

Personal

Development

INFUSED WITH

essential oils

Self - Guided Life Coaching with Natural Solutions

WORKBOOK



Hi there, friend,

You want to live a happier, fuller life. You want joy and meaning, purpose and peace. That's why this Workbook is in your hands.

Please join me in my vision to create a world full of happy and successful people starting with you. In this book and in my other works you will find a compilation of concepts and principles we can employ to *live a happier, fuller life*.

- love Ben

Contents...

0. live a happier, fuller life
1. Awaken Your Being
2. Search Your Purpose
3. Draw Out Your Dream
4. Move Yourself Forward
5. Manage Your Mindset
6. Stronger with Others
7. Your Whole Being

live a happier, fuller life

Learn

tick the boxes as you learn each section

The Main Idea:

- Being happy
- Being fulfilled
- Personal Growth & Development

Why? So many people...

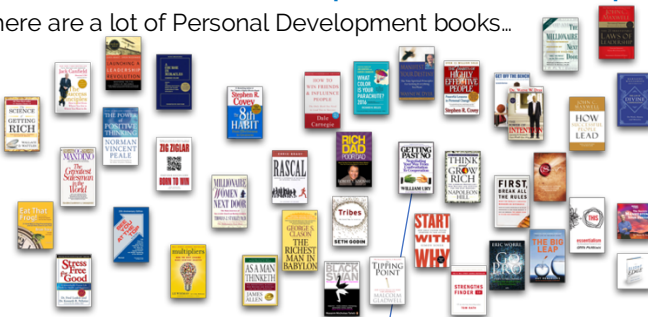
- don't know where they are headed,
- are frustrated with results in their lives,
- lack fulfillment and purpose, and
- feel something is missing.

Why You Want Personal Development in Your Life?

- Unlock personal power
- Detect life's purpose
- Achieve clarity
- Take action
- Move forward
- Manage your mindset
- Escape fear
- Strategize to synergize
- Create opportunities
- Reinvent yourself
- Achieve wellness
- Bridle the power of stress

Personal Development Principles

There are a lot of Personal Development books...

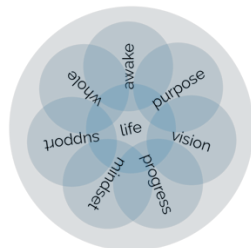


You're Important

Areas of Personal Development:

All **personal development principles** from the most popular personal development works can be organized into seven areas:

1. awake
2. purpose
3. vision
4. progress
5. mindset
6. support
7. whole



Unique Effective Approach:

- **Learning styles:** visual, audio, reading and writing, kinesthetic
- **Content** in audio, video, text, pictures, worksheets, quizzes, assignments, and interaction
- **Organized**, concise, simplified, synthesized information
- **Essential oil recommendations** to unlock the mind, promote positivity, motivation, creativity, and supportive thinking



Ponder

fill in the blanks: *like this*

1. **awake**: recognizing that you have a choice to direct your life, your results, and your situation, and waking up to and being conscious and choosing to do something
[How can this change your life?](#)

2. **purpose**: understanding that having a purpose in life, or a calling, provides deep satisfaction, fulfillment and meaning, and adopting and being dedicated that cause
[How can this change your life?](#)

3. **vision**: getting clear on what you want out of life, deciding what your destination is, getting clear and specific on the vision of your perfect life and what it looks like
[How can this change your life?](#)

4. **progress**: moving forward with your dreams and pursuing your path. This is the actual journey, getting there and all the work that needs to be done along the way
[How can this change your life?](#)

5. **mindset**: reprogramming your subconscious and conscious minds for a greater inclination for success, putting you on an automatic path to achievement
[How can this change your life?](#)

6. **support**: connecting with others by initiating, building, maintaining, and strengthening relationships to be supportive, stronger, more capable, and happier
[How can this change your life?](#)

7. **whole**: optimum wellness in body, mind, and spirit - inside and out. Not only being as healthy as possible physically, but mentally and spiritually whole as well
[How can this change your life?](#)

Go Further with Essential Oils ...

How to make the blend:

ABUNDANCE

4 Parts - Wild Orange
3 Parts - Tangerine
2 Parts - Ylang Ylang
1 Part - Spikenard

The purpose of the blend:



More info here: benbalden.com/abundance/

"The purpose of this blend is to give you the feeling that you have plenty of time and resources, that the world is full and has much to give, the glass is overflowing, the bank is bursting, your heart is full, and you have all the time in the world to enjoy it all."

How to use the blend:

As this blend is intended to assist you to promote a mindset of abundance, the best application method would be aromatically. As aroma (scent) triggers the same part of the brain that deals with emotion, breathing in the blend will assist you in focusing on abundance.

Some declarations you could use are...

When you sit down to work on some personal development issues, take the time to get your mindset oriented right with a blend like this.

"I expand in abundance, success, and love every day."

"I have abundant time and resources."

"I am the source of abundance."

Step 1) Take 3 deep belly breaths - inhale through the nose and out through the mouth

Step 2) Deeply breath in the blend

Step 3) Think abundant thoughts, having abundant time, enjoying abundant financial resources, receiving abundant love from your loved ones. Slow down for a minute and let these abundant thoughts wash over you.

Step 4) If you are working on affirmations, add a movement like taking a deep breath, holding out your hands to receive the abundance or turn your face to the sky to show gratitude for all the abundance. This physical movement helps fortify your intentions.

Buy your essential oils wholesale here: <https://benbalden.com/wholesale/>

Quiz

 circle the correct letter

- As you grow and develop yourself personally...
 - ...you become busier and have many more heavy responsibilities.
 - ...your level of success and satisfaction in life increases.
 - ...life becomes more difficult and sadder.
 - ...you feel something missing.
- What problems are we solving through personal development?
 - Don't know where you are headed
 - You are frustrated with results in your life
 - You lack fulfillment and purpose
 - You feel something is missing
 - All of the above!
- True or False: You are capable of changing your life for the better.
 - True
 - False
- What is different with the "live a happier, fuller life" challenge?
 - It contains audio, video, text, pictures, worksheets, quizzes, assignments, and some interaction
 - It organizes the personal development principles from many sources into 7 easy-to-follow categories
 - It utilizes essential oils to help the mind and body internalize the concepts and principles
 - All of the above!
- Which of the following is NOT one of the personal development areas we talked about?
 - awake
 - purpose
 - vision
 - progress
 - peppercorn
 - mindset
 - support
 - whole

get your quiz corrected at <https://benbalden.com/liveahappierfullerlife/>

Challenge

How to apply these principles in your life?

Each of these principles has a lesson designed to help you progress in that area. Your assignment is to choose to commit to learning all those lessons.

For each lesson, block-off time in your schedule to work on them.

Set aside time when you won't be distracted, and if necessary, split the lessons into manageable portions.

COMMIT NOW →

P.D. AREA	LESSON	Date and Time I Will Complete This Lesson	I Commit !
1. awake	Awaken Your Being - 1 hr		I Commit <input type="checkbox"/>
2. purpose	Search Your Purpose - 1 hr 15 min		I Commit <input type="checkbox"/>
3. vision	Draw Out Your Dream - 1 hr		I Commit <input type="checkbox"/>
4. progress	Move Yourself Forward - 1 hr 15 min		I Commit <input type="checkbox"/>
5. mindset	Manage Your Mindset - 1 hr 30 min		I Commit <input type="checkbox"/>
6. support	Stronger With Others - 1 hr 30 min		I Commit <input type="checkbox"/>
7. whole	Your Whole Being - 45 min		I Commit <input type="checkbox"/>

Plan it out in your calendar...

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Awaken Your Being

Learn

tick the boxes as you learn each section

The Main Idea:

- **Many Not Awake** – let other people or things determine their life situation
- **Why** – it's easier, takes less energy, failed so often (learned helplessness), emotionally comfortable
- **Must Awake** – wake up to activate your power to determine your own destiny
- **Create Your Life** – create the life you want by being proactive, taking initiative, choose to exercise your choice, and be intelligent
- **Be Alive** – enjoy life and make it your own

Elements of Waking

- Consciousness
- Choice
- Initiating
- Responsibility
- Intelligence
- Being Alive

"You can have something better"



Are you just drifting through life, letting other people or circumstances direct your experience?

What Being Awake Means

1. Realize you have the power to direct your life
2. Consciously living
3. Decide what you want
4. Do what you need to do to get there

Ask yourself, "Who or what is directing my life?"

How Do I Wake Up?

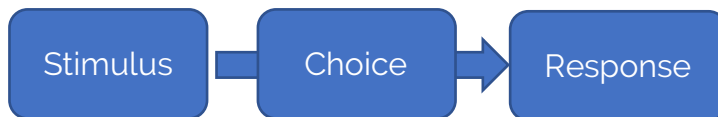
- I now acknowledge my **power** to direct my life and create my future.
- I recognize that I have a **choice** in every single moment, a choice that will determine my life.
- I **initiate** my growth and my progression. I must do something. No one else will do this for me.
- I take full **responsibility** for me. I am the only one to blame or take credit.
- I use my **intelligence** to apply my knowledge to better my life.
- I **live** intentionally, enjoy life, and create myself every day.

I Choose to Wake Up and Take Control

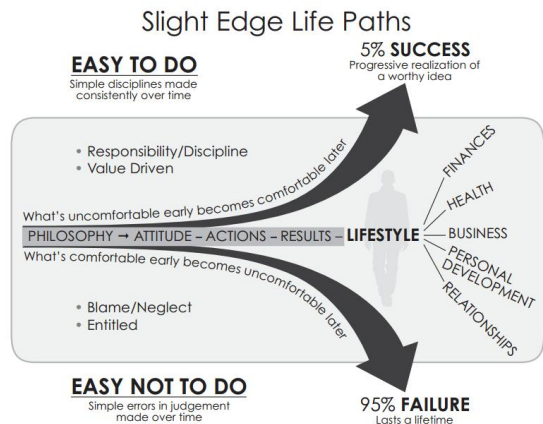
Choice

- You have choice
- Choice is power
- You must recognize when choice is there

"Between stimulus & response, there is a choice."



Between the time something happens to you and you respond to it, there is a choice you make.



This image is from *The Slight Edge* by Jeff Olesen
affiliate link: <http://amzn.to/2yb1hgC>

Initiate

- **You are it** - no one is coming to run your life and fulfil your dreams
- **You must act** - it (your dreams) won't happen UNTIL **YOU** do something

How?

- Mentally **create** it
- **Lean** into it
- **Commit** to it personally

Take Responsibility

- Take it back!
- Accountability
- Response + Able
- Choice & results
- Power



Take the steering wheel of your life

How?

1. **First**, you have completely given up blaming, complaining, and making excuses.
2. **Second**, you have acknowledged that your life is the result of your choices and actions
3. **Third**, you search for ways that you can take responsibility for

Use My Intelligence

Acquire & apply your knowledge and skill.

- Re-write your mindset & your life
- Analyze & make choices
- Engaging your imagination
- Creating new solutions
- Matching resources with needs
- Innovative and resourcefulness

Being Alive

- Live in the moment
- Participate in life
- Consciously create your dream

Go Further with Essential Oils ...

How to make the blend:

ALIVE

4 Parts – Lime
1 Part – Eucalyptus
2 Parts – Juniper Berry
1 Part – Cinnamon

The purpose of the blend:



More info here: benbalden.com/alive/

“The Alive essential oil blend is about renewing your lease on life. It's about participating in life again. I intend the formulation to help wake you up emotionally to a renewed sense of responsibility and a new hunger to wake up and initiate change in your life.”

How to use the blend:

As you breathe in the blend think in your mind or speak out loud the following declarations:

When you sense that you need to wake up and take charge of your life repeat these steps:

Step 1) Take 3 deep belly breaths – inhale through the nose and out through the mouth

Step 2) Deeply breathe in the blend

Step 3) Think about the changes and results you want to happen in your life. Imagine as you breathe the blend that you are enjoying the life that you want. Imagine energy rushing through your body.

Step 4) Put your hand on your heart and look in the mirror as you speak out the words of the declarations. If you are in public or somewhere where it is inappropriate to speak these, simply put your hand on your heart and repeat them soundly in your mind.

“I am alive.”

“I choose to take control of my life.”

“I reclaim my choices, responsibilities, and take initiative for my future.”

“I choose my own responses.”

Buy your essential oils wholesale here: <https://benbalden.com/wholesale/>

How to make the blend:

RESPONSIBILITY

- 1 Part - Fennel
- 1 Part - Ginger
- 1 Part - Eucalyptus
- 1 Part - Rosemary

The purpose of the blend:



More info here: benbalden.com/responsibility/

"This oil blend is formulated to help you mentally and spiritually take responsibility for the direction of your life."

How to use the blend:

Having something physical to cement your intentions in the physical world really helps. Holding your inhaler or diffuser in your hand, say out loud your declaration and intention to accept a full 100% responsibility for your life. Breathe in and visualize in your mind taking responsibility for events that happen around you.

As you breathe in the blend think in your mind or speak out loud the following declarations:

"I take 100% responsibility for my life."

Step into your power by assuming responsibility for a brighter future. If Something Doesn't Turn Out Right, Ask Yourself...

1. How did I CREATE THAT?
2. What was I thinking (feeling, etc.)?
3. What were my beliefs?
4. What did I say or not say, do or not do, to create that result?
5. How did I get the other person to act that way?
6. What do I need to do differently to get the result I want?

Buy your essential oils wholesale here: <https://benbalden.com/wholesale/>

Quiz

 circle the correct letter(s)

1. What does it mean to awaken?
 - a. Stop sleeping in and resting so much.
 - b. Acknowledge you have the power to choose, to change your life, and you choose to take responsibility
 - c. It just means waking from a sleep in the morning
 - d. It means taking the easy road, letting other people and circumstances make the choices for you, and you just accept what life gives you.
2. What elements do you need to AWAKEN to your life?
 - a. I now acknowledge my power to direct my life and create my future.
 - b. I recognize that I have a choice in every single moment, a choice that will determine my life.
 - c. I initiate my growth and my progression. I must do something. No one else will do this for me.
 - d. All of the above!
3. What does taking 100% responsibility mean?
 - a. It means if something doesn't go right, you find someone to blame.
 - b. You can't choose everything in your life. Just some things.
 - c. You can't change your life because you don't have enough personal power.
 - d. It means you give up blaming, complaining, and making excuses, and you acknowledge your life is the result of your choices and actions.
4. How do you engage your intelligence to improve your life?
 - a. Learn the knowledge and skill necessary to live a happier directed life (with you directing it)
 - b. Making choices by weighing the pros and cons of the results the choices will bring is using your intelligence
 - c. Many times you must use your ingenuity to come up with NEW solutions and ideas
 - d. All of these answers here are correct!
5. What does it mean to be awake and alive? (CIRCLE ALL THAT APPLY)
 - a. Renew your intention to create who you are - (awake to your power)
 - b. Reclaim your power to steer your course - (cherish your choice)
 - c. Retake the helm and re-ignite the fire - (initiate your journey)
 - d. Return to old habits that get in the way - (misplace your motivation)
 - e. Recapture responsibilities stolen by misplaced blames and excuses - (take back your responsibility)
 - f. Reject notions of living your dreams - (die sad)
 - g. Rev up your creative powers and get to work on your life - (engage your intelligence)

get your quiz corrected at benbalden.com/awakenyourbeing/

Challenge

fill in the blanks: *like this*

Choose one or all of the challenges below and carry it out before you end your day.

 circle your challenge

1. Choose today to wake up and take control of your life - Make a conscious decision, and bring it into the physical world by writing it down or sharing it with someone. "I choose to take control of my life!"

Write your commitment here:

Who did you share it with?

2. Find three choices you didn't know you had and reclaim them - Notice the moments where other forces in your life have been making choices for you. Like how you respond to someone else being angry. Make your own choice and apply it. "I choose my own responses."

Choice 1.

Choice 2.

Choice 3.

3. Take the initiative and do something today to change your future for the better I can't tell you what this means. That's where you must engage your own intelligence. Think of an action you can take that will improve your life even if in the smallest amount. Don't just decide it, take that choice into the physical world by carrying out your plan. Do it. e.g.: *I started to read a personal development book*

What did you do?

4. Find one responsibility you can reclaim and do something about it - Listen to your words and identify some instance when you blame your life's results on others or where you complain. Bingo, there is your missing responsibility. Ask yourself the 5 questions on the responsibility blend page and reclaim the power that responsibility brings with it by taking responsibility for that result.

(responsibility post: benbalden.com/responsibility or see RESPONSIBILITY blend)

What did you do?

Search Your Purpose

Learn

tick the boxes as you learn each section

The Main Idea:

- Without it - Void / Meaningless
- You need - Purpose & Reason
- It provides - Passion & Desire
- The key to - Happiness & Fulfilment

You have a
purpose in life!

What is a life's purpose?

Your life's purpose (for the sake of these lessons here) is **how you uniquely serve humanity.**

Other ways people refer to it is your...

- life's mission
- life's work
- professional work
- calling from heaven

Elements of a Life's Purpose

- **You** – a unique ability, skill, interest, talent, or strength
- **Service** – we all serve a specific subsection of humanity
- **Results** – brings a benefit, contribution, or works toward achieving some vision of the future

Example: school teacher – I use my teaching skills and talent for connecting with youth to inspire children to learn and be their best at everything they do.

You Are Unique

- **Add Your Uniqueness** – you always have something to add even if someone else is doing what you want to do
- **Don't Hide Your Uniqueness** – be true to yourself, don't copy others, promote your unique value to the world
- **You Are Your Uniqueness** – everyone has a special gift they bring to the world, just let your light shine!



"You've got to find what you love. ... Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. ... Your time is limited, so don't waste it living someone else's life." – Steve Jobs, Stanford Commencement 2005

Your purpose is only part of who you are.
It's part of a bigger vision of you.



5 *Myths* of Finding Your Purpose

1. Lucky if you have one
2. Only one-true purpose
3. Life will be bliss
4. You will be famous
5. Meaning is found in purpose

Clarify or Create Your Life's Purpose

- o Purposes evolve
- o Take many forms
- o Grow with you
- o Many possibilities
- o It's a process
- o Give it time
- o Revisit it often

Passion and Purpose

Definition: pas·sion /'paSHən/
noun: *an intense desire or enthusiasm for something.*

"Your **passions** will help you find your **purpose**, and once adopted, your **purpose** will fuel your **passion**."

Elements of Passion

- o **Desire** - This is your inner fire. You feel very strongly about making a difference in this area.
- o **Drive** - This keeps you going when times get rough. Your reason for pursuing this is deeper than your own personal benefit



6 Methods for Detecting Your Life's Purpose

[details in the Challenge section](#)

Detecting Your Purpose

Asking questions, listening, organizing, prioritizing, and adopting your impressions

Angelic Gift

Imagine receiving your life's purpose from a heavenly messenger

Qualities & Expressions

Ponder on what qualities describe you and how you express those

Joy Review

Think back to when you did something that truly brought you joy in life

Quick Snapshot

Ask who you are, what you do, who you do it for, and how this helps others

Start with Your Gifts

Take inventory of your gifts and talents you are passionate and interested in

Do with What You Have

Often, life has a way of putting you in the right place. Consider your current job or position. Does it fit the criteria? Can you grow to love and be passionate about it?

Go Further with Essential Oils ...

How to make the blend:

SEARCH

- 1 Part - Spearmint
- 2 Parts - Wild Orange
- 2 Parts - Clary Sage
- 1 Part - Frankincense



The purpose of the blend:

More info here: benbalden.com/search/

"This blend will help people look at themselves introspectively to discover who they are and what they have to offer the world. It also helps them discover and identify limitations in thinking and mindset.

Searching your mind and beliefs is imperative to improving your situation and securing success however you define it."

How to use the blend:

Breathe the oils in and let them sink deeply. Cast your mind upon what it is you are trying to accomplish. Take a moment to ponder on it.

Some declarations you could use are...

As you sit down to search introspectively, use this blend to help you clarify your thoughts and give voice to what's inside you.

"I am successful at searching my soul."

"I seek and I find."

"I am searching out my life's purpose."

Step 1) Take 3 deep belly breaths - inhale through the nose and out through the mouth

Step 2) Deeply breath in the blend

Step 3) Go through the exercises to think through your life, your strengths, and your passions, so you can clarify your life's purpose. How will you serve humanity?

Buy your essential oils wholesale here: <https://benbalden.com/wholesale/>

Quiz

 circle the correct letter

1. Why do you need purpose in life? (Circle all that apply)
 - a. Purpose give you meaning in life
 - b. You don't need purpose if you are rich and successful
 - c. Purpose provides you passion and drive to get things done
 - d. Purpose gives you a reason for waking up in the morning and being alive
 - e. Your life's purpose is not important

2. True or False: Your life's purpose will be like everyone else's?
 - a. True
 - b. False

3. What is another way to refer to a life's purpose?
 - a. calling from heaven
 - b. professional work
 - c. life's work
 - d. life's mission
 - e. fulfilling occupation
 - f. All of the above are ways you can refer to a life's purpose

4. What elements will a good purpose statement have? (Circle all that apply)
 - a. Your individual characteristics
 - b. An element of service (something you do for others)
 - c. What your parents want you to do
 - d. A result or vision you want to bring to pass
 - e. A date to get it done by

5. True or False: Everyone has a life's purpose or calling.
 - a. True
 - b. False

get your quiz corrected at benbalden.com/searchyourpurpose/

Challenge

The best way to apply what you have learned here is to either (1) discover your life's purpose or, (2) refine your life's purpose. STEP 1 – choose one of the methods. STEP 2 – decide on a purpose statement. STEP 3 – get started.

STEP 1 – choose one of the 6 methods

fill in the blanks: [like this](#)

Method # 1 Detecting Your Purpose

- 1: Ask, "What do I have to offer the world?"
- 2: Ask, "What does the world need me to do?"
- 3: Listen. Write down all the thoughts that come to you.

Write thoughts here:

- 4: Organize. From all those thoughts, what are some possible life purposes? ([write your answers in Step 2 below](#))
- 5: Prioritize. Which of these are you most excited about? ([write your answers in Step 2 below](#))
- 6: Initialize. Try it out. Adopt that purpose and begin to live it. If you are inspired and feel fulfillment, keep going. If not, rinse and repeat (you may have to do this over and over and over again). ([see Step 3 below](#))

Method # 2 Angelic Gift

Imagine that you are in a beautiful place. An angel from heaven comes down and gives you a box (you imagine this in lots of detail). Open the box... There it is: your purpose in life. This is a great way to tap into your subconscious mind and ask your deeper self this question, which might already know what your purpose is. But this doesn't work for everyone. ([use Step 2 & 3 below to capture and activate your purpose](#))

Write about that here:

Method # 3 Qualities & Expressions

"What are the two qualities that you feel describe you (for example, love and joy)?"

[Write about that here:](#)

"What are the two ways you most love expressing those? (for example, inspiring people through stories or empowering people through seminars)"

[Write about that here:](#)

"Describe the world as if it were perfect according to you right now." (for example, inspiring and empowering people to live their highest vision in a context of love and joy in harmony with the highest good of all concerned)

[Write about that here:](#)

Method # 4 Joy Review

Think about a time in your life that you experienced the greatest joy. Example – Julie who loved animals. She then realized she was happy when she was involved in leadership. She embraced that and found her purpose.

[Write about that here:](#)

How can you make a living doing that?

[Write about that here:](#)

Method # 5 Quick Snapshot

Who are you?

[Answer:](#)

What do you do?

[Answer:](#)

Who do you do it for?

[Answer:](#)

What those people want or need?

Answer:

How they change as a result?

Answer:

Method # 6 Start with Your Gifts

What are my top talents, gifts, strengths?

Answer:

What are my passions or interests?

Answer:

What am I really good at?

Answer:

Method # 7 Do with What You Have

What opportunities do I already have?

Answer:

How can I grow to love and be passionate about what I currently do?

Answer:

You may need to use a lot more paper to dig deeper into depth.

STEP 2 – decide on a purpose statement

- Think about what you learned from above
- Write out some life's purpose options
- Consider the pro's and con's of each
- Pick a winner

Different Possible Life's Purpose Options (circle the winner)

[Possible Life's Purpose Statements](#)

My decision (remember, you can always revisit this in the future)

[My Life's Purpose Statement](#)

STEP 3 – get started

Now that you have an option to work with. Get started. Try it on for size, and see if it fits. Stick with it as long as you can to be properly informed as to whether this can serve you for the rest of your life if necessary.

Lean into it by taking some action today to begin on that journey of living your life's purpose.

[Immediate steps I will take](#)

Draw Out Your Dream

Learn

tick the boxes as you learn each section

The Main Idea:

- Decide Your Destination
- Vision
- What You Want

This process takes a few steps...

- Learn about who you are and what you like
- Dream big & write it down - put it in physical form
- See it, remember it, use it, make it happen

You Can Have What You Want

The Role of Your Vision?

- Guide
- Target
- Feel Accomplishment
- See the future
- Process of creation

Why have a vision / dream?

- Confidence & Consistency
- Subconscious & Reticular Activating System (RAS)
- Law of Attraction
- 100% More Success

"If you don't know where you want to go, then it doesn't matter which path you take."

— Lewis Carroll,
Alice in Wonderland



The RAS Reticular Activating System

"The Reticular Activating System (RAS) is a bundle of nerves at our brainstem that filters out unnecessary information so the important stuff gets through. The RAS is the reason you learn a new word and then start hearing it everywhere."

What is a life's vision?

- Dreams
- Goals
- Bucket list

Areas:

- Life's Purpose (Work)
- Lifestyle
- Health
- Relationships
- Wealth
- Characteristic

Vision

Who You Are

Lifestyle

Where you live

Your home
Your car
Your living situation

Purpose

What You Do

calling, profession,
life's work, life's
mission

Character

What you are like

personal development,
beliefs, convictions,
loving, kind, smart,
clean, thrifty...

Health

How you feel physically

body, health,
energy, vitality

Relationships

Who you love

&
Who loves you
spouse, children,
family, friends...

Wealth

What you own

millionaire, rich,
empowered,
money-making assets

The Form of Your Vision

1. Vision Board
2. Mission Statement
3. Vision Document
4. Images
5. Other – anything that captures it



A vision board combines images and texts to visually represent your life's vision

Creating Your Vision

How to Create Your Vision

1. **Start with YOU** – Identify your values, what's important to you, learn more about yourself
2. **Dream Big** – Don't limit your thinking, think abundantly, focus on your own wants first, allow yourself to think big ... constantly ask yourself: "What do I want?" over and over
3. **Life in Areas** – It's helpful to go through different areas of life such as work (life's purpose), health, financial situation, relationships, personal growth and characteristics, and any other
4. **Your Bucket List** – list out what you want, brainstorm it out, diagram, and get it all on paper
5. **Capture it** – get your dream or vision down on paper: a vision board, document, images, or some recording or something, or anything else that can capture your dream or vision

Using Your Vision

How to Use & Manifest Your Vision

- Be a vision keeper
- Reiteration
- Take a step or more daily
- Bring into reality
- Share it
- Visualize
- Feel it
- Manifest



Go Further with Essential Oils ...

How to make the blend:

VISUALIZE

2 Parts - Lemon

2 Parts - Sandalwood

2 Parts - Copaiba

1 Part - Rosemary

The purpose of the blend:



More info here: benbalden.com/visualize/

"This blend is designed to not only help you see clearly your vision, but move that vision to reality. Manifesting is about combining your will, your conscious mind, and your actions to produce your desired and intended result in the physical world."

How to use the blend:

There are declarations you can say while preparing to begin your visualizations.

Some declarations you could use are...

"I dream big and clear."

Step 1) Take 3 deep belly breaths – inhale through the nose and out through the mouth.

"I see my future success clearly."

Step 2) Deeply breath in the blend.

"I powerfully imagine my perfect world every day."

Step 3) Think as clear as you can about your vision for your future and your dreams. Think about the sights, sounds, smells, and everything you can in as much detail as you can. Feel the emotions and feelings as you visualize. See it and feel it and make it as real as possible.

Buy your essential oils wholesale here: <https://benbalden.com/wholesale/>

Quiz

 circle the correct letter

1. Why must you decide on your destination (clarify your dream for your future)?
 - a. No direction = not going anywhere
 - b. You are the person controlling your life
 - c. If you create it in your mind, and focus on it, it is more likely to come to pass
 - d. It will bring peace of mind and clarity when you truly discover what it is you want
 - e. All the above!
2. How will clarifying your vision of the future help you?
 - a. It will help guide you when you don't know what to do
 - b. It provides a target to achieve
 - c. Help you feel a sense of accomplishment when you get there
 - d. Begin the process of creation by imagining the details in your mind
 - e. All the above!
3. What's the difference between your life's vision and your life's purpose?
 - a. Your vision (or dream of future) is who you are as a whole, which includes your life's purpose
 - b. You don't need a life's vision if you have a life's purpose statement
 - c. A life's vision is what you do for a living, while a life's purpose is the image you hold in your mind of your future
 - d. There are no differences.
4. What physical form can your, "vision" take? (Check all that apply)
 - a. Vision board
 - b. Vision document (statement)
 - c. Images
 - d. An audio recording
 - e. Any combination of the above
 - f. Just an idea in your head - there are no benefits to writing it down
5. What makes your vision unique?
 - a. You are unique, you have unique values, tastes, and desires, so your vision will be different from anyone else's
 - b. It depends on the time of day or your mood. Recording your vision at another time will give radically different results.
 - c. It's not. Your vision is actually fundamentally just like everyone else's.
 - d. You might not know as much as other people.

get your quiz corrected at: benbalden.com/drawoutyourdream/

Challenge

Now it's your turn. Follow the steps above to explore and capture your vision for the future.

fill in the blanks: *like this*

Step 1) Start with YOU

List out your values, priorities, and what matters most

Step 2) Dream Big (don't limit thinking)

Expand this further. What do you really want?

Step 3) Life in Areas

Life's purpose

Physical health

Wealth

Lifestyle

Relationship

Personal Growth

Step 4) Your Bucket List

Use this area to brainstorm further ideas (things you want to accomplish):

Step 5) Capture it

How have you or will captured it?

Can you put it into one paragraph form?

Put together a plan to reiterate and review your vision and begin to bring it into existence: Share it, Visualize, Feel it, and Manifest

Move Yourself Forward

Learn

tick the boxes as you learn each section

The Main Idea:

- How to get there
- Works is done
- Growth is realized
- Insignificant steps
- Compounded effect

Elements of Progression

- Commitment
- Action
- Focus
- Following Success
- Management



Do it!

Commitment

- **Promise** to self
- Stick-With-It
- Commit resources
- Essentialism & Exclusivity >>>
 - Establishing what is priority
 - Essentialism – what's important
 - Decide once
 - Stand by it!

Change & Flexibility: (1) allow for evolution, (2) be slow to abandon past commitments, & (3) weigh options objectively

What I must do:

- _____
- _____
- _____
- _____
- _____

Action

Why action's important?

- Required
- Intention is not enough
- Moving a muscle – doing something more than thinking

How to get yourself to act?

- Lean into it – **do one thing**
- Count down – **don't think**, do
- Mob mentality – **get help**
- Take **courage** (confidence, bravery, and faith)

What to act on?

- Directed action
- Decision making – refer to vision/purpose
- Intentional – focus on results
- Learn, do, review



Focus

What is focus?

- Concentrating on something (i.e. excluding other things)

How to focus?

- Say, "No"
- Return to Vision
- Tracking
- One step at a time
- Compound effect (consistency)



"Knowing what to leave out is just as important as knowing what to focus on." – Warren Buffet (Billionaire, philanthropist, investing expert)



Following Success

- Success Leaves Clues
- Ask, Talk, Seek
- Try: Learn from Experience
- Seek Feedback
- Associates
- Knowledge & Skill

Management [of yourself]

- Personal Development
- Organization
- Time Allocation
- Finances
- Stress & Energy
- Goal Setting

Just a few

TIME

ALLOCATE TIME BETTER

- Plan with purpose
- Time blocking
- Power hour – be where you are
- Use tools (notes, checklists, calendars)

INCREASE TIME AVAILABLE

- Increase Productivity
- Do Less & Accomplish More
- Eliminate Unproductive & Unimportant
- Boundaries
- Outsourcing

FINANCE & MONEY

- **Track** (record)
- **Target** (set goals)
- **Trim** (reallocate - live on less)
- **Train** (learn more*)

*Example: Keep 10-20%

S.M.A.R.T. GOAL OR NO GOALS

- S. – Specific
- M. – Measurable
- A. – Attainable
- R. – Relevant
- T. – Time Bound

Go Further with Essential Oils ...

How to make the blend:

ACTION

- 2 Parts - Wild Orange
- 1 Part - Peppermint
- 1 Part - Clove
- 1 Part - Ginger



The purpose of the blend:

More info here: benbalden.com/action/

"The purpose of this blend is to inspire action. It is intended to help people find the courage to get over mental boundaries and act on their dreams. Acting is the crucial, and often missing, element in driving forward to your dreams."

How to use the blend:

The best way to apply this oil is to do so aromatically. Smell or breathe it in. By doing so, this oil will enter your mind through your olfactory sensors and trigger emotions of getting things going.

This blend is also appropriate for internal consumption. Take some in your glass of water or rub it over your core.

"I am productive."

"I make progress."

Some declarations you could use are...

"I take action. I get stuff done."

Speak these affirmations out loud when you feel the need to inspire action in your life. Here are some steps you might follow:

Step 1) Take 3 deep belly breaths - inhale through the nose and out through the mouth

Step 2) Deeply breath in the blend

Step 3) Imagine yourself acting. Feel what it is like to take the necessary steps to move forward in your life. Be as real and detailed as you can. Count to 10 and act!

Buy your essential oils wholesale here: <https://benbalden.com/wholesale/>

How to make the blend:

MANIFEST

- 2 Part - Arborvitae
- 2 Part - Juniper Berry
- 2 Part - Bergamot
- 1 Part - Wintergreen
- 1 Part - Melissa (optional)
- 1 Part - Litsea (optional)

The purpose of the blend:



More info here: benbalden.com/manifest/

"This blend is designed to not only help you see clearly your vision, but move that vision to reality. Manifesting is about combining your will, your conscious mind, and your actions to produce your desired and intended result in the physical world."

How to use the blend:

You can use this oil to either visualize, motivate, or inspire action. These all have to do with the mind, so using the oil aromatically is best since it is the best way to get it into your mind.

"I am making my dreams come true every day."

"I am the driving force in my life."

"Every day I'm alive, I move toward my dreams."

Some declarations you could use are...

As you use this blend, you may find it useful to prepare your mind with some declarations. Here are a few you might try, or you can come up with some of your own and share them in the comments below.

When you sit down for meditation, to ponder, or to focus on taking action, it helps to follow a routine:

Step 1) Take 3 deep belly breaths - inhale through the nose and out through the mouth

Step 2) Deeply breath in the blend

Step 3) Think about your dreams coming into reality. Think about the tasks you need to do to make that happen. What is the next step forward? Imagine in detail you taking that step. What else do you think needs to happen to bring you closer to your dream? What's the next step?

Step 4) Write down any thoughts and impressions and commit a portion of your time, talents, and any other resources you can to further this goal. Good luck.

Buy your essential oils wholesale here: <https://benbalden.com/wholesale/>

Quiz

 circle the correct letter

1. Why is movement so important?
 - a. If all you do is dream, you will never get anywhere. You need to do something about it.
 - b. Mind-over-matter means you just need to visualize over and over, and without any action it will come to pass.
 - c. You can just think about things and.... [the person writing this answer didn't actually finish it - guess they were just talk]
 - d. All of these are correct!
2. What does it mean to commit to yourself?
 - a. You make a promise to yourself to stick with it and see it through to the end
 - b. You sacrifice time and energy from other areas of your life to the fulfilling of your vision
 - c. You choose to reject anything that cannot exist at the same time as your commitment (exclusivity)
 - d. All of these are correct!
3. What are some simple ways to act on your commitment? (Circle all that apply)
 - a. Lean into it - do some simple thing to get one step closer - no matter how small
 - b. Count down - just set a deadline and leap obediently into action
 - c. Wait until you are in a good mood or feel like doing it
 - d. Enlist other to join you - establishes accountability and conquers fears
 - e. If it's too hard to do, just cross it off the list or procrastinate it out of existence
4. How do you stay focused on your vision?
 - a. Repeated daily reminders
 - b. Say no to distractions (eliminate all conflicting ideas or choices)
 - c. All the other answers are ways you can stay focused
 - d. Track your progress - build a plan and carry it out
 - e. Take daily action on a consistent basis
5. Getting things done sometimes requires skills in personal management. Which of the following are skills that will help you get things done? (Circle all that apply)
 - a. Personal Development - learning and growing consistently
 - b. Being Organized
 - c. Time Management or Planning
 - d. Let only your feelings guide you
 - e. Trying something for only a day to see if it works
 - f. Manage Your finances
 - g. Manage stress levels
 - h. Setting goals
 - i. Live every day only by your intuition - even if different radically from the previous day

get your quiz corrected at benbalden.com/moveyourselfforward/

Challenge

fill in the blanks: [like this](#)

Now, it's your turn to take this knowledge and internalize it by putting it into practice today. Let's **make some movement**. None of this will make sense if you have not already drawn out your dreams, or captured your life's vision. So, if you have not, you will need to go back and do that first. If you have, carry on...

You have five simple challenges to get the ball rolling today:

Make a commitment - promise yourself in front of a witness (think "loved-one" in your life) that you will remain true to the vision you decided on. Remember this vision can evolve, but you must not ever abandon it unless there is no way forward.

[Write your commitment here:](#)

Take an action - Identify one thing you can do to move forward with your vision. It doesn't matter how insignificant, but it must be in addition to the action you took yesterday.

[What did you commit to?](#)

Focus - Name one thing you will say, "No" to in order to focus on your vision.

[What did you say, "No" to?](#)

Follow Success - Search out and find one source of information from a successful origin that will help you on your journey. For today, you are just identifying it or taking one step toward it.

[The source of successful information:](#)

Management - Decide one thing that will improve your life and your effectiveness. Make a plan to improve in that area. Now, imagine yourself carrying out that plan.

[My plan summarized in one sentence:](#)

Manage Your Mindset

Learn

tick the boxes as you learn each section

The Main Idea:

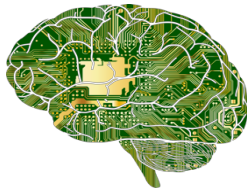
- Mindset > Results
- Aligning Conscious & Subconscious mind
- Making adjustments in automatic responses

"Watch your thoughts"

Managing your mindset...

- adjusting your **attitude**
- calibrating your **inclinations**
- orienting your **disposition**
- cleaning up your **interpretations**
- clarifying your **thoughts** and **beliefs**

Reprogramming Your Mind



Choices

- Steering life
- Too many choices for conscious mind
- Automated choices -> subconscious

Your Subconscious Mind

- Emotional, feeling, mood
- Controls the body
- Accepts information without questioning it
- Can't distinguish between real and imagined
- Automatically reacts to stimuli

The Role of Mindset

- Mindset
- Paradigms
- Mental Files
- Beliefs
- Story or Script



Willpower – losing battle

- Not reliable
- Energy required to oppose
- Struggle

Beliefs – for or against you

- Supportive – aligned with vision
- Sabotage – false beliefs

Mindset Formula

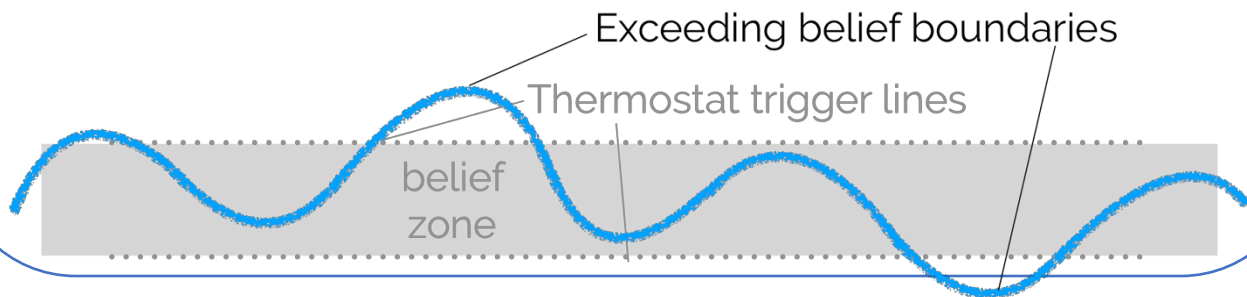


- | | | | |
|----------------|------------|---------------|--------------------|
| • Subconscious | • Mood | • Response | • Outcome |
| • Programming | • Thoughts | • Reaction | • Life's Situation |
| • Beliefs | • Feelings | • Choices | • Destination |
| • Thoughts | • Emotions | • What you do | • Experience |

Your Mindset Thermostat

- **Upper-limit:** Life's going better than you believe it should
 - Automatic decision-making in your subconscious bring you back to "reality" as you believe it should be
- **Lower-limit:** Life's going worse than you believe it should
 - Subconscious again guides your emotions, feelings, automatic choices, and actions to bring you back into line with a more comfortable level

Your Mindset Thermostat



How Was I Programmed

- Environment
- Evidence
- Experience

What form the evidence is in...

- The **words** we hear ourselves and others say
- The **behavior** we witness others model
- The **results** we experience personally
- Personal **interpretation**

same way

Reprogramming My Subconscious

- Step 1) Awareness – identify it
- Step 2) Understanding – ask ?'s
- Step 3) Dissociation – release
- Step 4) Reconditioning (**same way**)
 - What we hear - **words**
 - What we see - **modeling** behavior
 - What we feel-**experiencing** results
 - How we choose to **interpret** it

New Program vs. Old Program

- Conflicting programs (discomfort)
- Dilute the old
- Strengthen the new
- Overwrite and replace overtime

*"Constantly feed **good stuff** to your mind: good friends, good books, good words, and supportive thoughts and ideas."*

Manifest

- Visualize
- Gratitude
- Reprogram
- Move forward



Go Further with Essential Oils ...

How to make the blend:

MINDSET

- 3 Parts - Lemon
- 2 Parts - Lemongrass
- 1 Part - Helichrysum
- 1 Part - Roman Chamomile



The purpose of the blend:

More info here: benbalden.com/mindset/

"Mindset. That's where things start and where some things end. This blend is designed to help people build beliefs, change thinking, discard old ways and take on new ways of thinking. To improve, adapt, and lift your mindset to serve you and drive you toward a happier, fuller life."

How to use the blend:

Words are powerful and will help you prepare your mind for some serious thinking and mindset adjusting. You will be digging into past experiences, old beliefs, questioning your automatic decision-making processes, and programming in new supportive beliefs.

Some declarations you could use are...

Before you begin, take a moment to calm your mind and prepare for the task ahead. Repeat these declarations or make up your own.

Step 1) Take 3 deep belly breaths - inhale through the nose and out through the mouth

"I have the mindset and beliefs for success."

"I will be led to everything I need for success."

Step 2) Deeply breath in the blend

"I have a successful mindset."

Step 3) Clear your mind. Focus on being the person you want to be and living the life you envisioned for yourself. Now think about building those correct beliefs. It looks something like this: identifying unsupportive beliefs, pondering about their origins, building new beliefs, and teaching those beliefs to your subconscious mind.

"My mindset is geared for success."

Buy your essential oils wholesale here: <https://benbalden.com/wholesale/>

How to make the blend:

GRATITUDE

2 Parts - Spikenard
2 Parts - Wild Orange
1 Part - Arborvitae
1 Part - Lavender

The purpose of the blend:



More info here: benbalden.com/abundance/

"I designed this blend to foster genuine feelings of appreciation and gratitude for your life as it is right now, for your blessings and opportunities."

How to use the blend:

Sink the idea of gratitude deep into your mind and your habits. Use these affirmations or declarations to fill your heart and your subconscious with gratitude:

Some declarations you could use are...

Here are some steps you can use to boost your gratitude affinity:

Step 1) Take 3 deep belly breaths - inhale through the nose and out through the mouth

"I am full of gratitude, love, and joy."

"I am grateful for everything around me."

Step 2) Deeply breath in the blend

Step 3) Repeat the above declarations and think of everything big or little, significant or insignificant that comes to mind that you are at all grateful for.

Step 4) Time allowing, capture some of those grateful things down on a piece of paper or journal.

Buy your essential oils wholesale here: <https://benbalden.com/wholesale/>

Quiz

 circle the correct letter

1. What is a mindset?
 - a. It is the genetic makeup of your brain. It cannot be changed. It can only be managed by working on your weaknesses.
 - b. Your mindset is an established set of attitudes, interpretations, beliefs, mental inclination, and disposition to acting toward a certain goal or end.
 - c. It is made up of the 4 sections of the mind (the centerfield quadrilaterals). If you align them all at the same time, you gain special abilities to control element of your world.
2. How does your subconscious help you make choices?
 - a. By following beliefs, interpretations, and previous choices, your subconscious helps to automate the over 35,000 choices you need to make in a day. It saves you a lot of energy, but doesn't think about each choice.
 - b. Your subconscious mind answers questions people ask you while your conscious mind focus on body functions like breathing and digesting
 - c. Your subconscious mind helps you distinguish between threats that are real and those that are imagined.
3. How does the mindset formula work?
 - a. Your actions lead to your feelings which lead to your mindset which in turn produce your results
 - b. Your mindset is programmed by your experiences and creates feelings and thoughts to steer you toward actions that will lead to the results you subconsciously believe you should have.
 - c. Your results determine your actions which determine your thoughts which determine your programming
4. How is your mind like a thermostat?
 - a. Your mind is round, and some thermostats are round or have round buttons
 - b. When you exceed your belief boundaries by experiencing more success than you subconsciously believe you should be experiencing, your subconscious mind starts to limit that success
 - c. When you get too hot-headed, you sweat to cool yourself
5. How can you reprogram your mindset (subconscious)? (Circle all that apply)
 - a. Become AWARE of the programming that needs to be changed
 - b. FOCUS on the pain, the hurt, the problems with all your energy
 - c. Seek to UNDERSTAND why the automatic responses are the way they are
 - d. RESIST and REJECT any change to childhood beliefs, culture or traditions
 - e. Take action to DISSOCIATE yourself from that unsupportive
 - f. RECONDITION your mind by rewriting or programming new information
 - g. IMAGINE a world without problems, IGNORE the bad results, and INSIST there is never a problem

[get your quiz corrected at benbalden.com/manageyourmindset/](http://benbalden.com/manageyourmindset/)

Challenge

What's to be done? There is a lot here to think about. What is the first step?

Part of what we discussed today is just understanding your mind and how it works, which lays the foundation for taking the necessary action to realize effective results. The other part is a methodology. Here are four steps to begin to apply that methodology:

- **Step 1)** Pick a program to rewrite (**awareness**)
- **Step 2)** Understand the current program (**understanding**)
- **Step 3)** Choose to change this one (**dissociation**)
- **Step 4)** Recondition your mind (**reconditioning** - declaration, observation, and experimentation)

Step 1) Pick a program to rewrite (awareness)

How do you find one or identify it? Think of something you did recently that you didn't understand why you did it. Like eating too much, making a bad money decision, losing your temper with a loved one, etc. Or you can think of a result in your life that you are not happy with.

fill in the blanks: like this

Target event, result, or pattern:

What did I do to contribute or to cause that result?

What event or stimuli triggered my response?

Why did I respond or react this way?

What is the programming going on here?

Step 2) Understand the current program (understanding)

Ponder and ask yourself questions about this issue to try and understand the unsupportive belief behind it. Be grateful for this new understanding.

What belief might be behind this?

When was the first time in my life I felt like that?

What caused me to think or believe that way?

What is the true or supportive believe or perception I need to adopt?

Step 3) Choose to change this one (dissociate)

Once you have identified and learned more about the automatic programming in your subconscious, make a conscious decision to fix this. Muster up the courage to let this unsupportive belief go. You may need to reassure yourself.

You must decide to let all or even just a part of this issue go. Acknowledge these thoughts are only thoughts or beliefs you have learned – they can be unlearned. They are not who you are. You can change.

If you still can't release or let this belief or thought go, return to step one and choose another. Don't force or fake it. Do it for real and forever.

What unsupportive belief or feeling am I releasing?

Write my commitment to dissociate from this belief or thought:

Step 4) Recondition your mind (reconditioning)

This has three parts to it and must be repeated over time until it feels no longer necessary.

Declaration (words) - Use your intelligence to create a declaration you can speak out loud to yourself right now. Visualize it clearly. Feel gratitude for it.

My **declaration** (affirmation) containing my new belief, thought, or response:

Observation (behavior) - Building new beliefs is easier if we can find evidence to support it. Now that you have a new way of thinking or believing, start defending and advocating for it. Think of something you have observed that will reinforce this new thought or belief. It may be big or small. Anything. No matter how insignificant.

For example, if you are adopting the new belief that you love yourself (the most important belief to start with), you look for evidence of that love such as when you fed yourself this morning, or combed your hair.

Evidence from **your** behavior supports this new way of looking at the world:

Evidence from **other's** behavior supports this new way of looking at the world:

Experimentation (results) - Plan and carry out some physical action that supports your new belief. Make sure it has a positive result. This builds confidence, tests your belief, and reinforces the new "truth".

Action I will take to reinforce my new belief:

Stronger with Others

Learn

tick the boxes as you learn each section

The Main Idea:

- Relationships
- Bring Strength
- Bring Synergy
- It's Your Nature

Connection

- Common element
- Shared bond

Relationship

- Being connected
- Continued interacting



Life is better with others

Others on Earth

- Separate individuals
- 108 Billion Humans
- Diversity = Good
- We are social animals
- Connecting is human nature



Happier Together

- Less Stress
- Happier
- Healthier
- Live Longer



Jack

- 5 hours / bolt
- **1 hour / nut**
- Alone - 2 sets

Specialization

12 hours/day

Together

- 1 hour / bolt (Rob)
- 1 hour / nut (Jack)
- Separately - 4 sets
- **Together - 12 sets**



Rob

- **1 hour / bolt**
- 5 hours / nut
- Alone - 2 sets

Benefits of Working with Others

- Specialization
- Synergy
- Portfolio management
- Support systems
- Mentoring

Support Systems

- Psychological encouragement
- Personal assistant
- Delegate, divide & conquer
- Sounding board
- Checks & balances



Jess

- **Good quality writer**
- No money, resources, skills, or ability to publish
- Revenue: \$50k



Separately

- **Revenue: \$100k**

Together

- **Revenue: \$1,000,000k**

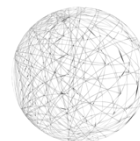
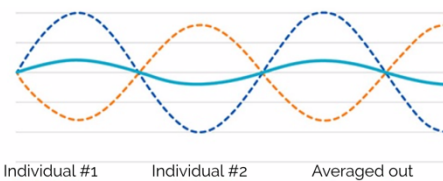


Mike

- **Good at publishing**
- No time or talent to write
- Revenue: \$50k

Portfolio Management Analogy & Relationships

- Gains & Losses of investments
- Ups and downs of life
- You help others
- Others help you

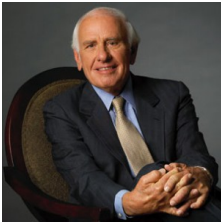


Mentoring

- Guidance
- Saves time
- Saves energy
- New generation goes further

Who to connect to?

- Moving in the same direction
- Successful people
- Supportive
- Leave the bad (3 min relationships)
- Initial awkwardness (transition time)
- Intentional networking



*"You're the average of the five people you spend most of your time with."
-Jim Rohn*

Going it alone?

4 – possibilities:

1. better off
2. less enjoyable
3. more difficult
4. can't do it at all

Why some don't connect?

- Fear
- Ego

How to connect, build, and maintain relationships?

- Understand it
- Take Responsibility
- Invest
- Communicate
- Team up

Connecting involves...

- Feelings
- Affection
- Appreciation
- Concern

Take 100% Responsibility

- 50% - 50%
- Not 100%, not responsible
- Entirety
- Jointly & Severally
- 50% vs. 100%

Invest

- Love is a verb
- Isn't it about... time
- Love on them

5 Love Languages:

1. Words of affirmation
2. Gifts
3. Acts of Service
4. Quality time
5. Physical touch

Communicate

- Communicate the good – be selective
- Not just words
- What you feel is more important

Team Up

- Tap into strengths
- Synergy
- Specialization
- Delegation
- Recruiting



"Love" Concepts (Inspired by Greek)

1. "Eros" or **Erotic** Love (sexual passion & desire)
2. "Philia" or **Affectionate** Love (friendship)
3. "Storge" or **Familiar** Love (kinship, familiarity, without physical attraction)
4. "Ludus" or **Playful** Love (young lovers, flirting, infatuation)
5. "Mania" or **Obsessive** Love (feeling of needing the partner)
6. "Pragma" or **Enduring** Love (matured & developed over time-decades)
7. "Philautia" or **Self** Love (healthy love for self, first)
8. "Agape" or **Selfless** Love (unconditional love - highest form)



Go Further with Essential Oils ...

How to make the blend:

TOGETHER

- 1 Part - Pink Pepper
- 2 Parts - Geranium
- 2 Parts - Cedarwood
- 1 Part - Marjoram
- 1 Part - Turmeric

The purpose of the blend:



More info here: benbalden.com/together/

"This blend will help tap into your ability to connect with others in a spirit of love and mutually beneficial respect and support. Its intention is to foster building and maintaining supportive relationships with others."

How to use the blend:

At those times when you feel isolated and alone although you interact or are surrounded by people all day, you need connection. Breathe in the blend while thinking or saying out loud these declarations or some other appropriate declaration of your choice.

Some declarations you could use are...

The amazing power of this essential oil blend is stronger when you concentrate effort on the outcome. Use these steps to get the most of your blend:

Step 1) Take 3 deep belly breaths - inhale through the nose and out through the mouth

"I am stronger with others."

Step 2) Deeply breath in the blend

"I am better with others."

Step 3) Ask yourself some questions. Focus your mind on others. See the good in them. Focus on what you can bring into your life and what they can bring into yours. Some relationships need to be nurtured and adjusted and invested in. Some need to be lessened. Is this a 3 min relationship or an enduring one? Will this help you be a better person or pull you down? How can you love in a better way regardless of whether this is someone you will spend more time with or less?

Step 4) Imagine the relationship how you want it to be. Allow yourself to dream. What does it look like? How does the relationship work? See that picture as clear as you can. Ask Heaven for help. Think of one thing you can do to make things better, no matter how insignificant that one thing seems. Commit to doing it.

Buy your essential oils wholesale here: <https://benbalden.com/wholesale/>

Quiz

 circle the correct letter

1. How can engaging with others in your life help you reach your dreams? (Circle all that apply)
 - a. Supportive relationships can bring you strengths when you are weak
 - b. Working together with others can unlock synergy accomplishing more than you can do alone
 - c. By nature, you are better off with others - to serve, connect, share, and celebrate with
 - d. You can get further by taking advantage of others and tearing them down
2. Why don't some people want to work with others?
 - a. Fear - as not all relationships are supportive and people have bad experiences with others, some people are afraid that they will continue to have bad experiences
 - b. Ego - some people just like to feel important. But, here's the problem: importance is relative, and you can't truly feel important unless someone else acknowledges it.
 - c. Both Fear and Ego limitations make people reluctant to include others in their life
3. Who should you connect to? (Circle all that apply)
 - a. Those who are supportive
 - b. Those headed in the same direction
 - c. Those who are negative and pull you down
 - d. People more successful than you
4. How can you better connect with others and build relationships? (Check all that apply)
 - a. Understand that there are many different kinds of relationships (most of them good, but some can be unhelpful relationships can and should be avoided)
 - b. Take 100% responsibility for a successful relationship - even if you are less than 100% of the parties to a relationship.
 - c. Invest time and effort in building and maintaining good, supportive relationships.
 - d. Hold and communicate good and constructive feelings and work through any problems together.
5. How can you team up with others to create something greater than you can individually?
 - a. Know your strengths and weaknesses and the strengths of others
 - b. Delegate tasks to others that they do better
 - c. Recruit others to your cause and let them add their gift in their unique way
 - d. All of these answers are ways to effectively team up with others

get your quiz corrected at benbalden.com/strongerwithothers/

Challenge

fill in the blanks: *like this*

Now, how can we progress in this area of your life? By definition, developing yourself in this area will require the involvement of others. But don't worry; they need it, too.

Your challenge is to build yourself by improving your relationships. This application may take a day or two to accomplish. It might take a few moments. Here is your assignment for change:

Step 1) List the names of about 3 people that represent the most important positive relationships in your life.

1.

2.

3.

Step 2) Pick one of these. Identify the nature of this relationship.

- Which of the 8 Greek love relationships describe it?
- If your relationship was a contract, what are your obligations and what do you expect to receive?
- How long do you expect the relationship to last?
- If the relationship was perfect, how would you describe it?

Type or love:	Expected Length:
Obligations & expectations:	A perfect relationship:

Step 3) Physically accept 100% responsibility for the relationship (no matter the relationship)

- Speak out loud the words, "*I accept 100% responsibility for [my marital relationship, my relationship with my daughter, my relationship with my ...].*"
- Write the declaratory statement down
- Extra challenge: share this with someone else, or better yet, the person

My declaratory statement:

Step 4) Choose one thing to do to physically invest in the relationship (more than what you are doing now).

Examples: perform an act of service, words of appreciation, spending time with, show interest in, help alleviate some burden, make some sacrifice for... .

Proposed Investment:

Step 5) Communicate something positive

- Think about how this person "hears" messages of appreciation (see 5 Love Languages above)
- Express affection, appreciation, or admiration to this person (using words or otherwise) making sure that when you are in the act of communicating, you are **feeling love and affection** in your heart

Proposed Communication:

Step 6) Create or identify some synergy in your life (optional step)

Find something that you can do to work with someone and create something that neither of you could do alone

Synergistic Opportunity:

Your Whole Being

Learn

tick the boxes as you learn each section

The Main Idea:

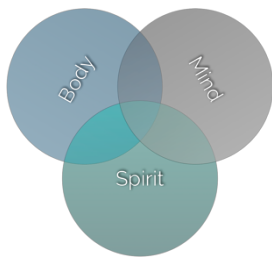
- Many Parts to You
- Optimum Wellness
- Balance & Wholeness
- Inside & Out

Why?

- It's about wellness and wholeness inside and out.
- It's about living your life in an enjoyable way, with a healthy body, a clear mind, and a peaceful spirit.
- It's about taking care of yourself.
- It's about living a happier, fuller life.

Basic Paradigms of Health

- Body, Mind Spirit
- Eat, Exercise, Rest
- Wellness Pyramid



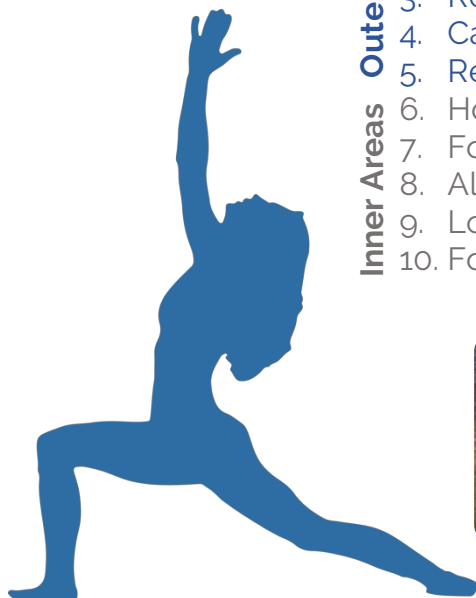
You are well!



10 Wellness Areas

1. Obtain Nourishment
2. Move & Exercise
3. Rest and Play
4. Care for Yourself
5. Return to Nature
6. Hold Only Good
7. Focus Your Energy
8. Align Your Purpose
9. Love and Connect
10. Follow You Moral Compass

Inner Areas **Outer Areas**



How?

- Wellness allows you to enjoy happiness
- Body & mind most important assets
- Optimum wellness is physical, mental, spiritual – your whole being
- Requires maintenance & effort
- Care for each area of who you are



Outer Areas

Inner Areas



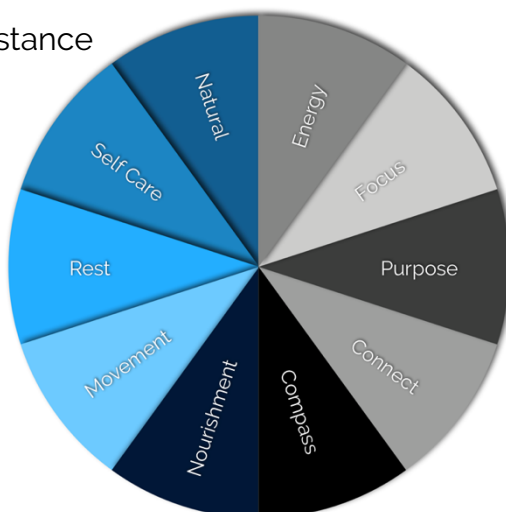
- Return to Nature
 - Reduce Toxic Exposure
 - Cleanse & Detox
 - Balance Hormones
 - Cellular Health

- Hold Only Good
 - Moods & Emotions
 - Trauma Closure
 - Release Feelings
 - Peace

- Care for Yourself
 - Hygiene
 - Beauty & Appearance
 - Physical Maintenance & Repair
 - Root Cause Issues
 - Competent Medical Assistance

- Focus Your Energy
 - Inner-Script
 - Law of Attraction
 - False Beliefs
 - Gratitude

- Rest and Play
 - Sleep
 - Recovery
 - Stress Management
 - Relaxing
 - Playing



- Align Your Purpose
 - Responsibility
 - Clarify Purpose
 - Plan, Act, and Fulfill

- Move and Exercise
 - Exercise
 - Frequency
 - Duration
 - Intensity
 - Variety
 - Activity

- Love and Connect
 - Selflove
 - Relationships
 - Greater sum
 - Romance
 - Divine

- Obtain Nourishment
 - Natural & Wholesome
 - Macronutrients
 - Micronutrients
 - Quantity & Frequency
 - Healthy Digestive Track

- Follow Your Moral Compass
 - Sense of Right
 - Morals
 - Spiritual Nourishment



Go Further with Essential Oils ...

How to make the blend:

SOUL

2 Parts - Grapefruit
2 Parts - Green Mandarin
1 Part - Patchouli
1 Part - Geranium
1 Part - Sandalwood
1 Part - Eucalyptus



The purpose of the blend:

More info here: benbalden.com/soul/

"This essential oil blend is awesome! Fully activate your higher-self and connect all of you together. Optimum wellness. This blend is intended to promote happiness and wellbeing by helping you maintain the health of your body, mind, and spirit."

How to use the blend:

This blend is really cool. It helps you feel whole and well. So, you would use this blend daily. One suggestion is to use it when you come from the shower or as you get dressed. You can also use this in your daily meditation or while you practice yoga or stretching. You can also rub this blend on your stomach or any part of your body you wish to improve or tone up.

Some declarations you could use are...

Here are some declaration you can speak out loud or to yourself as you seek out a wholesome and wellness lifestyle.

Step 1) Take 3 deep belly breaths - inhale through the nose and out through the mouth

"I am well in body, mind, and spirit."

Step 2) Deeply breath in the blend

"I enjoy optimum health and wellness."

Step 3) Think about the areas of wellness: eating healthily, getting

"My entire soul is whole and well."

enough rest, exercising regularly, practicing good hygiene and medical care, reducing exposure to common toxins, keeping only good energy and emotions, maintaining a positive mindset, finding harmony with your life's purpose, connecting with others in meaningful relationships, and doing what you know to be right.

Step 4) What is working well? Is there anything out of alignment? Now focus on having it all correctly balanced in your life.

Buy your essential oils wholesale here: <https://benbalden.com/wholesale/>

Quiz

 circle the correct letter

1. Why is being healthy, well, and balanced important?
 - a. You get more points the longer you can be balanced and whoever has the most points wins
 - b. Taking care of yourself physically, mentally, and spiritually allows you to enjoy life on all other levels
 - c. Physical health is more important than spiritual or mental health because there is no such thing as spirits and anything in your mind is really just fake because you imagined it.
 - d. You can be truly happy regardless of how much you neglect your wellness

2. What does it mean to be well in body, mind, and spirit?
 - a. Take care of your body physically and your mind and spirit will be okay automatically
 - b. Your body is the only thing you need to worry about
 - c. Take care of your body by staying well physically and your inner-self by balancing your energy, your focus, living purposefully, connecting to others, and doing what you know is right.
 - d. Not being sick.

3. What are the 10 Areas of Wellness presented in this lesson? (Circle only 10)
 - a. Obtain Nourishment
 - b. Move & Exercise
 - c. Hurt others
 - d. Rest and Play
 - e. Care for Yourself
 - f. Eat only sugar
 - g. Return to Nature
 - h. Never sleep
 - i. Hold Only Good
 - j. Focus Your Energy
 - k. Draw strength from your anger
 - l. Align Your Purpose
 - m. Love and Connect
 - n. Be a recluse- reject civilization
 - o. Follow Your Moral Compass

4. Which is NOT a way to "Care for Yourself" physically?
 - a. Practice good HYGIENE
 - b. Comb your hair
 - c. Treat infections
 - d. Stay up late working 5 nights in a row

5. Which concepts DO NOT match?
 - a. Return to Nature ---- avoid exposure to toxins
 - b. Hold Only Good Energy and Emotions ---- sunbathe near an electrical box (the louder the buzz the better)
 - c. Detect Your Purpose ---- find your reason to rejoice every day by serving humanity in your unique way
 - d. Follow Your Moral Compass ---- do what is right

[get your quiz corrected at benbalden.com/yourwholebeing/](http://benbalden.com/yourwholebeing/)

Challenge

Now. How do we put this into practice? There is definitely a lot to look at here. Let's start with a little survey. Rate yourself on a scale of 1-10 in each of these areas.

fill in the appropriate circle: ●

<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10	Obtain Nourishment - eating right
<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10	Move & Exercise
<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10	Rest and Play & Stress Management
<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10	Care for Yourself, Hygiene, Maintenance
<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10	Return to Nature, Reducing Toxins
<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10	Hold Only Good Emotions & Energy
<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10	Focus Your Thinking, Beliefs, Mindset
<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10	Align Your Purpose, Fulfillment
<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10	Love and Connect, Relationships
<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10	Follow You Moral Compass, Faith

Then select one area you feel needs your attention (even if it's not the worst ranking) and ask yourself...

- How can I be more balanced in this area?
- What is one thing I have been putting off that I need to make sure happens?
- What action is in my power to bring this area up a level?
- How can I bring this closer to a ten?

Write your answers & impressions here:

write in the blanks: like this

Repeat with other wellness areas.