



About the author



Joe Jackson

I retired from my first career in quality avionics electronic manufacturing at age 46. That's much too young to quit working. (Though I don't view what I'm doing now as work.)

I decided to pass on my experiences to help others find success and happiness in their lives. That's why I created, and manage, Free Spirit Enterprises LLC. I write about those experiences, and new adventures as I travel the country camping, sightseeing, scuba diving, and kayaking.

Enjoy my offerings, and if you see me somewhere in this beautiful country of ours please introduce yourself.

My other products:

- <http://www.livelifeofsuccess.com>
- <http://www.remotecontrol-airplanes.com>
- <http://www.remote-controlcars.com>
- <http://www.remotecontrol-boats.com>
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- <http://www.rcconstructiontoys.com>
- <http://www.radiocontroltoysfromfse.com>
- <http://www.bugsmiceratsnomore.com>
- <http://www.freespiritenterprisesllc.com> (most products showcased here)

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Please Yourself – And Cherish The Memories

Seeking success in life sometimes turns a person into a workaholic. That path eventually leads to a lonely and unhappy life.

Workaholics often lose their personalities...and their personal lives. Their families become strangers and, in time, some leave. When you adjust those blinders to sight in on your goals, don't adjust them too tight.

Make sure you maintain balance in all areas of your life. You can succeed without it but that success might lead you into misery.

"Everyone is trying to accomplish something big, not realizing that life is made up of little things." *Frank A. Clark*

Society uses money as a measure of how successful a person is. The more you have the more successful people think you are.

Money isn't everything, it gets you a lot of stuff, but it just won't buy happiness.

"Money never made a man happy yet, nor will it. There is nothing in its nature to produce happiness. The more a man has, the more he wants. Instead of filling a vacuum, it makes one." *Benjamin Franklin*

It's important to work for wealth. Just remember that wealth without happiness is as much a burden as being unhappy and poor -- it's more of a burden than being happy and poor. Realize that and you understand that being happy (no matter how much money you have) is also a measure of success.

Measure your successes, and log them for future reference. In "Measure Your Successes In Life" gives you techniques for drawing pictures of where you are on your way to where you're going. Go to (<http://www.livelifeforsuccess.com/measurelifeforsuccess.html>) and check it out.

Speed your way toward success by starting a part-time business. I think this is a very important journey for you to begin.

Most wealthy people today are wealthy because they own a personal business, and working for your dreams rather than someone else's is a journey to happiness. Wealth also allows you to get and do those things that make you happy quicker.

Small business is what makes the economy grow. Small businesses are flexible and able to adjust to changes in their customers' needs and wants.

Big business often can't make changes because they become too massive. It's like a snowball rolling downhill. It gets so big and heavy that a change in course is no longer possible.

I want you to start your own business for many reasons. The main one is so you become wealthy.

Being wealthy gives you the ability to live comfortably. It takes away the potential hardship when emergencies come your way, and they will. Wealth helps you avoid certain embarrassments that poor people sometimes endure.

But wealth is useless to an unhappy person. So along with financial success I wish you happiness.

What Makes You Happy?

Decide what you enjoy doing more than anything else in the world - and turn that thing of pleasure into a part-time business. Figure out why people desperately need what your business provides. You can't succeed if you don't give value.

When your business is something you really like doing it's more play than work. When you don't like doing what you do it's a JOB! Pleasure brings happiness.

"There is only one success - to be able to spend your life in your own way." Christopher Morley

But don't forget to include leisure hours along your way. You can't devote every waking moment to your career. You gotta have hobbies to relieve the stress that life brings your way.

Try answering these questions to help move you toward a balance in life:

- This is what I do for work, what do I do for fun?
- How much time will I devote to work each day, week, and month?
- How much time will I devote to fun each day, week, and month?
- How much time will I devote to family each day, week, and month?
- How much time will I devote to my community each day, week, and month?
- Do I want to travel?
- Where will I travel?
- How many vacations will I take each year?
- How long will each vacation be?
- How will I spend each vacation?
- If my doctor tells me today that I only have 1 week to live, what will I do tomorrow?
- What hobbies do I most enjoy?
- What things that I really loved to do as a child; don't I do now, and wish I did?
- How do I want to play as an adult?

"Success is not so much what we have as it is what we are." *Jim Rohn*¹

Balance...it's all about balance.

Always keep the four main areas of your life balanced with each other. The first few years of your life are easy. You receive the decisions and learning without any need for effort on your part, other than absorbing what happens around you.

¹ JimRohn, THE TREASURY OF QUOTES (Irving, TX: Jim Rohn International, 1994), p97

You need those years because they teach you how to get along with others and how to provide for yourself when the time comes to step out into adulthood.

Once you reach your teenage years it's time to start thinking about how to live those years as an adult. That means it's time to put forth some effort on your own.

This is the time to decide your initial goals in life. It's the time to map your future, and creating that future isn't easy. I wrote "Designing Your Life's Success Path" to help you figure out how to do your mapping. It's a 7-step process for setting goals, and getting you started working on your successful future. For more information visit <http://www.livelifeforsuccess.com/desscessplan.html>.

You need to think about the type of work you want to do and you need to start learning how to do that work. You won't get that learning in school. They don't teach that kind of stuff.

What's important for you is making the definite decision about what kind of work you want to do. That's first when you start thinking about your future.

But how much time are you going to spend doing that work compared with how much time you'll spend with your family - with your friends - with your community? With yourself?

How much time will you spend learning more about your chosen field of work and become a better human being? How much time will you spend relaxing and playing? How much time will you spend contributing to your community?

The more time you spend thinking about these things the better you'll make your quality of life. Because you'll have it all planned when the time comes to take that first step.

Here's one thing I'd like you to consider: Learn the skills you need for the career you want.

Once you establish yourself with a good company start a side business. (Think about and plan that now too, so when you're ready to

start that business you only need to follow the steps you already wrote out.)

Build that business slowly or it will grow so fast that you can't keep up with it. And design your side business so it only takes a couple hours a day to work so you have time for your personal life. (Understand that launching a business, and growing it into profit will require higher time commitment in the beginning.)

Only you can create the balance that you'll be happy with. Only you know when you have that right balance. No one can do this for you.

So take your time with this. Create the happiness you deserve.

Only The Subconscious Knows The Right Path

You never solve a problem or make a wise decision by actively thinking about it. That's how you get the juices flowing, but true creativity comes after you run the information through your conscious mind -- and then set it aside for your subconscious mind to deal with it!

Maxwell Maltz² called it your "success mechanism,"
Napoleon Hill³ called it "the principal of
autosuggestion."

No matter what you call it, the subconscious mind holds strong power to give you the answers that satisfy any situation. You never know when your answer will appear because the subconscious mind works "off-line" to find it.

You must learn how to let your subconscious mind know you want the information. You don't learn that skill in school either. You have to learn it on your own; it takes practice. Be persistent here too, and in time you'll hand questions and problems over to your subconscious mind without even thinking about doing so on a conscious level. The action becomes automatic.

² Maxwell Maltz, PSYCHO-CYBERNETICS (New York, NY: Pocket Books, 1960), p.16

³ Napoleon Hill, THINK AND GROW RICH (New York, NY: First Ballantine Books Trade Edition, 1996) p.67

The most popular method to reach your subconscious is through meditation. Plenty of books, audio programs, and classes exist to help you learn how. I advise you look at your options and select the techniques that you find most comfortable to your lifestyle and personality. The mentor that I most relied on for learning how to "talk" to my subconscious is Dr. Wayne Dyer. Find his works in any bookstore or through the Nightingale-Conant Corporation (<http://www.nightingale.com>).

Figure out the right things to say to, and ask of, your subconscious and get solutions to all your life's problems. Get some ideas in "Finding Your Way Through Life" (<http://www.livelifeofsuccess.com/findingway.html>). There's some important stuff to ask you inside.

Talking with your subconscious calls for getting away from all pressure and stress of your normal life. My favorite method is taking off in a one-person kayak, and floating down a creek *all by myself*.

I have an ongoing relationship with a 30-mile stretch of a stream of water called Sugar Creek in Indiana. For 31 years I've spent at least one week on that creek most every year.

You get involved in a number of relationships when you're just floating down a creek. Some of those relationships are with other people, others do show up from time-to-time, but mostly you're all alone.

I'm there for that "alone" time because it gives me a chance to "commune with nature," talk with my subconscious mind, and grow awareness of myself.

When you "commune with nature" you're involved in a relationship with nature, a conversation so to speak. When you get all wrapped up in nature the way I do, that conversation becomes very intimate. My mind opens up, completely taking in all that I see. I slip into a kind of meditation.

I believe that your higher intelligence speaks to you through your subconscious mind. Meditation is one way to start a conversation with your subconscious mind. All you need do is listen; your subconscious mind speaks to you and gives you guidance about finding success in life. You don't normally talk about this conversation with other people

because it's so personal. But a healthy relationship with, and practiced skills at turning your thoughts over to, your subconscious mind teaches you a lot.

When I'm on the creek all by myself, I have a relationship with nature, and I have a relationship with my subconscious mind. I listen, I allow my mind to think whatever thoughts it wants and I go into a meditative state. Then, suddenly, nature and my subconscious mind talk to me; they tell me all kinds of little secrets.

They whisper to me through the leaves that rustle on the breeze. They sing to me with the screech of an eagle floating on the wind and the chirping and tweeting of the birds sitting in the trees.

They call to me from the splash of a bass as it leaps for a meal of insect, or the coo of a Doe calling to her Fawns (or snorting at me to tell me she'll tolerate my presence – but only from a distance). The croaking frog sings its secrets with a nightly melody, and I learn as I try to sleep from the racket of the raccoon as it searches through my pots and pans looking for food scraps that I didn't clean up.

Yes, there are wondrous relationships for you when you sit all alone in the right surroundings, and open it all to your subconscious mind. You find tranquil contentment, an inner calm, and an escape from the stress of everyday pressures. Kayaking a creek is a marvelous get-away that I cherish.

There is also the relationship that you have with other people when you float down the creek. Thoughts of your loved ones, and other people on the water, tend to interrupt your meditative state.

Keep in mind when you're involved in any "me only" activity you won't be alone for long. There's always someone waiting for you to come back. Let them know that you need to get away sometimes and that you will be back.

Meditation cleanses the mind and helps you organize your priorities. But you still can't live all of your life without the support of others.

And on the creek there are other people too. The only way to avoid them as you float along is stop for the day when you first see them.

That can be good of course. You might spend the afternoon meditating or fishing. You might even take a sketchbook along and draw what you see. Maybe draw a picture of the creek upstream with the watercraft coming your way.

Or spend the time writing in your journal. Just let your mind wonder and write down the thoughts that come. Do a little free writing; you might surprise yourself with what you read after you're done.

"Things turn out best for people who make the best of the way things turn out." *Art Linkletter*

On one particular trip I'd carried my gear to the water when a sudden thunderstorm drenched me. I ducked under a bridge and waited for the downpour to pass.

I could've used the storm for a reason not to go on my trip. You see many people look for excuses just like that to justify their failures in life rather than study the problem to find the opportunity that hides inside. They just give up, and giving up is a path toward success too. Giving up guarantees failure, it's a way of making sure that you stagnate in life.

But I knew that rain is nature's way of watering her plants so they grow healthy and strong. A good rain meant that my trip would be full of majestic colors...a canvas covered with nature's creativity.

I looked forward to that.

I took off down the creek at 1:00 PM on Sunday. I ran into rain two more times that day. Each time I was able to get under a bridge and wait it out. And each time it cleared up, and I was able to go on my way again, admiring the beauty along the creek.

But there were other people on the creek too. People rent tubes, canoes and kayaks for short trips downstream. That last thunderstorm of the day 5 guys passed me in kayaks making a fast trip. They started out at 5:00 PM, which meant they wouldn't get to their destination until well after dark. Even paddling fast (like they were) they were on an 8 or 9-hour trip.

Here's my point: When other people get out ahead of you, you miss stuff! Because those other people scare the wildlife away.

That first day between 7:30 and 8:00 at night I saw a Wild Turkey, the first time I've ever seen a Turkey living wild and free. I only saw it because the five people had passed me at 6:00. I was alone on the creek, and had been for over an hour.

Develop the habit of getting up at least one hour earlier than everyone else. What you learn – or see – in that hour can change your whole outlook on life. On the creek, you have until just past noon to see it all. Noon is when the renters start showing up.

The next day I started on the creek at 9:10 in the morning. That's a little late but it was early enough that I was in front of everybody.

At 11:45, I spotted a Doe and two little Fawns on the bank ahead. I watched them until the Doe seen me. Then she moved up the bank, called the Fawns and they followed her away from the creek and into the trees. I only saw them because I was the first person on the creek that day.

I stopped for lunch at 12:40, that's when the first renters caught up with me. They were all around me the rest of the day. I float most of the time and paddle only when needed. I watch ahead of me to see everything I can. The more you look, the more you see.

But paddling means you're in motion. When you're in motion the animals see you as a bigger threat than when you just drift along. They move to get away from you sooner.

Even the majestic Bald Eagle leaves his perch in a tree when he thinks someone is getting too close.

How many deer did I miss that afternoon, I wonder, only because somebody got in front of me? Not to mention the Beaver, Turtle, Muskrat, and yes, even snakes.

Even when surrounded by other people, I saw beauty everywhere. I just wondered what I didn't see.

The trees can't run away from you. They just stand there and allow you to admire their beauty. They wave at you in the wind and, if you listen, you'll hear them whispering to you. What kind of ancient secrets are they telling?

The fish still jump for insects. Ah but on that first day, when there was no one around, a Bass jumped over the front of my kayak and dropped back into the water on the other side. It happened as I drifted along and I sat there watching as if I watched a film in slow motion. Think that would've happened if other people were around?

What about that most majestic of creatures, the Bald Eagle? When others move in front of you the eagles fly around overhead. You can watch them as they glide on the air currents. And I don't think most of the renters really even notice them.

But when you're all alone and just drifting along, you can spot the eagle sitting on a high limb – watching you.

Every time I travel Sugar Creek, I see something new, sometimes merely subtle changes along the banks, sometimes major alterations in the view.

I always get a feeling of peace and happiness when I float this stream.

I enjoy those times of solitude. Peaceful thinking renews my soul, lets me listen to nature's teaching, and shows me opportunities.

"Meditation is the action of silence." *Krishnamurti*

I can satisfy my creative and meditative needs by stepping into my back yard, carrying a chair back to my mini-barn, and sitting among the trees. I do that sometimes when I need a short break from my office. It's much easier than packing up the gear and heading to the creek for a few days.

Those periods of relaxation in the back yard refresh me, for a short time. But I live on the outer edges of Indianapolis, and sitting in the yard comes with distractions that don't exist on the creek. Noises of the city and the interruptions of people wanting me to answer some question or fix this or that - those kinds of things don't give you much time to get into a meditative state.

"It is not because things are difficult that we dare not venture. It is because we dare not venture that they are difficult." *Seneca*

Sure, floating the creek means work at times; floating the creek also means the sounds of nature are there to soothe and allow for relaxation and reflecting -- when other people aren't around.

You need times of peace and quiet to give yourself the opportunity for relaxation, time to let the pressures of life drain away and think over your achievements and the lessons you've learned.

You need those times of silence to consider the path ahead, to think about the challenges you face, and create solutions to fill the potholes and skirt the barricades that threaten your road to success.

Of course you must know where you're starting from before your subconscious can figure out which direction you must go. You get that information from your subconscious too.

Look inside yourself. That's where you find the activities and answers to urge your subconscious mind to give you what you need.

This whole process is one of those "soul-searching" things all successful people go through before they become successful people. Go to <http://www.livelifeofsuccess.com/whereareyou.html> and check out my report "Figure Out Who You Are" for help on determining your starting point, and setting the mood for both your subconscious, and your conscious, mind to shape your future the way you want.

Then answer these questions and build on them:

- What memories please me the most?
- Why are those memories more pleasing than others?
- What moments did I not live fully?
- How will I re-live those moments to improve my memories?
- What times in my life excited me the most?
- How will I create more of those times in my future?

- What moments in my life lacked complete satisfaction?
- What experiences annoyed me?
- What of my memories make me angry?
- What actions that I took caused the greatest improvements in the quality of my life?
- How will I arrange similar actions for my future?
- What one action can I take at this moment to set those arrangements in motion?
- What pleasing thoughts do my memories cause?
- How will I create more of those types of memories?
- What displeasing thoughts do my memories cause?
- How will I improve those memories to make them more pleasing to me?
- What about the life I'm living now makes me most happy and appreciative?
- What actions would improve that happiness and appreciation?
- Am I happy with my life?
- Do I need to modify my plan?
- How's my plan working for me?
- Has my life made sense?
- What individuals contributed the largest value to my life's process?
- How can I thank them in a way that they find valuable?
- How can I pass on my experiences to the most positive benefit of those that follow a similar path as mine?

Sometimes you just have to get away to make life pleasant, both for yourself and for those who share life with you. Decide what "getaway" works best for you, and schedule time to go there as many times each year as you need.

You'll come back with new energy and higher productivity.

Additional Resources

Expand your successful life experience with my additional reports:

"Measure Your Successes In Life"

<http://www.livelifeofsuccess.com/measurelifesuccess.html>

"Starting Your Life Success Plan"

<http://www.livelifeofsuccess.com/startplan.html>

"Designing Your Life's Success Path"

<http://www.livelifeofsuccess.com/desscessplan.html>

"Education, Do You Really Need It?"

<http://www.livelifeofsuccess.com /whyschool.html>

"The Art Of Personal Growth"

<http://www.livelifeofsuccess.com/personalgrowth.html>

"Figure Out Who You Are"

<http://www.livelifeofsuccess.com/whereareyou.html>

"You Can't Be A Hermit AND Reach The Stars"

<http://www.livelifeofsuccess.com/hermit.html>

"Get A Strong Vision And Pass It Around"

<http://www.livelifeofsuccess.com/getvision.html>

"Finding - And - Keeping Your Vision"

<http://www.livelifeofsuccess.com/keepvision.html>

"Finding Your Way Through Life"

<http://www.livelifeofsuccess.com/findingway.html>

"How To Retire A Millionaire"

<http://www.livelifeofsuccess.com/millionaire.html>

"Never Give Up On Your Dreams"

<http://www.livelifeofsuccess.com/finish.html>

"It's All Up To You"

<http://www.livelifeofsuccess.com/uptoyou.html>

Or get it all in my life of success book:

"SUCCESS IN LIFE IS A PROCESS,
...And That Process Is Measurable!"

<http://www.livelifeofsuccess.com/lifeprocessofsuccess.html>

I wish you happiness, and success in everything you go for in life.

Joe Jackson, <http://www.livelifeofsuccess.com>