

# **PHIL'S PLAYBOOK**

## **The Survivor's Guide to Success**

- Develop a Gauge to judge people – Establish criteria for friends and relationships. This is the standard you will hold them to and the standard you will hold yourself to.
- Build open trusting relationships based on the gauge. Once people qualify be open and trusting with them.
- Find trusted mentors, based on the gauge.
- Point(s) of esteem – what are the good things in your life. What good things have you created? What good things do you do? What are you good at?
- What are your strengths? What are you good at? How can you help or serve the world with your strengths? There are a number of tools available to help determine your strengths.
- Journal for self discovery to determine what you like and do not like in what you do every day.
- Find your voice that may be buried in the back of your mental closet. Uncover it, listen to it and share it with the world. This will take practice but will soon become habit.
- Push yourself to be in the moment as much as possible. Be actively engaged.
- Take a set amount of time to be hurt. At the end of that time go have some fun.
- Let those around you carry their own emotional weight. They can carry more than you think.
- Pray/meditate/envision your life as God wants it will be.