

Self-Discovery
~~ENTREPRENEURSHIP~~ FOR THE COOL KIDS

ages 14+ to adult



Socially Acceptable
creatively-presented life skills
change from who you had to be to who you really are

PROBLEMS AND SOLUTIONS

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I have absolutely nothing in life.

You have time, and time is your most valuable resource. Page **24**.

I want more out of life.

You have to take a risk to grow. Taking a risk may be scary and challenging in the short-term, but it will give you a higher ceiling in the long-term. Pages **71, 72**.

I'm depressed.

Take natural action to increase your endorphin levels. Exercise, jump in the park, hang out with a positive person, do something out of your comfort zone, or do something you like. Pages **48, 50, 51**.

What am I supposed to do with my life? I don't feel like it has any meaning.

Figure out what you're passionate about. Your passion will give you internal direction. Pages **48, 49**.

Should I quit my job? I'm so miserable.

You have two choices. Quit your job and do something completely different or adopt a passion while still working at your current job. If you continue at your job, view your job as a stepping stone for what you want to do. Page **30**.

How can I grow?

Growth happens when real emotions are felt. Stop doing activities that allow you to avoid experiencing real emotions. Page **29**.

My life is going by and I'm not living my dreams.

What's been the motivation of your past decisions? Parents? Acceptance? Survival? Remodel your life so the motivation of your decisions is living for you and what you want. Pages **90, 57**.

I don't feel like I'm on the right path.

When you follow your passion, you'll be on the path to living in line with your core self, and everything else will fall into place. Pages **48, 49**.

I don't have any money.

Treat time as your most valuable resource and money will come. Page **24**.

I'm not good with money.

View money as a tool that can be used to benefit others. Page **22**.

How can I make more money?

Money follows emotion. Work on your emotional and psychological health, and more money will come into your life. Page **29**.

I need to make new decisions.

Begin by countering negative thoughts. Pages **34, 35**.

I don't think college is for me. Is there other training I can do?

Yes, you can work on personal development. Page **23**.

How can I become an entrepreneur? Is there training or something?

You can grow as an entrepreneur through personal development.

Successful people use personal development to increase the health of their psychology, especially aspects such as self-awareness, decision-making, and the regulation of their emotions.

Get unstuck!

Check out a few books or videos from personal development authors and speakers. A good personal development trainer suggests ways to help you change, while one who gives generic advice may just be out for your money and attention.

Don't worry about believing everything they say, just be sure to identify the difference between bad advice and good advice.



How do I begin to develop healthy psychology?

The first step is thinking about why you make the choices you make.

The health of your psychology influences:

- your decision-making
- how you see yourself
- what you think about
- how you react to situations
- why you do what you do

The quality of your life is determined by the health of your psychology.

Get unstuck!

Identify one of your behaviors that you know isn't beneficial. Think about the motivation behind that behavior. Ask yourself why you do it. Is there an emotion tied to that behavior? Is there a prior experience tied to that emotion? Trace back that behavior like a reverse game of connect-the-dots to identify how and why this habit began.



How can I have a healthy relationship with money?

Money follows emotion, so you need to develop emotional health in order to have a good relationship with money.

People buy food to go from feeling hungry to feeling full. People buy soap to go from feeling dirty to feeling clean. These examples show how people spend money to shift their emotional states.

A successful person develops good emotional health then pours that emotional health into a product that consumers can buy when they want to shift their emotional state.

How can I improve my emotional health?

You should never block, defend, or use something to crutch your emotions. Letting your emotions flow without judgment or denial will allow your emotional range to expand and your levels of happiness, joy, and creativity to increase.

When you're sad, just admit it. Negative emotions will cycle out and lead to something positive.



Get unstuck!

Identify the emotional state you're in right now. Identify reasons you're in that state.

It's hard to make my passion my highest value

A decision presents you with choices. The choice you make reflects what you value more. Whatever you choose comes into your life and becomes one of your personal values. *Decisions create values.*

Your highest value is what you choose most often. **You get in life what your highest value returns.** *Values create outcomes.*

When you make choices towards your passion, you will eventually get it, and you will get what it returns. If your highest value is partying, you will get to party, have fun, and socialize. If your highest value is constant learning, you will become more knowledgeable and creative.

Why is decision-making so hard?

A passion might not return anything for a long time, but the eventual return will be very fulfilling. The truth is, a lot of people quit pursuing their dreams because they make decisions towards something that offers a quicker return instead.

Our emotions are not black and white and it's very common to want both the security of a job and the adventure of entrepreneurship. When you're making a choice, be sure to consider how you'll feel about missing out on whichever one you didn't choose.

Think about your values and the major things you want to accomplish in life. You're in control of your choices and there's a return for every choice.

How do I make decisions for the long-term but still have fun?

By making decisions towards what you want, but being present in the moment. When you embrace each moment for what it is, you'll need very little from the external world. Being present will keep you fulfilled on the inside and make it easier to move towards what's important to you.

Am I becoming a self-made person?

A self-made person could quit their endeavors, start over, and get back to the same level because their external status is equivalent to who they've become on the inside.

Can I become a self-made person?

Every human being has the opportunity and right to become self-made. The tools to develop yourself are abundant and oftentimes free. All you have to do is go through the inner remodeling that it takes to become self-made.

How can I become self-made if I'm from nothing?

If you have nothing in life, dive into personal development. Try something challenging, and apply the things from this book and countless other resources. You can do it, no matter where you're at in life, how little you have, or what you've experienced in the past. The only thing that matters on the road to being self-made is the action you are willing to take.

If a person comes from a family with resources, but those resources aren't maintained through personal development, they will vanish. On the other hand, if a person comes from nothing and develops their inner tools diligently, anything is possible.