

Driving Force Workbook Chapter 2: Balancing Your Car and Tires to Stay Ahead

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A. Balance

There are certain procedures a racecar must execute before, during and after a turn to stay balanced and unbound. Driving the car hard without balance will only slow the car down and put more stress on both car and driver. This is contrary to what we usually think, which is that driving a car harder will produce greater speed. Although a car can be driven hard to some degree, it cannot be driven so hard that balance is lost. When this happens, the driver pays the price.

At a race in 2001, Jeff Gordon was at the back of the pack. After the race, Jeff told the commentator it might have looked like he was taking it easy (and it did), but he was actually working very hard – even harder than he had at a previous race he won. In that race, driving felt easy and enjoyable to him.

Even if a racecar has a balanced set-up and tires, the driver must also drive the car in a balanced way or it will bind up and slow down. If the car is not balanced, it can be easily knocked out of control. By keeping the car balanced, it can attain higher speeds and respond better to challenges on the road. By keeping balance in everyday life, greater happiness and productivity result, and adversities are easier to handle. This is similar to a racecar's tires; the better balanced they are, the better chance the car has of getting and staying ahead.

Eight essential components must be balanced in life:

- 1.) Mental
- 2.) Physical
- 3.) Spiritual
- 4.) Social
- 5.) Financial
- 6.) Emotional
- 7.) Material
- 8.) Rest

When discussing balance, volume and density must be considered. A pound of feathers has more volume than a pound of lead. If this example is applied to balancing your life, then "time" is equal to "volume" and the "intensity of time" is equal to "density." Short periods of intensity must be balanced with longer periods of reduced intensity. The longer periods of less intensity allow you to unwind from the shorter, more intense times.

Three aspects play major roles in life balance. These are belief systems, value systems and reward systems. These three systems determine your priorities and ultimately dictate how you balance your life.

Question:

When you keep your life balanced, it helps you to work more _____ and you handle _____ better.

B. Belief System

Your belief system moves you through the limitations of your destiny. It is through your beliefs that your reasoning and perspectives are formulated and exercised. What you believe determines what you do and how you do. Your belief system creates the bridge between your mental definitions and perceptions, and your actions. It is here that your thoughts and actions meet.

Belief systems are shaped by many different elements:

- 1.) Your natural tendencies
- 2.) Your environment
- 3.) Our culture
- 4.) Stimuli from those around you as you grew
- 5.) Things you thought about consistently
- 6.) Things you sought
- 7.) Things you trusted, whether they failed you or not
- 8.) Whether you suffered as a victim
- 9.) Whether you accomplished anything
- 10.) Physical limitations

Every person has a unique belief system, based on one or more of the elements above. Like a fingerprint, no one's beliefs are the same.

A winning belief system contains three basic principles:

- 1.) The ability to see beyond limitations
- 2.) The ability to see opportunities in everything
- 3.) The ability to find hope, even in despair

If you want to redefine your belief system, use the following four simple techniques:

Stop and Flood

Stop the negative action and *flood* your mind with positive thoughts and associations.

Stamp and Act

Stamp the old thought and association as invalid, and the new thought and association as valid. Then *act* according to the new thought and association.

See and Declare

See the new thought and association as real and *declare* it as real.

Believe and Receive

Believe the new thought and association is real and *receive* it as real.

You will move in the direction of your belief when you take actions based on it. Continue to reinforce your thoughts and associations until they are firmly established as second nature.

Question:

Your belief system will give you the ability to push through your _____.

C. Value System

Your value system will help you advance to the next level of your destiny. What you value, and how you value yourself, others and circumstances around you, are based on how you were treated and how you saw loved ones, friends and those you respected behave. What you observed about how others valued their goals and destinies had a great influence on your own values. Your self worth is in large part based on this value system.

A poor value system can lead to excessive pride, and the abuse of others and/or their property. You must value yourself and your property, or you cannot value others and their possessions. Whatever the reason for a poor value system, there are underlying elements that are common denominators for all behaviors. Denominators are the core elements that create a value system. An example of a common denominator is that people who feel like victims also act like victims. This victim mentality can sometimes be subtle, so it might be unrecognizable to the outside world.

Denominators are at the core of the value system, while numerators are the resulting actions. The three scenarios below describe people who have victim mentalities. Each example describes how people with introverted and extroverted natures react, and the outward results (numerators) of their core values (denominators).

Denominator

Victims feel the need to yield to anyone or anything that demeans their self-worth, because they think this is what they deserve.

Numerator

Introverted victims bury their heads in the sand and miss opportunities. Extroverted victims use excessive aggression to fight back and destroy the opportunities that come to them.

Denominator

Victims feel they are destined for continuous harsh attacks and that life offers few pleasures.

Numerator

Introverted victims bury their heads in the sand and do not enjoy the fullness of life. Extroverted victims use excessive aggression to fight back and create unnecessary pain for themselves and others.

Denominator

Victims do not have the self-worth to rise above obstacles and struggles.

Numerator

Introvert victims bury their heads in the sand and are thwarted by the obstacles. Extroverted victims use excessive aggression to fight back and multiply the obstacles.

The following eight steps can help rebuild a value system:

- 1.) Acknowledge insecure behavior
- 2.) Make the effort to be more outgoing or less abrasive
- 3.) See yourself created in divine image
- 4.) Give yourself permission to be valuable
- 5.) Release yourself from feeling worthless
- 6.) Use reinforcing thoughts to confirm your value
- 7.) Place more value on yourself
- 8.) Give more value to others around you and to life itself

You will never be able to receive anything of any value unless you feel valuable. You only receive what you feel you are worth. This is why your value system helps you get to the next level. If you do not believe you are worth the job and salary you seek, you will not be able to receive accordingly. The more value you place on yourself, the easier it is to receive blessings and rewards. Without a high value system, you will feel unworthy of fulfilling your dreams and visions. The level of value you place on yourself will be the level you achieve in your destiny.

Questions:

Your self worth comes largely from your _____.

To fulfill your dreams and visions, you must have a _____.

D. Reward System

You need a belief system to press through the limitations of your destiny, a value system to advance to the next level of your destiny and a reward system to fulfill your destiny. Your belief system allows you to tell yourself, "I will receive"; your value system allows you to tell yourself, "I am worthy of receiving"; and your reward system allows you to tell yourself, "I have permission to receive."

You will never be able to fulfill your destiny without a good, accurate and honest reward system. All religions promise good things in the eternal state for obedience in life, but it is also important to understand that good things are available here and now. The Native Americans believe if they honor nature they will be blessed for it now. Other religions have similar beliefs. Even in Christianity, which asks for sacrifice to attain future rewards, there are still rewards promised here and now. Jesus said, "You seek first the Kingdom of God and all these things (food, clothing, shelter and all things you have need of in this life) will be added unto you."

What does it mean when you have religions around the world teaching about rewards that are available now and in the future? It means that every human being expects and needs immediate rewards. Nobody sacrifices anything without expecting to see something in return.

When there is no reward system in place, people become frustrated, distraught, discouraged, angry, bitter, apathetic and even bewildered. A reward system works with the belief and value systems to either help someone move away from his destiny or toward it. When a person's belief, value and reward systems are healthy, that person will perform well. These three systems formulate the basis for choosing priorities in life and play a major role in how people balance the eight essentials of living.

Question:

Your reward system helps you fulfill your destiny by giving you permission to receive _____. It gives balance to your _____ efforts.