end it is LOVE. For what is life without it?

"Life without Love, is no Life at all."

Leonardo da Vinci

Logic Vs Emotion

Now that the complete Goal Process has been outlined and elucidated, it is imperative to delve into the concepts of decision-making for individuals. When confronted with choices, two paramount factors play a pivotal role in the decision-making process. Understanding the dynamic interplay between these two factors and acknowledging their potential conflicts is essential for effective decision-making.

Logic Factor

One critical factor in decision-making is Logic. Logic pertains to our understanding of a situation, encompassing knowledge of how actions yield reactions and the eventual outcomes. Success is often achieved by aligning decisions with the logical course of action, combining accurate choices to attain the desired results.

Emotion Factor

Emotion, on the other hand, is centered on how you feel about the available decision options. Unlike logic, emotion operates independently of what may be deemed right or wrong. It involves experiencing favorable or unfavorable sensations, leading to feelings of comfort or discomfort, liking or disliking.

Sometimes, decisions are driven by a dominant Logic execution, while other times, they are influenced by an Emotionally dominant execution. Rarely do we witness an equal partnership between Logic and Emotion in the decision-making process.

This typical imbalance often results in a tainted outcome. When a challenging decision leans too heavily toward Logic, it may evoke feelings of heartlessness or carelessness, leaving a negative emotional impact. Conversely, decisions rooted in strong emotions may lead to a tainted result, prompting self-doubt with questions like, "Is this a foolish choice?"—and chances are, it might be.

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Both scenarios compel you to second-guess yourself, creating a cycle of doubt that can carry into subsequent decisions. This unintentionally diminishes your confidence in your decision-making abilities as you strive to find a balance that satisfies both Logic and Emotion equally and simultaneously.

Emotion and Logic in Times of Panic

Since the inception of the body and brain, an ongoing battle has ensued between Emotion and Logic, weaving a tapestry of memories. This pattern prompts the recall of past experiences, calculating the prior outcomes to anticipate potential new scenarios.

If a previous result led to pain, misery, discomfort, or negative feelings, the brain strives to avoid similar circumstances in the future, modifying choices in pursuit of better outcomes. Conversely, if the previous results were positive, the brain remembers and seeks to replicate them, creating a sense of addiction through repetition (the habit forming attribute) —what we commonly refer to as muscle memory. As the muscles gain greater logic, the emotion begins to trust this logic, forming habits, whether deemed "good" or "bad." At this point, Logic and Emotion operate in unison, accepting the routine without further scrutiny or concerns.

However, the concept of "Ignorance," is something both Logic and Emotion collectively disapprove of. Ignorance occurs when the brain hasn't encountered a scenario where it can rely on muscle memory to instantaneously make appropriate decisions. In moments of sudden change, every sensory aspect of the body becomes active, engaging in identification, recognition, analysis, and the implementation of a suitable response.

During encounters with new and unexpected environments, our muscles may jolt, our hearts may quicken, and our pupils may widen as the body's sensory systems work to determine whether to fight the approaching onsets, flee from potential danger, or remain calm to verify the absence of real threats. The benefit lies in the assurance that both logical and emotional instincts

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collaborate for our well-being, survival, and additional future opportunities- a preserved life.

Understanding how Logic and Emotions constantly collaborate, yet stand adjacent to each other, is crucial. Through the steps of the Goal Process, your Logic and Emotion can harmoniously complement each other, leading to greater happiness rather than engaging in a mental competition that fosters self-doubt.

Emotion and Logic in the Goal Process:

Step 1: Identify your wants: **Emotional.** When identifying your wants, emotions play a crucial role in understanding what you desire and why. Your wants are tied to emotional satisfaction.

Step 2: Write them down: **Logical.** Putting thoughts into a physical form is a logical process, but the act of writing involves emotion transferred from Step 1, representing a part of you. This emotional connection makes the task satisfying.

Step 3: Refine and Prioritize: **Emotional.** Refining and prioritizing your wants involve going through a logically written list based on emotions. You are organizing them based on importance and personal significance, driven by emotion and desires vs logic.

Step 4: Define Goals Obstacles: **Logical.** Identifying obstacles is a logical task, distinguishing between what stands between you and your goal and what doesn't.

Step 5: Find Mentors: **Emotional.** Building relationships with mentors and others involves a significant emotional component. Your mentors become integral to your emotions and the trust you place in them.

Step 6: Research & Study, Learn: **Logical.** Gathering knowledge, facts, figures, and formulas falls under logic. It's an information-based step with no inherent emotion.

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Step 7: Prepare: **Emotional and Logical.** Bridging both realms, preparation requires both physical and emotional readiness. It involves mental preparation alongside physical readiness for the next steps.

Step 8: Work: **Logical.** Although it may feel emotional in the moment, the work is fueled by logic. Applying formulated data into a plan and strategy is a logical process. The emotional excitement at this stage propels you through the logical steps.

Step 9: Monitor Your Progress: **Logical.** Monitoring progress is a reflection on personal history and reviewing of data. It involves learning and adjusting from the past, requiring a logical approach. Emotions should be kept in check to avoid being engulfed by yesterday's experiences, hindering progress toward tomorrow.

Step 10: Success: **Emotional and Logical.** The ultimate goal was to acquire the feeling of success with tangible proofs. This pursuit is a blend of both emotional fulfillment and logical achievement.

Step 11: Become a Mentor: **Emotional.** Mentoring others is an act of love, which is inherently emotional. While not entirely logical, love adds profound meaning to the mentoring process.

Conclusion

I hope you have enjoyed learning the steps of the Goal Process and become inspired to improving your Self Esteem. As well, helping the Self Esteem of others. Age does not matter about changing your opinion of yourself. Age is irrelevant as to how old or young you are. Set your goals. Use the Goal Process. Become YOU! Continue to always create an even Better You.

Believe Greatly, Achieve Greatly. Izeneyes!

Additional Life Content

"Knowing others is wisdom, knowing yourself is Enlightenment."

Lao Tzu

The upcoming pages diverge from the Goal Process and delve into philosophical perspectives and life insights aimed at fostering enduring happiness. These insights have been shaped by inspiring personalities who played a mentoring role in developing the Goal Process, contributing their teachings, opinions, and viewpoints. I hope you'll find these readings enjoyable.

Following these personal insights, you'll encounter quotes from various inspirational figures of the past. Each of these individuals has left a positive imprint on the world, emphasizing unique points that continue to offer valuable lessons.

Beware of Jealousy

"Life is one big road with lots of signs. So when you riding through the ruts, don't complicate your mind. Flee from hate, mischief and jealousy. Don't bury your thoughts, put your vision to reality. Wake up and live."

Bob Marley

Jealousy is an incredibly contagious affliction within the human race, capable of causing more destruction than any other force in the world. This emotion can render even good people profoundly unwell, and unfortunately, many never find a cure. It exists as a trace element within everyone, so it's crucial to be vigilant of those in your vicinity who harbor an excessive amount of this nature. Such individuals may endeavor to ensure you lose your achievements, undermine your efforts, and diminish your empowerment. Stay mindful of this unfortunate human trait.

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"Never underestimate the power of jealousy and the power of envy to destroy. Never underestimate that."

Oliver Stone

If you recognize feelings of jealousy within yourself, it's crucial to dismiss them promptly. Allowing jealousy to linger can lead to decisions that deviate from your usual character. This emotion has the potential to redefine you, portraying you as someone different from your true self. Jealousy operates like a destructive virus, fostering anger, hatred, and malicious tendencies. Swiftly removing these emotions from your mind is essential to prevent them from consuming and undermining your well-being. Spending years to build a credulous reputation, one public showing of jealousy is enough to completely change the way others will perceive you from then forward. Do not risk the harboring of jealousy.

"Jealousy is, I think the worst of all faults because it makes a victim of both parties."

Gene Tierney

Find the best in those around you. You will find they will be more helpful to lift you up to a higher plane than if you trying to bring them down to a lower plane.

"Jealousy is the tribute mediocrity pays to genius."

Fulton J. Sheen

Treat others with kindness and fairness, a basic expectation you have of others and should reciprocate. Acts of kindness towards others are essentially selfish in nature. Each person possesses unique qualities that may prove valuable in your pursuit of goals. The broader your network of people you've treated considerately, the greater the likelihood of benefiting from their diverse skills and expertise in the future when you require them.

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"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

Dalai Lama

See everyone as equals—just people. The discomfort of being looked down upon for not meeting someone's standards is something we all want to avoid. When others sense that you regard them as equals, they are more likely to support your efforts to elevate your status. Recognizing equality of individuality creates a cooperative environment where everyone has the opportunity to succeed and benefit collectively.

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

Martin Luther King Jr.

Be authentic in your interactions. It's disheartening when you realize someone is only being nice because they want something from you. The insincerity of kind words and flattery, followed by silence until they need more assistance, can be off-putting. Consistently using people for personal gain earns you a reputation as someone who takes advantage of others. Being genuine in your interactions fosters lasting, meaningful connections and prevents others from perceiving you as opportunistic or insincere.

"An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind."

Budda

Don't seek people solely based on their potential benefits to you. Approach others because they are fellow human beings, not just as potential assets you may harness. Often, the most significant assistance comes from unexpected sources. People hold various qualities, and forming connections based on status alone can limit

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your opportunities for genuine, meaningful relationships. Look beyond superficial criteria and appreciate the diverse qualities that each person brings to the table.

"Friendship is a single soul dwelling in two bodies."

Aristotle

Overlook the faults of others, recognizing that everyone has their imperfections. Our perceptions of situations and values can vary widely, and these differences should be embraced. What may seem like a mistake to you could be a positive change for someone else. It's common to label others as having faults, yet this tendency is a widespread fault in itself. Allow people to embrace their imperfections, as what you perceive as a flaw may contribute to their happiness and fulfillment.

"I'm not concerned with your liking or disliking me.... All I ask is that you respect me as a human being."

Jackie Robinson

Assist others in recovering from their mistakes. Typically, individuals are aware of their errors before anyone else notices. There's no necessity to demean someone due to an acknowledged mistake. We all entered this world as infants, with developing minds that require opportunities to experience, learn, and evolve.

"We should not judge people by their peak of excellence; but by their distance they have traveled from the point where they started."

Henry Ward Beecher

Over the years, we've evolved from simple existence to complex intelligence, learning one lesson at a time, generation to generation. People may not learn the same lessons in the same order or with the same morals as you did, so be understanding of those who are still "ignorant" about what you know. They will learn, and so will you.

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"A mistake is simply another way of doing things."

Kathrine Graham

Don't mistake a mistake for a personality trait. The majority of our population consists of good, hardworking individuals with the intent of being progressive in life and a positive factor to the social community.

Set your own standards and become the person you want to be. Establish rules that represent yourself personally. While people are shaped by their environment, it shouldn't be the sole determinant. It's okay to adapt to an environment, but avoid becoming a different person around different groups. Stick to your personal standards, and others will likely accept you more for who you truly are.

Be a fun person. Life is short, and we can't always control external events. However, we have complete control over how we react to and handle the situations life presents.

Additional encouragements Gauranteed to improve your home life.

- Get away from addictive substances. Drugs, alcohol, smoking, vaping, excessive sugar. These particular substances and chemicals are known to destroy families.

- Strengthen yourself beyond medications; mentally and physically. Be as natural in your living as possible. Sadly, many addictions begin with the physician prescribed medications. Instead of feeding money to the pharmaceutical companies, feed better and real nutrition into your body. Help the natural farmer be more profitable instead.

- Stray away from debt. Pay off as much debt as quickly as possible. Some times debt is needed, but not needed forever. Be cautious of the items you are willing to go into debt for. Those creditors "own" you until their principal and interest equal \$0.00 balance. The interest

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accrued in those items is more time you require of your life.

- Limit your social media time. Screen time is consuming the majority of time of many people in America today. These pixel devices do have their strengths, if used correctly, and wisely within your time budgets and the Goal Process. They also have a huge ability to degrade Self Esteem and family cohesion.

Historical Mentors of the Goal Process

The remainder of this work is quotes from mentors who shaped much of the philosophies of the Goal Process. Let's read what they had to say during the times of their life:

Leonardo da Vinci

1452 to 1519

Painting, drawing, engineering, anatomical studies, hydrology, botany, optice, geology, and more.

"I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection."

"Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death."

"Simplicity is the ultimate sophistication."

"It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things."

"Life is pretty simple: you do some stuff. Most fails. Some works. If it works big, others quickly copy it. Then you do something else. The trick is doing something else."

"Art is never finished, only abandoned."

"I have been impressed with urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do."

"There are three classes of people: those who see, those who see when they are shown, those who do not see."

"Blinding ignorance does mislead us. O! Wretched mortals, open your eyes."

"Iron rusts from disuse; water loses its purity from stagnation...even so does inaction sap the vigor of the mind."

"He who loves practice without theory is like the sailor who boards ship without rudder and compass and never knows where he may cast."

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"I have offended God and mankind because my work didn't reach the quality it should have."

"He who is fixed to a star does not change his mind."

"Time stays long enough for anyone to use it."

"Just as courage imperils life, fear protects it."

"You can have no dominion greater or less than that over yourself."

"Men of lofty genius when they are doing the least work are most active."

Niccolo Machiavelli

1469 to 1527

*Politics, political theory, military theory, philosophy,
advising royalty.*

"When you disarm the people, you commence to offend them and show that you distrust them either through cowardice or lack of confidence, and both of these opinions generate hatred."

"No enterprise is more likely to succeed than one concealed from the enemy until it is ripe for execution."

"Entrepreneurs are simply those who understand that there is little difference between obstacle and opportunity and are able to turn both to their advantage."

"It is better to be feared than loved, if you cannot have both."

"If an injury has to be done to a man it should be so severe vengeance need not be feared."

"There are three kinds of intelligence: one kind understands things for itself, the other appreciates what others can understand, the third understand neither for itself nor through others. This first kind is excellent, the second good, and the third kind useless."

"The first method for estimating the intelligence of a ruler is to look at the men around him."

"Before all else, be armed."

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"It is double pleasure to deceive the deceiver."

"He who wishes to be obeyed must know how to command."

"I'm not interested in preserving the status quo; I want to overthrow it."

"Hatred is gained as much by good works as by evil."

"The wise man does at once what the fool does finally."

"There is nothing more difficult to take in hand more perilous conduct or more uncertain in its success, than to take the lead in the introduction of a new order of things."

"God is not willing to do everything, and thus take away our free will and that share of glory which belongs to us."

"Never was anything great achieved without danger."

"The wish to acquire more is admittedly a very natural and common thing; and when men succeed in this they are always praised rather than condemned. But when they lack the ability to do so and yet want to acquire more at all costs, they deserve condemnation for their mistake."

Martin Luther

1483 to 1546

Theologian, author, professor.

"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree."

"I am more afraid of my own heart than of the pope and all his cardinals. I have within me the great pope, self."

"Everything that is done in the world is done by hope."

"Peace if possible, truth at all costs."

"If I'm not allowed to laugh in heaven, I don't want to go there."

"The fewer the words, the better the prayer."

"The man who has the will to undergo all labor may win to any good."

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William Shakespeare
1564 to 1616
Playright, poet, actor,

"Ignorance is the curse of God; knowledge is the wing wherein we fly to Heaven."

"A fool thinks himself wise, but a wiseman knows himself to be a fool."

"Some are born great, some achieve greatness, and some have greatness thrust upon them."

"If music be the food of Love, play on."

"It is not the stars to hold our destiny, but ourselves."

"To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man."

"God has given you one face, and you make yourself another."

"Cowards die many times before their deaths; the valiant never taste death but once."

"There is a tide in the affairs of men, which taken at the flood, lead on to fortune. Omitted, all the voyage of their life is bound in shallows and in miseries. On such a full sea are we afloat. And we must take the current when it serves, or lose our ventures."

"Better a witty fool than a foolish wit."

"Suspicion always haunts a guilty mind."

"Words without thoughts never go to heaven."

"Our doubts are traiters and make us lose the good we oft might win by fearing to attempt."

"And oftimes excusing of a fault doth make the fault the worse by the excuse."

"Ambition should be made of sterner stuff."

"Boldness be my friend."

"How poor are they that have not patience."

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"We know what we are, but know not what we may be."

"In time we hate that which we often fear."

"I say there is no darkness but ignorance."

"Life every man holds dear; but the dear man holds honor far more precious dear than life."

"Give me my robe, put on my crown; I have Immortal longings to me."

Galileo Galilei

1564 to 1642

Analytical dynamics, heliocentrism, kinematics,
observational astronomy

"All truths are easy to understand once they are discovered; the point is to discover them."

"We cannot teach people anything; we can only help them discover it within themselves."

"I have never met a man so ignorant that I couldn't learn something from him."

"It vexes me when the world constrain science by the authority of the Scriptures, and yet do not consider themselves bound to answer reason and experiment."

"By denying scientific principles, one may maintain any paradox."

Isaac Newton

1642 to 1727

Newtonian mechanics, calculus, optics, alchemy,
astronomy, economics.

"If I have seen further than others, it is by standing on the shoulders of giants."

"I can calculate the motion of heavenly bodies, but not the madness of people."

"I was like a boy playing on the seashore, and diverting myself now

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and the finding a smoother pebble or a prettier shell than ordinary, whilst the great ocean of truth lay all undiscovered before me."

"Tact is the art of making a point without making an enemy."

"To every action there is always opposed and equal reaction."

"If I have done the public any service, it is due to my patient thought."

Benjamin Franklin

1706 to 1790

Writer, scientist, inventor, statesman, diplomat, printer, publisher, political philosopher.

"The U.S. Constitution doesn't guarantee happiness, only the pursuit of it. You have to catch up with it yourself."

"We are all born ignorant, but one must work hard to remain stupid."

"By failing to prepare, you are preparing to fail."

"Any fool can criticize, condemn, and complain and most fools do."

"An investment in knowledge pays the best interest."

"Life's tragedy is that we get old too soon and wise too late."

"Lost time is never found again."

"Well done is better than well said."

"He that is good for making excuses is seldom good for anything else."

"He that can have patience can have what he will."

"All mankind is divided into three classes: those that are immovable, those that are movable, and those that move."

"Rebellion against tyrants is obedience to God."

"Without continual growth and progress, such words as improvement, achievement, and success have no meaning."

"A life of leisure and a life of laziness are two things. There will be sleeping enough in the grave."

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"A man wrapped up in himself is a small bundle."

"It is the working man who is the happy man. It is the idle man who is the miserable man."

"Take time for all things: Great haste makes great waste."

"Energy and persistence conquers all things."

"Being ignorant is not so much a shame, as being unwilling to learn."

"Your net worth to the world is usually determined by what remains after your bad habits are subtracted from your good ones."

"Half a truth is often a great lie."

"There are three things extremely hard: steel, a diamond, and to know one's self."

"I didn't fail the test, I just found 100 ways to do it wrong."

"Never leave that till tomorrow which you can do today."

"Dost thou love life? Then don't squander time, for that is the stuff life is made of."

"God helps those who help themselves."

"When you're finished changing, you're finished."

"Hide not your talents. They for us were made. What's a sundial in the shade."

"Applause waits on success."

"It is easier to prevent bad habits, then to break them."

"He that won't be counseled can't be helped."

"Observe all men, thyself most."

"Never confuse motion with action."

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Michael Faraday

1791 to 1867

Scientist, electromagnetism, electrochemistry,
induction, diamagnetism, electrolysis.

"The five essential Entrepreneurial skills for success are concentration, discrimination, organization, innovation, and communication."

"The lecturer should give the audience full reason to believe that all his powers have been exerted for their pleasure and instruction."

Joseph Smith Jr.

1805 to 1844

American religious leader, Mormonism

"A man is saved no faster than he gains knowledge"

"It is our duty to concentrate all our influence to make popular that which is sound and good, and unpopular that which is unsound."

"The exaltation and happiness of any community, goes hand in hand with the knowledge possessed by the people, when applied to laudable ends; whereupon we can exclaim like the wise man; righteousness exalteth a nation; for righteousness embraces knowledge and knowledge is power."

"Never give up an old tried friend, who has waded through all manner of toil, for your sake, and throw him away because fools may tell you he has some faults."

"The important consideration is not how long we can live but how well we can learn the lesson of life, and discharge our duties and obligations to God and to one another."

"I teach them correct principles and they govern themselves."

"When we are accomplishing the good, the greatest opposition comes."

"It must be emphasized that as a father, you are always teaching. For good or ill your family learns your ways, your beliefs, your heart, your ideas, your concerns. Your children may or may not choose to follow you, but the example you give is the greatest light you hold before your children, and you are accountable for that light."

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"Even this nation (the US) will be on the very verge of crumbling to pieces and tumbling to the ground, and when the Constitution is upon the brink of ruin, this people will be the staff upon which the nation shall lean, and they shall bear the Constitution away from the very verge of destruction."

Thomas Edison

1847 to 1931

Inventor, businessman, electric power generation, light bulb, mass communication, sound recording, motion pictures.

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

"Opportunity is missed by most people because it is dressed in overalls and looks like work."

"Being busy does not always mean real work. The object of all work is production or accomplishment and to either of these ends there must be forethought, system, planning, intelligence, and honest purpose, as well as perspiration. Seeming to do is not doing."

"Genius is one percent inspiration and ninety-nine percent perspiration."

"Many of life's failures are people who do not realize how close they were to success when they gave up."

"If we did all things we are capable of, we would literally astound ourselves."

"To invent you need a good imagination and a pile of junk."

"There is no substitute for hard work."

"Discontent is the first necessity of progress."

"I never did anything by accident, nor did any of my inventions; they came by work."

"Nearly every man who develops an idea works it up to the point where it looks impossible, and then he gets discouraged. That's not the place to become discontent."

Izeneyes & the Goal Process

"Everything comes to him who hustles while he waits."

"What you are will show in what you do."

"I start where the last man left off."

"There's a way to do it better find it."

"To have an idea, have a lot of them."

"There is far more opportunity than there is ability."

"Results! Why, man, I have gotten results. I know several thousand things that won't work."

Nikola Tesla

1856 to 1943

Inventor, electrical engineer, mechanical engineer,
alternating current, electrical supply systems.

"I don't think there is any thrill that can go through the human heart like that felt by the inventor as he sees some creation of the brain unfolding to success....such emotions make a man forget food, sleep, friends, love, everything."

"Today's scientists have substituted mathematics for experiments, and they wonder off through equation after equation and eventually build a structure which has no relation to reality."

Albert Einstein

1879 to 1955

Theoretical physicist, theory of relativity, photoelectric
effect, $E=mc^2$, brownian motion.

"Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius and a lot of courage to move in the opposite direction."

"Imagination is more important than knowledge."

"Reality is merely an illusion, albeit a very persistent one."

"The only real valuable thing is intuition."

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"A person starts to live when he can live outside himself."

"Anyone who has never made a mistake has never tried anything new."

"We can't solve problems by using the same kind of thinking we used when we created them."

"The important thing is not to stop questioning. Curiosity has its own reason for existing."

"If A is a success in life, then A equals x plus y plus z. Work is x; y is play; and z is keeping your mouth shut."

"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe."

"The further the spiritual evolution of mankind advances, the more certain it seems to me that the path to genuine religiosity does not lie through the fear of life, and the fear of death, and blind faith, but through striving after rational knowledge."

"Not everything that counts can be counted, and not everything that can be counted counts." (Sign hanging in Einstein's office at Princeton)

"Information is not knowledge."

Norma Jean Mortenson

1926 to 1962

Model, actress, singer, aka Marilyn Monroe.

"It's better to be unhappy alone than unhappy with someone, so far."

"I don't mind living in a man's world as long as I can be a woman in it."

"Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring."

"I have feelings too. I am still human. All I want is to be loved, for myself and for my talent."

"A career is wonderful, but you can't curl up with it on a cold night."

"Success makes so many people hate you. I wish it wasn't that way. It would be wonderful to enjoy success without seeing envy in the eyes

Izeneyes & the Goal Process

of those around you."

"If I'd observed all the rules, I'd never have got anywhere."

"I'm very definitely a woman and I enjoy it."

"A woman knows by intuition, or instinct, what is best for herself."

"Respect is one of life's greatest treasures. I mean, what does it all add up to if you don't have that?"

"Fear is stupid. So are regrets."

"I am trying to find myself. Sometimes that's not easy."

"We are all of us stars, and we deserve to twinkle."

"One of the best things that ever happened to me is that I'm a woman. That is the way all females should feel."

"The truth is, I've never fooled anyone. I've let men sometimes fool themselves."

"A career is born in public talent in privacy."

"We should all start to live before we get too old. I often wake up in the night, and I like to have something to think about."

"We human beings are strange creatures and still reserve the right to think for ourselves."

"I myself would like to become more disciplined within my work."

"The 'public' scares me, but people I trust."

Martin Luther King Jr.

1929 to 1968

Political philosopher, civil rights activist.

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

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"I have decided to stick with love. Hate is too great a burden to bear."

"Faith is taking the first step even when you don't see the whole staircase."

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education."

"Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity."

"Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for freedom. A man can't ride you unless your back is bent."

"Our scientific power has outrun our spiritual power. We have guided missiles and misguided men."

"A man who won't die for something isn't fit to live."

Lee Jun-Fan

1940 to 1973

Martial artist, actor, Jeet Kun Do, screen writer, film producer, aka Bruce Lee

"Love is like a friendship caught on fire. In the beginning a flame, very pretty, often hot and fierce, but still only light and flickering. As love grows older, our hearts mature and our love becomes as coals, deep burning and unquenchable."

"Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it."

"Mistakes are always forgivable, if one has the courage to admit them."

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."

"If you love life, don't waste time, for time is what life is made up of."

"A wise man can learn more from a foolish question than a fool can learn from a wise answer."

"If you always put limit on everything you do, physical or anything else

Izeneyes & the Goal Process

It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them."

"I'm not in this world to live up to your expectations and you're not in this world to live up to mine."

"A goal is not always meant to be reached, it often serves simply as something to aim at."

"Knowledge will give you power, but character respect."

"A quick temper will make a fool of you soon enough."

"Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind."

"The key to immortality is first living a life worth remembering."

"If you spend too much time thinking about a thing, you'll never get it done."

"To hell with circumstances; I create opportunities."

"As you think, so shall you become."

"Showing off is the fool's idea of glory."

"Real living is living for others."

"Ever since I was a child I have had this instinctive urge for expansion and growth. To me, the function and duty of a quality human being is the sincere and honest development of one's potential."

"Take things as they are. Punch when you have to punch. Kick when you have to kick."

"All fixed set patterns are incapable of adaptability or pliability. The truth is outside of all fixed patterns."

"It's not the daily increase but daily decrease. Hack away at the unessential."

"Man, the living creature, the creating individual, is always more important than any established style or system."

"Take no thought of who is right or wrong or who is better than. Be not

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for or against."

"To know oneself is to study oneself in action with another person."

"The less effort, the faster and more powerful you will be."

"The possession of anything begins in the mind."

"Obey the principles without being bound by them."

"Be like water my friend."

Steve Jobs **1955 to 2011** Founder of Apple

"At this moment, lying in bed, sick and remembering my whole life, I realize that all the recognition and wealth I have is meaningless in the face of imminent death. I have the money to hire the best at any task, but it is not possible to hire someone to carry my disease. Money can get you all kinds of material things, but there is one thing you can't buy: "LIFE".

As I got older, I realized that a \$300 watch and a \$3,000,000 watch show the same time. That with a \$50,000 car and a \$15,000,000 car, we can reach the same destination. That a wine of \$150 or one of \$1500, generate the same "hangover." That in a house of 300 square meters, or in one of 3000, the loneliness is the same."

"True happiness does not come from material things, it comes from the affection that our loved ones give us."

"So, I hope you understand that when you have friends or someone to talk to, that is true happiness!"

"Five undeniable facts

- Do not educate your children to be rich. Educate them to be happy — so when they grow up, they will know the value of things, not the price.*
- Eat your food as medicine, otherwise you must eat medicine as food.*
- The one who loves you will never leave you, even if they have 100 reasons to give up. He/She will always find a reason to hold on.*
- There is a big difference between human being and being human.*
- If you want to go fast, go alone! But if you want to go far, go together."*

Izeneyes & the Goal Process

"In whatever stage of life you find yourself now, be grateful and enjoy the little things to the fullest and treasure the Love of your partner, your family and your friends, so that when the day comes when the curtain falls, you can carry with you the true wealth of this world."

Morris Anderson 1976 to Current

Coach, entrepreneur, author, American Dad!

"You would plunger your toilet if it was plugged and not working, but why don't you plunger your head when it is as constipated as your clogged toilet?"

"Disappointment is good, regrets are bad. They are not the same. Disappointment is a failure in something you tried for. Regret is something you never tried for when you waved the opportunity as it freely crossed your path."

"Why do my best ideas arrive at 1:00 AM? Don't they know I want to sleep so I can have the energy to pursue my other ideas tomorrow?"

"I have but one talent. Determination. Everything else, I learn the hard way."

"With an eraser, anything can be drawn to perfection. It's the corrections that make the best definitions in art or a person."

"I plan to be more spontaneous, so I can better plan for my future."

"Don't tell me what I can or can't not write. You might inspire a blog that is dangerous to the literate."

"Compassion doesn't come through words of sympathy. It comes through your action after you've gained a sense of humanity; knowing that person needing help once was you."

Keep your hands and arms stretched out. You never know who will grab on to help. You also never know who may grab on needing your help. The important thing is that we reach out together."

"We may not always win. But when we work together we will never lose."

Closing remarks of the author:

In closing, let us acknowledge the critical juncture at which American Fatherhood stands today. A crossroads where the essential role of men in the family unit is under siege, and yet, armed with awareness and dedication, we can reclaim our place as influential pillars of strength.

Throughout this journey, we've confronted sobering statistics that underscore the pivotal significance of fatherhood, recognizing the profound impact it wields on our children and society at large. Together, we've explored strategies and shared invaluable resources, empowering you to evolve into a superior father and a stalwart family man.

My heartfelt wish for you is to forge deep, meaningful connections with your children, future generations, grandchildren, and particularly with the mothers who entrust you with the pivotal role of parental growth and mentorship.

As you navigate the inevitably challenging terrain ahead, always bear in mind the immense power you possess to sculpt the destinies of your children and the world that surrounds them. The road may grow rough, but never lose sight of your ability to shape lives.

I implore you to persist in your pursuit of knowledge, personal growth, and camaraderie with fellow fathers. Whether through involvement in a local DADsBOD group, attending workshops, or simply extending a hand to another dad in your community, the collective strength we foster will undeniably make a difference.

In gratitude for sharing this transformative journey, I extend my sincere appreciation. May your path as a father and a beacon for your children be adorned with continuous growth and fulfillment.

With unwavering love and steadfast support,

Morris Anderson

Izeneyes!

The process, as well as the driven desire, in which someone or something is improved with direct intent and dedicated purpose.



"How do you achieve greatly if you don't believe greatly in yourself first? Uncover the transformative power of self-belief with Morris Anderson, a seasoned gymnastics coach whose insights span nearly three decades. In 'Unleashing Potential,' Anderson decodes the universal truth that applies to both youth and adults - people won't attempt unless they believe they can, and they won't work until they believe they can.

Enter the realm of the Goal Process, meticulously crafted to immerse individuals in a mindset of unwavering belief, offering the greatest opportunities

Steps of The Goal Process:

- 1. Identify All Your Wants**
- 2. Write Them All Down**
- 3. Refine and Prioritize Your List**
- 4. Define Each Goals Obstacles**
- 5. Find Mentors**
- 6. ResearchStudyLearn**
- 7. Prepare**
- 8. Work**
- 9. Monitor Your Progression**
- 10. Celebrate Success**
- 11. Become A Mentor**

for pursuit. Morris and his children share how this process shapes their daily lives, propelling them toward their goals and business .

This edition stands as a poignant tribute to the Fathers of America and their families, inviting you to embrace the power of belief. As you navigate the transformative pages of 'Unleashing Potential,' you'll discover that belief isn't just a starting point - it's the catalyst for extraordinary success.



This edition is proudly dedicated to USDads.Org.

