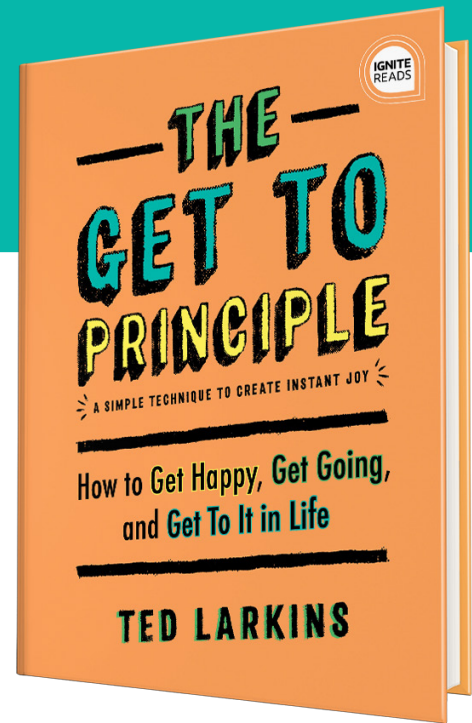


Spark Impact in Just One Hour

Value-Building Experiences
by SimpleTruths.com



A Guide for Creating Joy:

The Get To Principle

By Ted Larkins

Includes printable worksheet for meeting participants

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CREATE AND HAVE MEANING AND JOY IN
YOUR EVERYDAY LIFE.
HOW?

Prior to your meeting, provide a copy of *The Get To Principle* to each meeting participant and request the participants read the book and come prepared for discussion. The book will also serve as a learning tool and a future resource to reinforce training ideas.

Ask these thought-provoking questions prior to discussing the book:

1. How would you describe your current mindset when it comes to your personal life?
2. How would you describe your current mindset when it comes to your professional life?

BOOK DISCUSSION QUESTIONS

1. The Killer of the “Have To” Mindset

- ▶ Think about a task you have coming up at work. When you tell yourself “I have to [insert task name]”, how does that make you feel?
- ▶ Think about a task you have coming up at home. When you tell yourself “I have to [insert task name]”, how does that make you feel?

2. Entering a Get To Mindset

- ▶ Think about a problem you are currently having at work. How can you reshape the way you think about this so that instead of it being a problem, it is actually a blessing?
- ▶ Think about a problem you are currently having at home. How can you reshape the way you think about this so that instead of it being a problem, it is actually a blessing?

3. The Lens of Life – Shaping Your Reality

- ▶ Think about the quote “Believe that change is possible, and anything can change.”
 - What do you want to experience?
 - What goals do you want to try?
 - What’s stopping you?

4. Stepping into the Emerging Future

- ▶ Think about living “fully, freely, and with wild abandon in the present moment, with the un-thought about emerging future at [your] fingertips.”
 - Think about your professional life – is there something new you would want to create there?

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- Think about your personal life – is there something new you would want to create there?

5. You Get To Create

- ▶ Do you want to take the next step in an endeavor you're in? What would that step be?
- ▶ What is stopping you from doing this? What small step could you take to break through your barriers?

6. You Get To Take Action

- ▶ You don't have to be a better person; you're fine as you are. It's a matter of creating your aspirations. For example, change your narrative from "I have a problem and want to lose weight" to "My true self wants to be healthy. My true self loves this life and I create great health. I will take action that aligns with that."
 - What you really want?
 - How can you align your actions with that?

7. Ending Thought Indulgence

- ▶ Thought indulgence is an incessant thought focusing on one particular idea that repeats in your head.
 - What thought indulgence do you have in your professional life?
 - What thought indulgence do you have in your personal life?

8. Be like Yoda

- ▶ What are you currently "trying" to do in your professional life? What can you change to turn this from "trying" into "doing"?
- ▶ What are you currently "trying" to do in your personal life? What can you change to turn this from "trying" into "doing"?

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9. The Magic of the \$10 Million Mindset

- ▶ Think about the quote “Become who you need to become to create the life you desire.”
 - Apply this to your next work project – who do you need to be in order to make it happen?
 - Apply this to your next home project – who do you need to be in order to make it happen?

10. Get To Listen to Others

- ▶ What type of listener are you generally? Someone who is lost in their own thoughts, someone who actively listens or someone who gets completely immersed in a conversation?
- ▶ When you find your mind wandering, what are some ideas you can try to pull yourself back into the conversation?

11. Persistence and Resistance

- ▶ Think about a goal you’re trying to accomplish. How is resistance getting in the way?
- ▶ How can you apply persistence to stop your resistance?

12. Happiness Is – And Nothing More

- ▶ What are three things you are grateful for?

The Get To Principle will bring happiness to your life by helping you refocus your state of mind, find more joy in everyday and break your cycle of negativity.

The way you think about your actions is the way life is experienced.

Contact us to learn more or tell us about how this Discussion Guide sparked impact for you and your team!

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