

# Making the right decisions... for YOU!



**Do you have big decisions you need to make this year?  
Read on.**

Whether it's as big as what career to pursue, school to attend or course to study – or as simple as what outfit to wear to a party, the vast majority of people struggle with making decisions. Many find making choices is one of the great sources of stress in their lives.

The pressure to get it right is increased by added burden of years of messages from well meaning people who stress the importance of safety and security (especially social and financial). This leads many young people to “talk themselves out of” considering alternative paths. It certainly leads them to think unconventional routes are necessarily difficult – and that is simply not true.

This newsletter challenges two common types of ‘bad thinking’, which inevitably lead to decisions not in your interests. But fear not, we offer some solutions...

## **Bad Thinking no.1: Work is work, fun is fun and can't be mixed.**

In the 1990s an extensive research\* found a direct correlation between teens' experience of:

Challenge and skill v. joy, stress and/or boredom.

Simply stated, the more skilled a person is at doing something they find highly challenging, the more fulfilled, joyful and effective they are. Likewise, the less skilled they are at doing something highly challenging, the more stressed they'll be.

The study also found that low-challenge activities that require high skill (like typical homework) more often led to lack of motivation and boredom (think how hard it is to get homework done when you know how, but it will still take two hours to do). Conversely, low-challenge activities that required low skill were most often relaxing (like watching TV and chatting on the internet).

Since so many teens find their lives filled with work that is either stressful or boring (too challenging for their skill level or too simple for their skill level), it is no wonder that so many of you are so bored and stressed, and have the wrong impression you're your working life will be just the same.

At HeroPath we emphasise that it's critical for the emotional, mental and physical health and well-being of everyone that they make choices in life to allow their natural talents and skills to be utilised, regularly. This means choosing career paths, courses of study and activities that bring out the best in you.

When you do, you'll be more motivated, more energetic and ultimately more fulfilled in your life. Guaranteed.

It is this motivation, energy and sense of fulfilment which enables those who choose this kind of life to persevere through the inevitable challenges and setbacks they'll face on their way in life.

Unfortunately for so many the fear that they won't make enough money soon enough or they'll never be good enough, stops them from even trying. This contributes greatly to the sense of cynicism and discouragement with which so many people. It also leads to the phenomenon that Joseph Campbell describes as *"Spending your life climbing a ladder only to get to the top of it and realize it was leaning against the wrong building."*

We'll help you ensure you pick the right buildings to lean your ladder against. It won't always be easy, but climbing a ladder is a whole lot easier when you're motivated by the journey – and what's in store.

### **Bad Thinking no.2: Choosing rationality over instinct.**

Our modern culture is dominated by science and reason, which has led to "if it can't be seen or touched, it doesn't exist" thinking. So much of the magic and mystery of believing in a dream and trusting an idea, has been lost. The rare few who pursue a dream and who succeed, become heroes of sorts because they refused to give in and take the simple path of conformity.

Long before this age of reason though, humans had to rely on trusting intuitions and instincts. They paid close attention to all the signals their bodies sensed and sent them. They recognised that ignoring these sensations led to danger. Many in fact believed that such inklings were "messages from the above".

Nowadays though we often ignore these messages and choose instead to be rational and reasonable. Indeed the most common method people seem to use to make complex decisions is to make a list of plusses and minuses and if the plusses outweigh the minuses say and yes, and if not then say no.

The problem inherent in this of course is that there can be 30 plusses and only one minus but the one minus is "you die". I am exaggerating the point but I caution you against basing decisions of mathematically weighing up the pros and cons.

Consider this:

*How many times have you been on your way somewhere and then suddenly had a weird feeling inside that something wasn't right? How about when it came to choosing a job or saying yes to a date with someone, only to find everything in your body telling you to get away quickly?*

Of course the same is true in reverse that there are times that all ration and reason suggests you should say no, but something inside you tells you to say "yes".

Many parents often express concern when their child wants to be an artist or musician. They discourage the dream and encourage their kids to have a 'back-up plan' which inevitably becomes their primary plan. Of course, The Beatles didn't have a back-up plan, nor were they always rich and successful. They also would never have made it out of Liverpool had they followed the path many aspiring young artists are pressured to choose now a days.

Many parents worst fear is that their child will wind up a failure and homeless since the odds are so against them.

*Either way, as a parent you have a choice to make: Do you fund the pursuit of your child's dream, should they fund it themselves by getting a job - or a mixture of both?*

*Whatever parents choose, the most important thing you can provide is support and encouragement, so that they continue to pursue their craft and spend every moment they can working on it so they live with no regrets.*

One client of mine who completed UCLA's acting school a year early received this advice from a wise professor of his:

***"Do what you need to do to make rent and keep food on the table. But while you are doing so, spend an equal amount of time each day on your craft as you do at your job. If you spend seven hours waiting tables each day, then spend seven hours working on your acting. Attend workshops, pursue auditions, take voice lessons, etc."***

This client is currently working on stage in Los Angeles in a six-month run of Shakespeare plays.

It took him 43 auditions to get the part.

Now consider how many times in your life you chose reason over instinct and looking back found yourself saying, *"I should have trusted my instinct... I should have listened to myself?"*



*"I learned more in these 21/2 days than I have learned in my A level year so far!"*

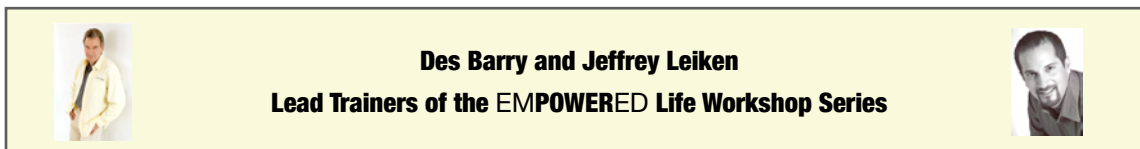
*- Becky, 17, Dorking*

For every time you ignored instinct and it worked out anyway, there are far more times that instinct was right. You've heard the cliché "better safe than sorry" – we teach that it is always best to trust instincts over reason and rationale, and whenever the body is sending a message to be wary, we encourage you to proceed with extreme caution – if you proceed at all.

This course will teach you how to recognise the often-overlooked, subtle signals your instinct sends you, and using the precision offered by the MythoSelf Process®, we'll teach you how to make certain you are in the right state to ensure your instincts are accurate. This is at the heart of this programme and what makes it unique.

**Don't be surprised in fact to leave the weekend having made the decisions you've been struggling to make. In fact, you can expect to find decision-making much easier for the rest of your life!**

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**Do you have big decisions to make this year?**

**Are you struggling with deciding what to do, which way to go or what choice to make?**

**This weekend will prove to be not only one of the most helpful and useful weekends of your life, but perhaps one of the most critically important.**

**Attend one of the EMPOWERED Life Programs This Year**

**Reserve your space, visit:**

**[www.HeroPath.co.uk](http://www.HeroPath.co.uk)**

**Phone: +44 01923 267 107**

**Email: [HeroPath1@aol.com](mailto:HeroPath1@aol.com)**

**2008 Dates:**

**September 26 - 28 \*\*Advanced Course**

**November 7-9**

**2009 Dates:**

**January 23-25, April 24-26, September 25-27, November 6-8**

