

Good morning,

I wrote this for myself this morning around 5 am after reading other authors writings. I got inspired to write what is already part of my **Rapid Engineered Mind (REM)** methodology; I wanted to give myself a powerful exercise that would help me break thru – go under – go around. Then I thought I wanted to share this with my family and my extended family.

You're worth the 10 minutes that will maximize your potential – Your life's outcome.

Wishing you always unconditional love and faith.

Mary Ann McIlraith

CLARITY IS POWER

Some people don't know they have hit the wall so if you're one who realizes it, then you have a real advantage!

Your Wall was built by your RBV (Rules, Beliefs and Values) and your SOI (Sphere of Influence).

With that understanding, what should we do? I said this to myself --- to address that wall... and wrote down a step by step quick guide to help me overcome this and any other wall I may find in my journey.



With that understanding, what should we do?

Step 1 - Get a clear Vision

Step 2 - Proactive Strategy

Step 3 - Plan - most people won't take the time, we just keep bouncing off the wall. The successful ones just keep getting up until they achieve a breakthrough... you're only a millimeter from conquering that wall.

Step 4 - Take Action - most don't believe in themselves, lack the courage or are unconsciously aware of what or where the wall is. (meaning: our subconscious knows exactly what to do but our (R.B.V.s) create the GAP - the block. The number one powerful driving force is our EMOTIONS... WATCH YOUR S.O.I. WATCH YOUR EMOTIONS.

You are following a plan, just make sure it's YOURS...

REM...Calls for Execution (the power is in the execution)

No more!! Aim high and aim again. It's time to fire off THE Gladiator in you, with a force for good that You will create and not destroy.

REM states: The secrets are to jump-start; So momentum is happening quickly, which gives us the compounding effect. Like compounding \$\$\$ MONEY \$\$\$.

"The power of compounding has been deemed as the eighth wonder of the world "- Albert Einstein

It all comes down to a Values Clarification

1 - What do you value?

2 - The big Why?



3 - What is most important and Why am I doing this?

This changes from cycle to cycle within your life so reclassifying this is critical. There is power in clarity - because you may be following an old blueprint that will never work because you're in a different place in your life now.

4 - What is the End Result I am looking for?

Always ask: What is the Outcome I must achieve? Give yourself the rocking chair test!!!



5 - What is my belief about myself?

Can I really achieve what's longing in my heart and soul???
A person's identity of themselves will forge a path.

6 - Who, What and Where are my blocks of self-sabotage!

Where is your least powerful MOVING AWAY\MOVING TOWARDS VALUES, THIS my friend is where self-sabotage rears its ugly head. So power up and ask the question: What is my most powerful move to meet the enemy head on? Like Ray Dalio says in Business and Money "it's a jungle out there"... I say "it's a beautiful jungle out there, just be prepared to wear the suit of a Gladiator when you MUST... and make it a MUST..."



7 - What am I doing that has elongated that fear?

Thinking the same strategy, people and tools that will solve it? Hmmm – AM I doing exactly what REM calls for or am I following an old blueprint to break down a wall that no longer has a place in my NEW goals, NEW aspirations, NEW dream, etc?

It all comes down to a Values Clarification

8 - Stay with me: IS IT CAUSING OUT OF BALANCE IN YOUR LIFE, WORK OR in any other of the 9 ports?



9 - Where ARE YOU? IN WHICH PORT OF YOUR LIFE ARE YOU just settling? What is it and what is it currently costing you? Also – BIG question – what other ports of your life has your settling COST YOU?

Great, we are getting clarification, FOCUS NOW: If you have not answered these questions stop - please stop - you're worth it . Ok – NOW we have a values clarification, what our moving away and moving towards values are. What we fear - now there's the wall!

10- How do I go around the wall in the easiest way, with the least resistance, quicker, less damage and good for everyone around?

The answer; "The truth will set YOU-YOU-YOU free"; be honest with yourself first and those around you second. Make the correct distinction to make the most effective decision - you won't be perfect but now you'll be in play. The most successful people MAKE DECISIONS, the wealthy in all Ports execute their decisions.



11- AND THIS MY FRIEND will give you some momentum.

Keeping the momentum going, this will be your holy grail.

12- Get a coach that is far beyond where you want to be.



13. Stay mentally, physically and spiritually powered up, and watch your SOI (Sphere of Influence).

I gave myself this same tune up at 5:00 am this beautiful morning when I awakened (in more ways than one) on my island of paradise here in Miami Beach... Unleashing the "I Am In Me" (The universal power of God in me) and sharing it with you! ***TO AWAKEN THE I AM PRESENCE IN YOU.***

As my friend and Angel Tony Robbins states:

***"Now I am the Voice - I will lead, not follow
I will believe, not doubt,
I will create, not destroy,
I am a force for good,
I am a Leader.
Step up, Step Up, Step Up". - Tony Robbins***

Repeat this incantation till every cell in your body owns it.

Mary Ann McIlraith