

Quality #3: Completing Tasks Power Sessions

- Download PDF of Unedited Transcription of Audio
- Listen to the audio – Power Sessions (12) minutes
- Download PDF of Practicum
- Listen to or read Scroll V (morning), IX (noon), VII (night)

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Power Sessions

Ideally we have asked and answered the question, “Why am I here?” We have used our mind constructively and received inspired ideas, impressions and solutions to challenges. We know our why and it has ignited our passion.

Ideally we have looked at our “to do” list and asked, “What does this (all the things we have to do) have to do with me getting there?” We have let go of procrastination and are committed to living in the Now, fully engaged in passion-driven action, doing tasks that are of value and that represent the next millimeter in the creation of our dreams even if these tasks are hard. Ideally.

In reality we may be staring at a piece of paper overwhelmed by everything that we have to do – all of those things that are vying for our attention.

If we have invested time in escape and avoid fantasy and catastrophe, the Now may be a little uncomfortable and disappointing. Before slipping into exhaustion and confusion, smile. We are going to create a new habit of thinking. This is a journey so let’s start with some relatively easy steps. We affectionately call these steps Power Sessions.

Step #1: Ask and answer the following questions:

Do I want to be successful?

What would success look like for me?

Am I ready and willing to do whatever it takes to create it?

If the answer is yes, proceed.

Step #2: Review the things on your schedule for the today, your “to do” list.

Pick three tasks or activities that are on your list that will move you closer to your dreams. Some may involve business associates or prospects. Some may involve family. Others may simply be tasks.

If there are not three, add to your list. Be fearless. In the past you may have wanted to avoid some these tough tasks. To avoid these tasks in the past you may have chosen

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Power Sessions

exhaustion or confusion, or even worse, fantasy. Not going there today!

Identify the three tasks or activities.

Step #3: Convert these three items into creation statements.

Ponder the three items selected and ask, “What do I want to create? How could I create that? How would this serve others?” Open your mind to possibilities. Explore new and different ways of doing this task. For example you have selected as one of the three tasks: Going to a meeting this evening.

In the past you may have felt uncomfortable or unwelcomed or even alone in a crowd. As you ponder the question, “What can I create?” you get the idea to connect with every person in the room.

“How can I create this?” Instead of fantasizing or catastrophizing, you experience in your fertile imagination carrying a paper sack into the meeting. What’s in it? Look. You realize the sack is filled with Hersey’s Kisses. You experience walking up to people asking, “Would you like a Kiss?” You then present an open bag filled with the candy. You see people smile. Conversations flow naturally. New friendships take root. Fun vision. What is yours?

You then ask, “How would this serve others?” As you put yourself in the shoes of others, something that can be difficult if we have near deafening negative self-talk, you realize that others also feel uncomfortable, unwelcomed or alone. Then it comes to you with great force. You can become the bridge builder tonight, the one that connects people. Your passion is ignited and you get excited about being at the meeting.

My example may sound too simple, corny, and even inappropriate for the meeting you are attending or of little value. Create your own vision, one that ignites your passion, one that fits your circumstances.

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Power Sessions

Let us not underestimate the power of a kind word, a simple gesture, a smile. Most of all remember from where these inspired ideas, impressions and solutions to challenges come. That power knows.

Now do the same for the other two items on your list.

Step #4: Read Scroll V: I will live this day as if it is my last.

Commit to make this day the best day of your life. Commit to drink every minute to its full. Commit to make every hour count and each minute trade only for something of value. Commit to work harder than ever before, to push your muscles until they cry for relief, and then continue. Commit to make more calls than ever before, to sell more goods than ever before, to earn more money than ever before. Live this day as if it is your last.

You are not planning on dying tomorrow. This is just the last time you get this day. Commit before the day unfolds to seal up its container of life so that not one drop spills upon the sand.

Step #5: Execute your first Power Session

This is one of the three items on your list. Make the decision to be conscious, fully present in the Now.

What did you see in your vision when you were pondering this moment? Take action.

There is no time for noisy self-deprecating internal dialogue. If people are there, consciously Intrinsically Validate them. Have fun. Be positive and uplifting. Avoid criticism and gossip.

If you are doing a task by yourself, focus, consciously let go of fear and jump in, release your natural genius. Be courageous. If you hear a sabotaging question in your mind such as, "I don't know how to do this." Ask, "If I did, what would I do?" Then do that. If you

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Power Sessions

need more information, get it. More ability, acquire it. This is your moment to shine! This is a Power Session.

Step #6: Read Scroll IX: I will act now!

Midday read this scroll long before the events of the afternoon attempt to crash down on you. Only action determines your value in the marketplace and to increase your value, you will want to multiply your actions. Commit to work when the failure seeks rest. Commit to walk where the failure fears to walk. Commit to talk when the failure would remain silent. Commit to act now!

Step #7: Execute your second Power Session

Show up! Notice people! Find good in each of them! Verbalize it! Be alive! Connect no matter what the noise in your head is trying to tell you. Charge forward. If it is a task, jump in.

Step #8: Execute your last Power Session

Let's say you have chosen dinner with friends or family as your third power session. *What could you do to prepare the meal, set the table, lead out in the conversation, make everyone feel valued, clean up?*

If you have chosen to spend this time writing an ad, put yourself in the shoes of the readers, mentally rehearse, explore, and seek guidance. Write based on the ideas, impressions and solutions that come to your mind. Trust your mind to be a fertile playground for amazing insights especially when you are keeping the conduit open with the power that governs abundance by focusing on the needs of others.

Step #9: Journal what happened during your Power Sessions

Record what happened that might not have happened had you have not been so conscious and in the Now. It does not need to be lengthy, just enough to jog your memory when you revisit your journal. In six months you will look back and discover just how much these Power Sessions have changed the direction of your life for the good.

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Power Sessions

Step #10: Read Scroll VII: I will laugh at the world.

We are most comical when we can't laugh at ourselves. Step back and have a good laugh about those times when your thoughts tried to, or succeeded in sabotaging your actions. If anyone has offended you repeat the words, *This too shall pass*. Know that you will never be poor if you can laugh.

Step #11: Sleep like a baby

No matter what happened in the day, good or bad, let it go. Celebrate the fact that you are more conscious in this moment – in the Now. Tomorrow morning we are going to do it again and with even more commitment. Close your eyes and sleep like a baby. And when you awake, repeat the process. Follow this process for 30 days with absolute intention to create your dreams in tangible reality and you will create a miracle in your life.

Some may ask, "Can I do more than three Power Sessions in a day?" I don't know, can you? Start with three. You may find the need to cut back to one or two for a period of time. Most of us are not that accustomed to living in the Now, fully present, fully conscious.