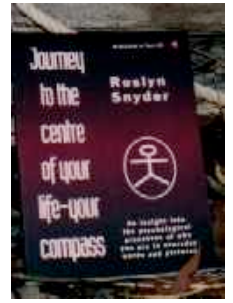


Journey to the centre of your life - your compass.



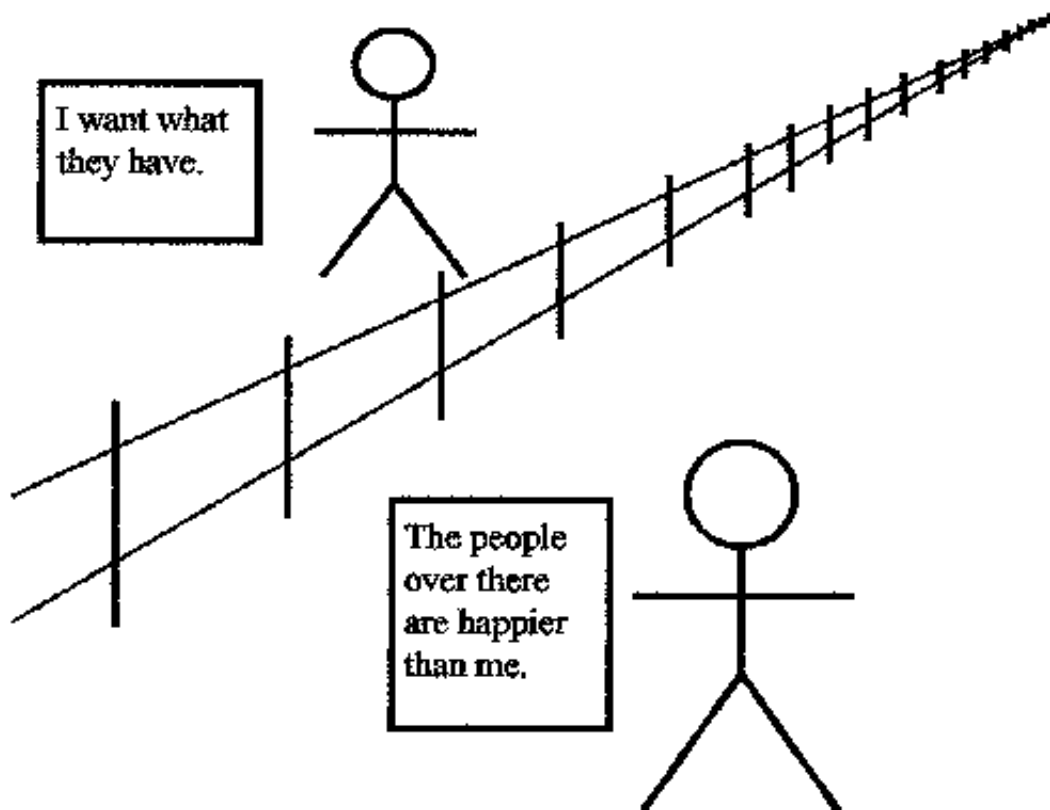
Chapter 1. This Book

The who, what, why and how of this book

Who?

This book is for anyone who:

- is not satisfied with their life;
- feels like a square peg in a round hole;
- feels pressured to achieve but doesn't know in what;
- lacks energy for their life;
- wants more for their life; or
- wants to be happy but isn't.

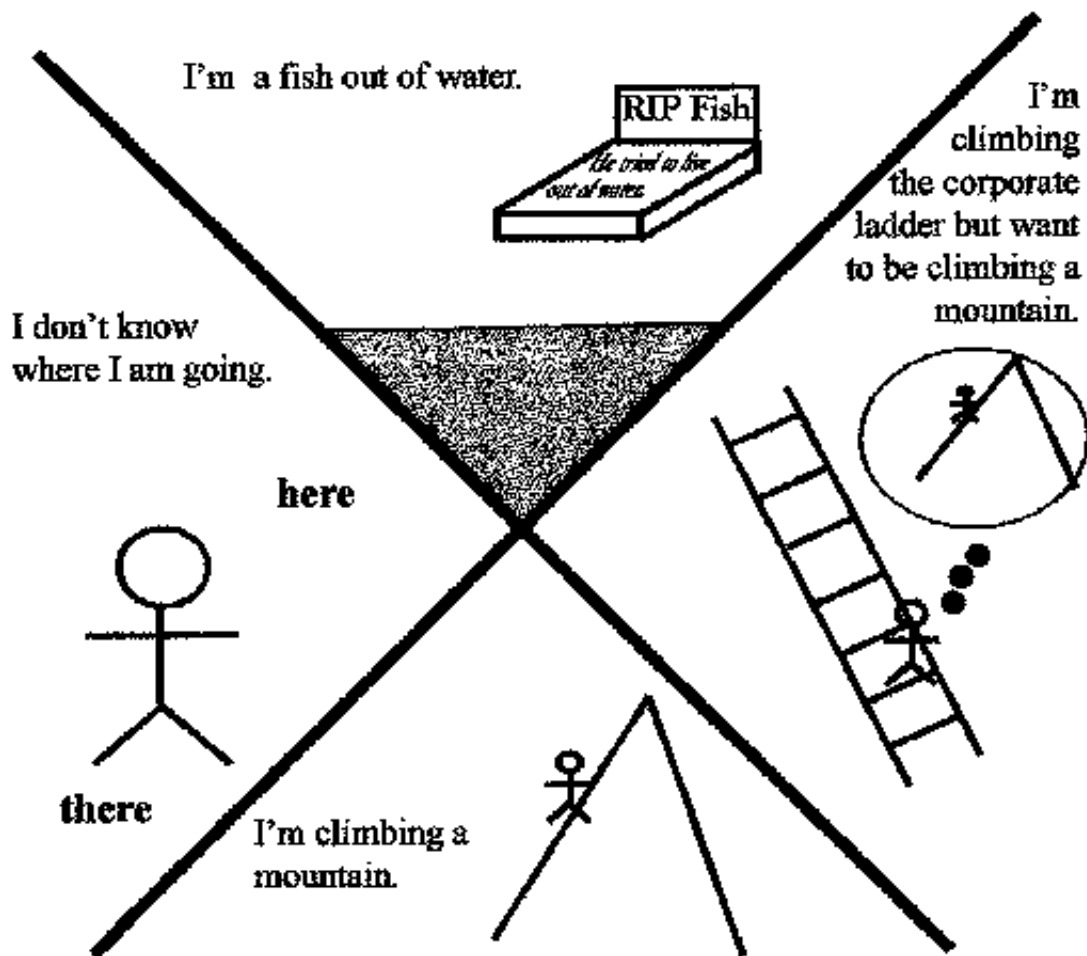


The grass is greener on the other side.

What?

Some people seem to know exactly what they want and do it. Others are more like a fish out of water, struggling to get a breath. Others just seem to drift in no man's land, just wandering through life. Some people who seem to be doing what they want may be dreaming of something entirely different. How do we get back on course?

This book explains why these differences occur and will help people find what they want, but it will be up to them to do it.



Why?

Humans are social animals - they need other people and they need other people to need them. It is the connections of love and trust that weave people together. Just as a single thread of cotton can be broken, when woven together it can make incredibly strong cloth or be joined together to make rope.

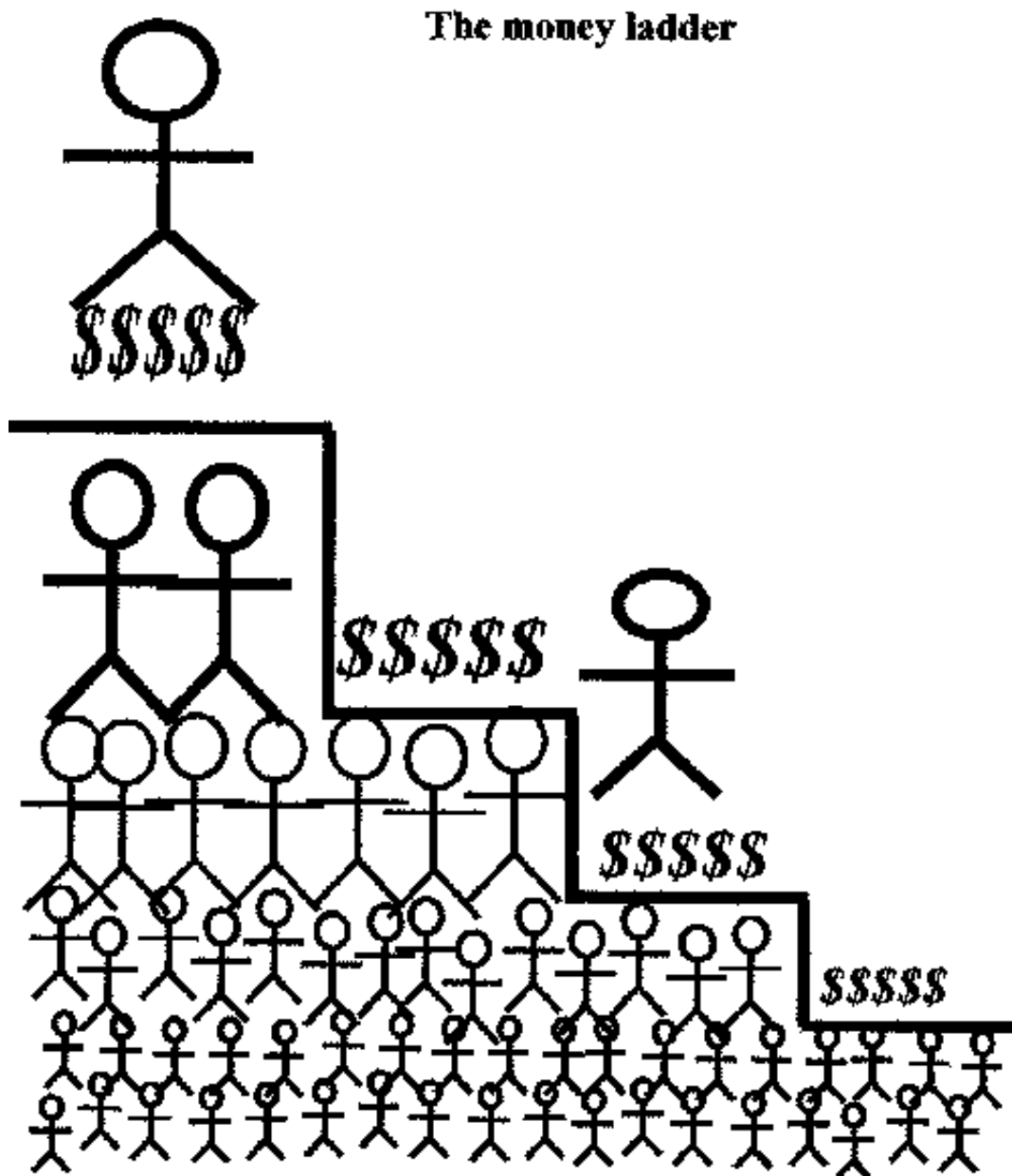
A family is strong when every member is valued and supported by every other member of the family. A workplace can be made strong when every member is valued and supported by every other member. This does not mean people will carry or give in to other people within their family or workplace. When people feel valued and supported, they hold their own. When they do not feel valued and supported they become a weak link and want more support and more validation. This also applies to communities, countries and the world, where every person regardless of age, sex, religion or income is a valued part of the community.

Some people will tell you that families and communities are breaking down. Some are. But

this connectedness can be found in times of crisis. People naturally want to support and value other people, so when in crisis people act naturally.

When people are made to compete, we have winners and losers - not necessarily a bad thing when there is a purpose for the competition such as finding the fastest, strongest or most agile person. However, athletes only compete for a small part of the year, the rest of the time they are training. Whereas, often in our society, be it school or work, we are often competing day in and day out with everyone - what is the purpose of the competition?

In our society (each individual makes up society) at present, we value money and quite often the way to get it is to stand on and use other people as steps to climb the corporate ladder. This is the opposite to what people naturally want to do. They have lost sight of the people on the bottom, but without people at the bottom they can't be on top.

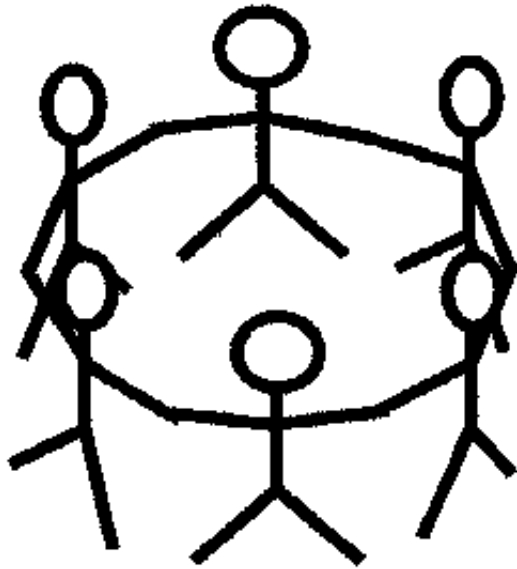


The people being climbed on feel undervalued and have no sense of purpose. People using others as steps realise at some time in their life (sometimes as they are dying alone) that money isn't as important as the people around them. Why wait this long?

It isn't just in the corporate world that this happens. Many families have one or two people

who will be constantly put down to make everyone else feel better, or failures will be retold to anyone who comes in the door. Some parents encourage unhealthy competition among their children. This desire to win can be very hard to overcome if you have been brought up in a family where every day was a competition.

Interestingly, some corporations and families are highly successful and have plenty of money while they value and support every member to do the best they can and support them when they want to change direction. This does not require people to climb on others or to put other people down. People can achieve excellence without putting other people down.

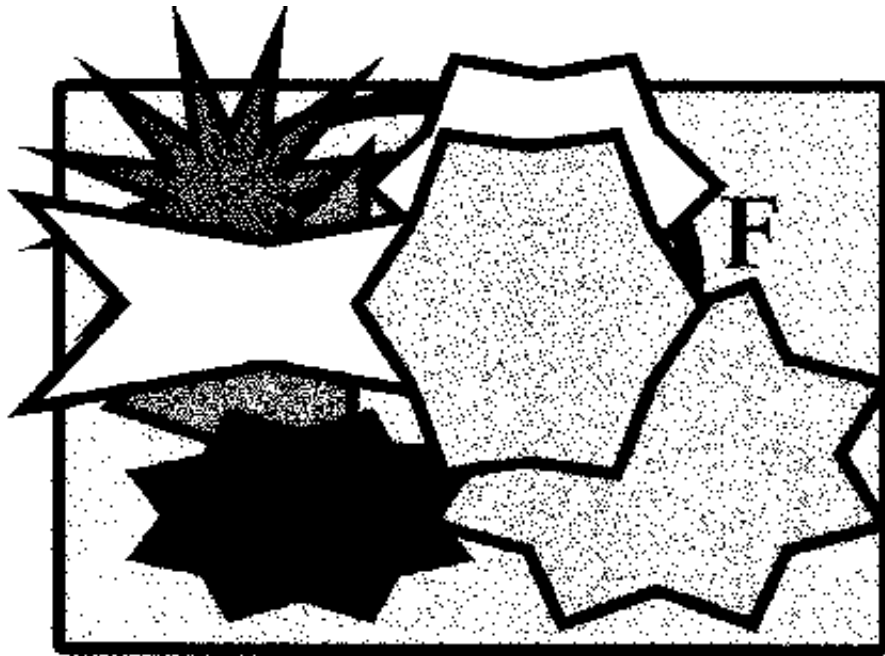


A supportive group of people – they are all strong and no one feels stepped on.

How?

This book will help you find your place in the circle of life, by helping you find your compass. Once you find your compass and use it you know where your life is going and you will feel happy and content. Decisions will be made easily because you will have such a strong sense of purpose and direction there is only one choice. As you move in the direction your compass points, you will find that you can finetune this - you will learn more about yourself so you will grow. However, this does not mean you won't have any other hardships in your life - you will, but these will be opportunities for growth.

This book shows how over time you may have lost your way and are not being who you are, but who you think you are or who other people think you are.



F = Forward

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