**Power to Thrive**

A Bible Based Experience for Personal Growth, Success and Achievement

Written and Created by

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Dallas, TX 75287

*Power to Thrive*

*Escape the Prison of Mediocrity, Unlock Your God Given Power*

 *And Elevate Your Everyday Living*

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[www.MonthlyWisdomProgram.com](http://www.MonthlyWisdomProgram.com)

*“The potential of the average person is like a huge ocean un-charted, a new continent unexplored, a world of possibilities waiting to be released and channeled toward some great good.”*

Brian Tracy, author/coach

**What Makes the *Power to Thrive* Different from Other Personal Development or Motivational Seminars and Programs?**

What sets ***Power to Thrive*** apart from other so called ***"seminars"*** is that we teach the concepts in our weekend experiences to touch all learning styles. The Power to Thrive is ***NOT*** just another seminar, its meant to be a **TRANSFORMATIONAL EXPERIENCE** presented in such a way that each style of learning is able to relate to the material. Not to mention, its Bible based in nature.

We use a wide range of learning methods such as:

 **DYADS**

 **Small Groups**

 **Large Groups**

 **Visualization**

 **Games**

 **Drills**

 **Interactive learning sessions**

 **Lots of music**

We present each concept in lecture form (auditory learner), in visual form (visual learner) combined with an exercise to practice what the participant has learned (hands-on learner). In doing this, the participant walks away with more than a textbook knowledge of the material; they have an intellectual, physical knowledge as well as emotional healing.

What we know is that you will remember 10% of what you **READ**, 20% of what you **HEAR**, 30% of what you **SEE**, 50% of what you **SEE** and **HEAR,** 70% of what you **SPEAK,** and 90% of what you **EXPERIENCE!** That’s what makes the ***Power to Thrive*** weekend so different, it’s an experience not a seminar.

Many of the other so called ***“seminars”*** are more informational and in their delivery more lecture oriented and more surface whereas the ***Power to Thrive Experience*** goes to the very core of your being and who you really are and created to be. You will gain personal development building tools that will allow you to take what you have learned back into your life and implement those tools into your health, wealth, and relationships so that you can live your best life now!

**RICH CAVANESS THOUGHTS TO LIVE BY**

1. The greatest gift you were ever given by God is the **power to choose.** Your choices determine where you end up in life, Period!
2. You were created in the image of God with great, untapped reserves of potential within you and a purpose, your mission in life is to discover and **release** them.
3. The great secret of success is that there are **no** secrets of success; there are only *timeless principles* that never change and new concepts on how the brain works tied in with the positive psychology movement, that open the door to your success today.
4. If you change your **thinking**, you can change your life!
5. It doesn’t matter where you are coming from; all that matters is where you are **going**.
6. There are no limits on what you can achieve with your life, except the limits you accept in **your own mind**.
7. When you accept **100% responsibility** for your life, the good, the bad, successes, and defeats, you open the door to living the abundant life God has for you.
8. Everything you want in life is on the other side of **fear**!
9. Your lot in life is not **set or determined**, you are a potential genius; you can grow, change, solve problems, no matter who you are or where you were born.
10. Your success will be largely determined by your ability to **concentrate and focus** single-mindedly on one thing at a time.
11. If there is anything you want in life, find out how others have achieved it and then do the same things they did.
12. It’s not what you say, or wish, or hope, or intend, it is only what you **DO** that counts.
13. Everything you have in life you have attracted to yourself because of the person you **ARE**.
14. Everyone has an emotional bank account. You are either **building** them up or **tearing** them down. Depositing life and positivity into them or withdrawing negativity and limits.

1. If you can understand your **money blueprint**, you can release abundance and wealth in massive quantities.
2. Ultimately, if you don’t plan your life, someone or something will do it for you. **Live Your Life by Design!** You are the master architect of your life.
3. **BE** who you want to be, **DO** the actions that go along with being that person, and soon you will find that you easily **HAVE** everything you want in life.



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 **INTRODUCTION**

Congratulations! You are about to embark on a journey of adventure and discovery that will enable you to accomplish ***more*** in the next year or two than many people accomplish in ten years, or even in their lifetime.

*Power to Thrive* has been designed and crafted since I began my research, study, and practice of the principles and concepts inside. The concepts and subjects that you will experience during the course of this conference have taken many tens of thousands of men and women from living in mediocrity to living their God-given purpose, mission, and using their gifts, talents, and abilities as they were meant to be.

The ideas you are going to learn are tested and proven. When you follow this workbook, you will be able to have a blueprint to begin the journey of being able to accomplish the things that are most meaningful in your life. *Power to Thrive* specifically addresses the **six main obstacles to success:** Fear, excess stress, limiting beliefs, negative mindset, lack of emotional control, and not tapping into God’s power and God’s plan for your life.

All of life is a matter of **habit.** Successful, high achieving people are simply those with habits that led to **success** or where they wanted to go. You can learn habits you need to escape mediocrity, unlock your God-given power, and elevate your everyday living. After that, your wonderful future of health, wealth, and happiness is assured. Remember, if its to be, it up to me!

Please follow the ***four steps*** below exactly as they are given. As you do, I promise you that you will grow, change, elevate your life and feel much closer to God than you do currently.

**Step 1. Do this for yourself, don’t worry about your spouse or partner, focus on YOU!**

**Step 2. You must commit to give 100%, don’t hold back at all, lay it all on the line! Good is the sworn enemy of great! Few people attain great lives, mostly because it’s just so easy to settle for a good life. *Power to Thrive* means to live a truly great life.**

**Step 3. You must be willing to be transparent, open, and receptive to yourself and others during this experience, be vulnerable, take off the mask and let the real you come out!**

**Step 4. Listen and follow each session closely. Then follow the clear instructions at the end of each session in the workbook on how to follow through on what you learned. Be committed to investing in yourself and a lifelong learner.**

**Remember God’s words.** “I am come that they might have life, and that they might have it more abundantly!” Let’s get this weekend going, your life is about to radically change!

**I commit and agree to give 100% over the next 3 days, I want my life to be the best God has for me:**

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_

**HOW TO USE THE POWER TO THRIVE WORKBOOK**

This workbook is designed to be used in conjunction with the live weekend events. This is going to be a very personal workbook for you to make notes, participate in activities, and write personal things that are important to you. As a matter of fact, you will find yourself **returning** to your workbook over and over in the weeks and months to follow the weekend event you attend.

The purpose of the workbook is to enable you to **decide** exactly what you want in every area of your life, and then to help you **achieve** it. You cannot change everything overnight, so the idea is to take good, steady steps, in each of the sessions covered.

A major theme of *Power to Thrive* is that you can have anything you want, as long as you know what that is. **Clarity** is essential. People are stuck in mediocrity in life, not because they lack ability or opportunity, but because they lack clarity about their purpose, goals, values, mission, God ordained gifts, beliefs, attitude, and habits. Your workbook will consist of several items for each session:

* Bible verses that pertain to the subject
* Quotes from leaders and teachers on the subject
* Notes page for you to take notes on ppt and teaching on subject
* Overall key points on the subject
* Key questions to consider
* Practical application

There are **two main purposes** for the workbook:

1. To have all your notes and thoughts and teaching summary in one organized place
2. To be able to participate in the application of the teaching sessions

This workbook will become to you a **personal action plan** for becoming who you want to be and accomplishing what you want out of life. You will become a more skilled thinker with every word you write, with every idea you generate, with every bit of intense, thoughtful effort you put into writing and rewriting your roadmap to success for you and accomplishing your goals.

It’s going to take hard, systematic work and **self-discipline is required**. Investing in yourself each and every day is the real habit of success. Continuous action towards your goals must take place as long as you have breath.

**The end game for you?** You will take complete charge of your life and turn yourself into an unstoppable, divinely inspired, values driven, courageous, positive attitude, goal oriented, self-confident, persistent, personal achievement machine!

**Remember God’s words,** “I can do **ALL** things through Christ who gives me strength.”

 **How Will *Power to Thrive* Benefit You?**

\* You will learn to **bust through** the things that hold you back in your life.

\* You will learn that by living a **100% responsible life** and accepting responsibility for everything that happens to you, abundance flows to you

\* You will learn to really live and walk in **strength and confidence** into your God-given purpose and reason for being.

\* You will learn that you were created by God for **specific purpose** and reason

\* You will learn how to live each day better and to **elevate** your results from each day as well by understanding your values, roles, mission, and gifts.

\* You will learn how the **subconscious mind** works and its power to affect your life

\* You will learn to identify **past hurts** so you can move forward with your life

\* You will learn that **gratitude** is the catalyst that fuels a positive mental attitude

\* You will learn the power of **self-talk** and how to eliminate **limiting beliefs**

**\*** You will discover that everything you want in life is on the other side of fear and that **comfort zones** are places for those who live in mediocrity

\* You will learn how **physical and mental health** will lead to emotional well being

\* You will learn the power of **manifesting** and focusing on what you want in life, how **setting goals** and developing a **plan of action** is fuel to life

\* You will learn the secrets to **emotional bank accounts** and love languages

\* You will learn how your **money blueprint** has affected your life and where you are at today financially

\* You will learn how you manage the 8 hours of your **extra time** in life determines how far you go in this world

\* You will learn how you live **physically**, will determine your health, stress, how you think, and overall well-being.

**Rating Yourself in Each of the 8 Areas of Life**

(1 being **terrible**…5 being **mediocre**…10 being **perfect**)



**Question: “Is the way you are living, behaving, and thinking working or not working in your life? Are you where you want to be?**

**Yes\_\_\_\_\_\_\_\_\_\_\_\_ No\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Addressing the Three Great Chasms of Life**

1. What I have………………………………………………………………….What I want

\_\_\_\_\_\_\_\_\_\_\_\_\_ attracts, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ repels

Are you \_\_\_\_\_\_\_\_\_\_\_\_ for what you do have so that you can \_\_\_\_\_\_\_\_\_\_\_\_ more?

1. Who I am…………………………………………………………….Who I can become

Comfort vs. Calling………………………………Surviving vs. Thriving

Does your past **define** you or **describe** you?

Plans change but your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ remains the same!

What is your dominant disposition?

What are you enthusiastic and passionate about?

What are your unique proficiencies and skills?

What is your unique identity and personality traits?

What has been your path in life, the good, bad, ugly, and beautiful?

1. What I am doing………………………………………………………What should I do

\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ doesn’t solve the problem, it only\_\_\_\_\_\_\_\_ the pain!

Are you living in your \_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_ of life?

**Question:** Are you merely ***interested*** in having the life you desire, or are you ***committed*** to having it?

 “I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to having the life I desire.”

**NOTES**

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**KEY POINTS**

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_