



**ZSM**

ZenithSelfMastery.org

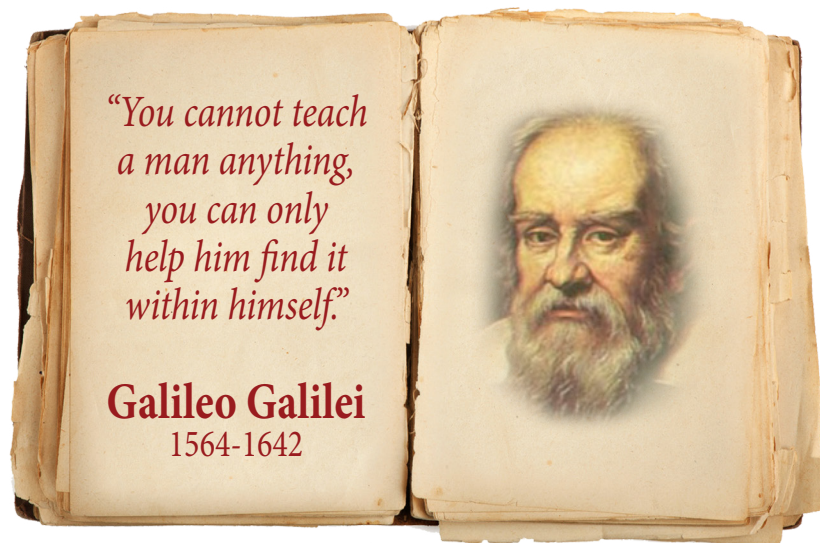
# Journey, Life, Destiny



**50 Day Transformation  
PREVIEW**

**Personal Discovery and Self Mastery  
Home Study Course**





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## Zenith Self Mastery: Facilitating Personal Change

I'm Gary Simpson, from ZSM.  
Our business is focused on facilitating personal success.

We believe that far too many people, - just like you, perhaps - have fantastic ideas that never see daylight.

By providing tools and training that help individuals grow, we're helping people achieve goals they had given up ever reaching.

I hope we can help you too.

Usually, lack of performance comes down to lack of focus, lack of structure, lack of support and the biggest killer of them all, self-doubt.

Can you imagine what our world would be like if the impediments to success were removed?

At Zenith Self Mastery, we are creating an environment where people will flourish and become the successful people they should be. We're creating a place where you'll be filled with mental nourishment and support in a positive learning environment.



## Your 50 Day Transformation

Your 50 Day Transformation is the 'pathway to Self Mastery'.

I've developed it over many years of observation and research into why some people succeed and others do not.

During Journey, Life, Destiny you'll get your life path firmed up, and renew your desire to achieve the dreams you have.

That is, if you commit to doing so.

***After completion:***

You'll be more positive and more directed, and therefore more effective and successful.


Take the road the herd takes, or the other one: the road less travelled.

It's your life. It's your choice.



**In this Preview . . .**

**I'll give you an overview of the *Journey Life Destiny* Course.**

 **Your 50 Day Transformation  
Purpose and Promise . . .**

**T**here is only one purpose to this course.  
That purpose is to show you how to transform yourself into the very best person you can possibly be.

If you go through with this, the effect will be spectacular.

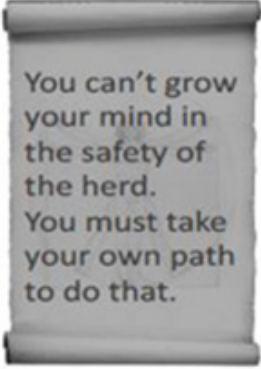
Obviously, there is only one person who has the authority, desire and need to do that.

Of course, that is YOU.

So, it is a choice you must make.

The world is in turmoil. So many people are lost. They have no identity, rules, ambition or desire.

They believe they cannot change, that they are stuck and cannot make a difference. All these beliefs are false.



You can't grow your mind in the safety of the herd. You must take your own path to do that.

I believe we have created the best all-round self development process you can undertake (short of having a tutor/trainer at your elbow to coach you personally).

**[The 'torn out' images in this preview are from the course material.]**



### **A message from Gary:**

*Welcome.*

*I'm Gary Simpson, your course presenter. I'm one of the co-founders of Zenith Self Mastery, the online division of Zenith Mentoring and Life Coaching International.*

*I am sure you'll meet the other co-founders as we travel on your Transformation journey together.*

*I've learned why people succeed – and why they don't.*

*I've seen some amazing stories during my twenty five year journey of discovery about how to help people change. I've seen that it isn't necessarily the smartest or most talented people who succeed.*

*It's more often the most committed and dedicated.*

*In fact, extremely intelligent people often get in their own way. As do those who claim to be 'perfectionists' and those poor souls with an affliction that I call detail-itis; they cannot make a start because some itsy-bitsy thing is not quite right.*

*You need direction and discipline to make change happen.*

*I have seen the dramatic change that occurs when someone adds a little direction to a lot of desire.*

*I've done that in my own life.*

## I'll also give you some insights into the discipline of Consistent Commitment.

I've used this technique for many years. Principally, I have used it to further my ability in my chosen recreational sport, karate.

*Make a choice. Follow a proven path.*

*Magic happens. It can happen for you too. All it takes is a decision on your part.*

*I do hope you will stay with Journey, Life, Destiny for the full 50 consecutive days. That is a necessity. If you quit before you finish, you won't get the full benefit from it.*

*Determine NOW that you will NOT give up before 50 days.*

*In reality, 50 days is not a huge commitment.*



## Your Journey, Life, Destiny course content:



A tutorial each day, for fifty days



A video presentation each day. Some days have two. These cover different aspects of the work



Recommended Reading



Questions to reflect on. There are several each day, designed to help you reflect on every aspect of your past and present.



Assignments. There is one every few days. If you complete them all, you will have a complete blueprint for your future, and you'll know which steps to take next.



Membership of the Labyrinth, an interactive forum where fellow participants and coaches can discuss the issues raised. In the Labyrinth, you'll enjoy full access to Gary Simpson, ZSM's Principal Coach. Gary has many years experience in goal-setting and achievement.

## Take This Opportunity: Transform Your Life

**I**n *Journey, Life, Destiny* you'll get MUCH more than just my experience and knowledge. Our website and materials are packed with the insights of many. I hope you access this awesome material we have created for you.



We've accessed wisdom and teaching by many of the world's brilliant minds.

**It's all waiting for you.**

Here's a saying that's been around a long time:

*"What would you do if you knew you couldn't fail?"*

I recommend you approach your life like that.



### My Story (in brief)

You'll read the story of my past adventures, accomplishments - and failures - when you start Your 50 Day Transformation. But in the meantime, here's a brief version, so you know where I'm coming from, and what qualifies me to teach you this material.

Over a decade ago, almost last century, I made a decision. It was New Year's Eve; 31 December 2002. After 33 years of continuous karate training, I felt I had reached my peak. I felt maxed out. I didn't think I was progressing.

I was already a 6th Dan black belt and it seemed I would stay at that level.

I guess you could say I was frustrated.

Back in 1987, I was interviewed for a magazine article.

(I was then a 3rd Dan, I think.)

This is an image of that article.

In the interview, I said:

*"I'd be happy to reach about 6th or 7th Dan."*

I wonder now whether I'd subconsciously planted that thought. That is, had I placed a self-imposed limit on myself?

I don't know.

Suffice to say, though, I thought I'd reached my limit.

But, as I'll explain more fully in the introduction to the course proper, I made a decision.



I started to train every day, to see if sheer consistent effort could propel me higher. It worked. Over a decade later, I'm still training every day.

Thus . . . I am pretty well qualified to teach YOU how to create a new positive habit, and through it, to 'transform' yourself into something more than you are now.

At the very least, I will leave you a far more positive person than you were before you started.

That would be a good achievement, don't you think?



**What do YOU want to achieve?**

Enough about me. **Let's focus on YOU.**

What do YOU want to achieve? What interests you? Could you use the same methodology, and achieve outstanding success, as I did?



Of course you could. I am nobody special. I wasn't born into privilege. All I have done is trained myself to be disciplined enough that I add to my knowledge and ability every day, without fail.

Remember, it all started with a feeling of discontent. I just wanted to get better at what I did.

That feeling of discontent led me to make a decision.



## The Decision

You have probably heard many successful people in all walks of life and professions talk about this almighty 'decision' that set them on the path of success.

So what is it?

What is this 'decision' that successful people all talk about?

After all, we make decisions all the time.

Day 8

Choose Your Future

### Be proactive: surprise yourself!

**W**hen you decide to be proactive with your life, you'll make choices, about what you'll do and what happens to you, before other people make them for you.

Being proactive means choosing to make a response in any given situation that advances the situation to your advantage as much as possible. Determining to be proactive both forces you to make decisions - and get off the fence - and helps ward off distractions.

Even when a situation is not to your liking, aim to exercise at least some control over your circumstances (in areas where you *can*).

Small successes from deliberate choices may mean you feel sufficiently empowered to make changes in other areas of your life.

The decision we're talking about comes after the realization you want something so badly that you'll do whatever it takes to get it.

Naturally, your intended path has to be honest and ethical and possible to take without hurting anybody in the process.

Following this realization, you make a commitment to yourself to follow through, without fail.



## Good decisions reflect your values

Yes, it's easy to do dishonest things and hurt and disadvantage other people in the process.

But that is really no success at all.

Sure, you might accumulate some sort of wealth and false power. But have you thought about the consequences, and the effects it will have on your reputation, your life-force and your soul?

### Taking Action



*Coach Gary writes:*

*Philosopher Carl Jung said this:  
"You are what you do, not what  
you say you'll do."*

 **Many leaders talk about taking 'action'.**

**But what IS 'action'?**

**Could YOU take more  
action than you do now?  
What could you do?**

Ralph Waldo Emerson said,

*“When you make a decision, the universe conspires to make it happen.”*



## Who is really responsible for what happens?

In truth, YOU conspire to make decisions happen. And when things suddenly start moving, it may seem as if a mystical force is assisting you.

This is probably because you are no longer messing around with the notion of success by making up all sorts of excuses.

Stuff happens when you make a commitment to be consistent, to persist until . . .

Henry David Thoreau said, *“If one advances confidently in the direction of one’s dreams, and endeavors to live the life which one has imagined, one will meet with a success unexpected in common hours.”*



## Achievers Practice Consistent Commitment

By completing *Journey, Life Destiny*, you get two key benefits:

- 1 – An expanded, more effective mind, more attuned to success**
- 2 – A structure on which to build your future projects.**

Once you have experienced these and practiced them in during your coursework, you can repeat them, for any goal. And you will have the mindset to do it.

The Benefits of Consistent Commitment come through practice, and through *finishing* things.

### **The Benefit You Receive by Completing Tasks:**

The importance of completing the tasks you begin is often glossed over, or ignored.

I believe you gain immeasurably by always committing sufficiently to the things you start that you always complete them.

Here is why I think this is so important:

When you finish what you start, you prove to yourself you can see things through. When you commit to a job, and finish it, you've proven that you keep your word. And the person you want to impress is yourself.

This is what I think about the advantage of finishing things, even the little things:

*“When you see a project through to successful completion, you create a stepping stone for future successes.”*

What might happen if you ‘made a decision to change’, and committed to this decision for 50 days?

Over the next few pages, I've laid out some instructions and suggestions you might follow. Don't be daunted! They are mostly just common-sense.

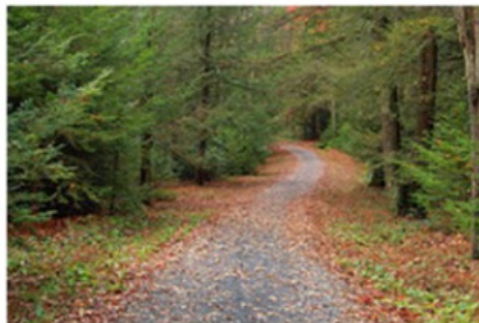
But sometimes ‘common sense’ isn't very common!

## ■ Day 1; are you ready?

**T**hose who expect to win, make plans to do so, and CHARGE confidently towards their goals, are the ones who reach them.

Are you determined to make the most of your opportunity to change your life over the next 50 days?

It is a marathon, not a sprint. A little consistency counts for much more than a bucket full of good intentions.



**Today:**

Gary will share with you the journey he took while creating this course, and he asks “Who are you?” It's very important to understand the true nature of yourself.

## Accept This Challenge

**Y**ou cannot (and won't) do anything at all until your mind is ready for success. It really is as SIMPLE as that. So, here is your challenge – and, yes, it lasts for 50 days.

Study the Journey, Life Destiny self-improvement 50 Day Transformation, and complete the exercises we have set for you.

Your mind will be primed for opportunity, positivity and success.

Of course, you can always create your own 50 day challenge in anything.

However, by going through our course, as we have laid it out, you will have an example that you can follow forever more.

You really are capable of achieving great things. You just need to believe you can. And ... you need a methodology to follow, backed up by inspiration – which is exactly what we are offering you.



## Changing Your Life Path

### General Suggestions and Instructions

**1 – Take positive steps forward EVERY DAY for the full 50 days.**

The key to the consistent commitment technique is to do SOMETHING positive each day that pushes you forward from where you are now

Doing this for 50 CONSECUTIVE days will give you POWER.  
Essentially, you are forming a positive action habit.

**2 – Everybody is literally “strapped for time.” Or so you may think.**

Therefore, if you have a busy life, simply get up an hour earlier every day and commit yourself then.

This will have an added benefit in that you will start your day positively and it will continue throughout your day.

By making an early start, you get to see a beautiful part of the day that you normally wouldn't – early morning when everything is fresh and vibrant.

Regarding 'busy', here is a tip for you:

If you desperately need something done and you cannot do it yourself then ask a busy person for help.

If you ask a couch potato, you'll find they NEVER have time. They are always 'too busy' loafing around, watching TV and making up excuses to cover their lack of effort and success.

I call these type of people 'action sloths'. They have already made their 'decision' that they will never be any more in life than what they are right now. Fact!

### **3 – It is VITALLY IMPORTANT that you record all your activity.**

In your Journey, Life, Destiny, course material, there is plenty of space to make notes. You can also use a separate physical notebook, or software like OneNote.

Make sure you do this, if you're serious about your new direction.

### **4 – You must commit yourself to making a START.**

It is so easy simply to put off doing something for a day, week, month etc. The end result of this procrastination is that you remain exactly where you are right now.

Decide on a start date – now!

Then write that date down.

Did you print this Preview document? You can write that date here:

**My Transformation Start Date:** ...../...../.....

**5 – Once you start, you cannot stop.**

That is the whole essence of the method. Regarding this, do not look ahead and try to “forward project” when you will have an entire block of 50 days free from life’s commitments.

If you do that you will never get this done. That would be like waiting for all the traffic lights to turn green before you leave home.

**6 – This activity takes precedence over everything else.**

Despite what you may presently be thinking, you really can DO this!

After all, you find time every day to attend the toilet, take a shower and get dressed. Well, we hope you do. Those activities are habits too.

**7 – You must spend a MINIMUM of 15 minutes a day on this.**

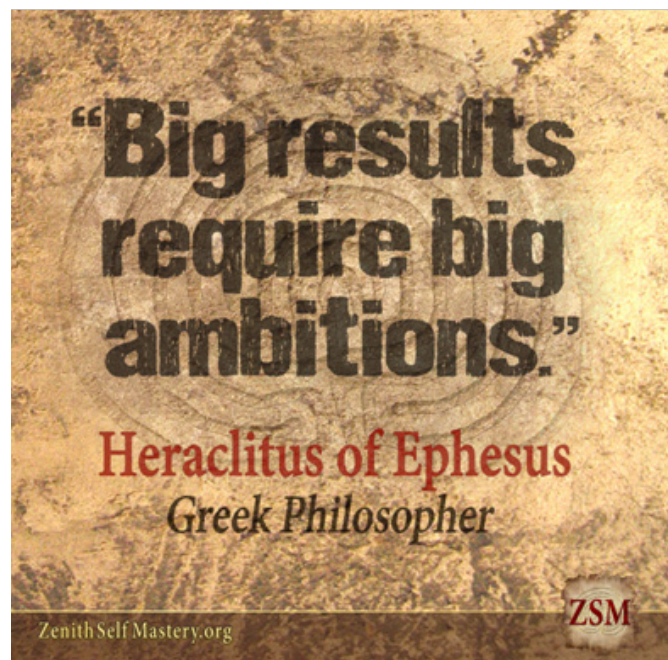
That is all you need.

EVERYONE can find a quarter of an hour per day to do something.

Cutting out 15 minutes of TV is ridiculously easy for most people. SERIOUSLY... are you going to put off the rest of your life because your *excusiologist* mechanism (that has severely hampered you in the past) is insisting you don’t have at least 15 minutes per day to improve yourself?

Can you see how utterly silly such an excuse is?

It’s a ridiculous excuse, a self-defeating big, fat LIE!



**You ONLY need (a MINIMUM of) 15 minutes per day for great results.**

**8 – Find a quiet place to do your study.**

Explain to others, if necessary, that you are closing a door and that you don't wish to be disturbed. Take your telephone off the hook or switch off your cell.

**9 – Do not be tempted to do anything else during your study time.**

If you allow distractions, you won't achieve the results you set out to get.

Distraction Examples: Email, Facebook, Instagram or whatever else you may be addicted to. Those things are totally unproductive time robbers. *Thieves.*

**10 – Do not consume food or worse, alcohol, while you are studying.**

Have a glass of water nearby if you wish.

**11 – Record your day of starting the course and enter your start time.**

At the end of your study period, record your finish time and then calculate how many minutes you have spent.

Remember to spend a minimum of 15 minutes daily on your new habit/s.

If you are a fast reader, then take time to think and make notes about your journey. This is vitally important to your success. Record everything – particularly how you feel.

You can always spend time reading one or more of the recommended books if you finish your allotted task for the day quickly.

You cannot spend too much time on this!

**12 – Deep Thinking is something that few people do.**

During your 50 Days of focus, concentrate on the tasks you are set, and think about how you can apply the lessons.

Book learning is all very well. But it can be of limited value compared with the results you get from the 'school of hard knocks'

You have to attempt things and be prepared to fail.



**Day 1**

**Choose Your Future**

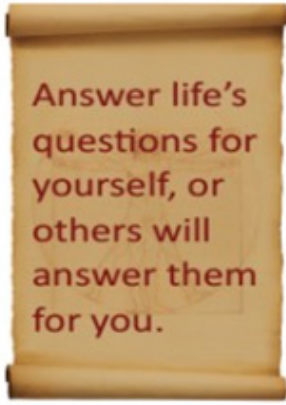
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The 50 Day Transformation is the latest 'user-friendly' version of my research.

Its purpose is to get you to **THINK** about your life, decide where you are heading, and determine how you are going to get there.

If you are not prepared to answer these questions for yourself by developing some sort of life plan, other people who do know what they want will be answering the questions for you.

**Why give control of your life away?** ■



**Reflection:**

**How successful do you expect to be without a plan?**

**13 – Above all else, do not be influenced by anybody trying to belittle or criticise your efforts or prevent you from completing this transformation.**

People who do this are 'dream stealers', who want everyone to remain exactly as they are – probably for fear of being shown up.

This is what I think: Let them live their life as they wish. **You live yours.** Be strong. Do not be influenced by naysayers.

**14 – Be guarded about what you watch or listen to over these 50 days.**

If you want to keep 'up to date' with current affairs, a quick glance at items at things in the media is more than enough.

ALL media outlets promote a huge amount of negative news. A large percentage of this so-called 'news' isn't even worth knowing about. It's just made up garbage to fill papers and electronic media with slots of sensationalism to attract false interest.

Why clutter your mind with junk that is designed simply to create dramatic headlines? So much of it is completely unworthy of your attention.

Protect what enters your mind.

**15 – Remember, ANYBODY can create a great flurry of activity.**

I'm sure you've heard the term: 'one-hit' wonder. Don't be one of those. Genuine, lasting progress is created by constant and REGULAR effort. Any bodybuilder will tell you that.

A stone will succumb to a steady drip of water over time but a single flood of water does nothing to the stone. Constant, steady, regular activity will see you succeed. Act constantly and regularly.

**16 – Everybody who has never achieved anything worthwhile can manufacture a great list of excuses to justify their failure.**

Understand this... it takes just as much effort to keep manufacturing excuses and living a life of failure as it does to succeed.

**17 – Everything in life is a choice.**

Even making no choice is a choice.

Procrastinating by continually putting something on the "back-burner" is a choice that will result in continual disappointment and failure. You are breaking that negative habit by engaging in this transformation.

ACTION is what you want. ACTION!

**18 – Success comes to those who do the work.**

The well-known basketball player, Michael Jordan, said:  
*"I'm not out there sweating for three hours every day just to find out what it feels like to sweat."*

He was focused; he had goals, and he went out and achieved them.

**You can do the same.**

**19 – Over a period of 50 days consistent effort will work wonders.**

Yes, it's worth repeating! Fifteen minutes a day may not seem much. And it won't do anything much for you if you don't keep it up EVERY DAY.

**20 – Repeated regular habits TRAIN your mind to achieve positive results.**

One of the methods to do this is being used right here – a large task being 'chunked down' into smaller more manageable tasks.

That technique is evident throughout this Preview.

**21 – Don't be afraid to let your mind wander a little bit and imagine things.**


WRITE YOUR THOUGHTS ON PAPER. If you do not do this, then those thoughts could be lost forever. Remember: *"Thoughts are things."*

Prentice Mulford, a very early proponent of the Law of Attraction said that.

You can also share your thoughts in the Forum.

**You could comment on any or all of these topics, or something else!**

- What have you discovered about yourself today?
- What decisions have you made?
- What have you learned from another participant that has aided your own journey?
- What interesting things have you uncovered in your reading that might be of interest to others?
- What questions do you have for Coach Gary about any element of the training?



**22 – Push yourself to continually learn new things.**

Most people learn something – a trade, an occupation and then they repeat what they have learned over and over for 5, 10, 20, 30, even 40 years. At the end of that time are they any better than when they started? You would hope so.

But very few people continue to seek knowledge and develop their powers over an extended period of time. **This is what separates the crowd and the expert.**

**23 – Use the wisdom others have shared.**

You will have noticed that ZSM makes good use of other people's wisdom. We quote from sources throughout the ages. Several thousand years of recorded wisdom is available to us, from the words of ancient Greek philosophers, to the thought-leaders of the present day.

Smart people use the experience, knowledge and wisdom of other people.

**24 – If you cannot measure something then, you cannot manage it.**

This is why you record your progress and your feelings about it. You'll be able to see where changes occur. You'll also be able to see what worked, and what didn't.

**25 – Only YOU can do this.**

Nobody else can do it for you. NOBODY can want something for you more than you want that thing for yourself.

Whatever that 'thing' is – GO OUT AND GET IT!

Practice your commitment consistency over 50 days, and you'll probably surprise yourself.

In the words of the great Galileo:

*"We cannot teach people anything; we can only help them discover it within themselves."*

And Robert Schuller said: *"If it's going to be, it's up to me."*

Finally, **have FUN creating a new vibrant you!** Go for it!

## What will you change in yourself to achieve the Success you want?

**I**f you can commit to consistency in one or more new habits for 50 days, you will realize that there is more potential in you than you may have thought. But it gets better...

Your subconscious mind will also act on this input.

After your 50 days, when your new habits are well bedded in, you will find yourself thinking and acting more positively without even “thinking” about it.

You will also detect negativity and be able to block it out to focus only on things that will bring about your success.

The fact that you completed the 50 days will now have you wanting to explore this type of thinking and way of life further. You will seek out other information and have a thirst to study and read more about positive thinking, possibility thinking, success and personal development.

Your life will never be the same again. How can it be when you have been exposed to such material? It’s all forward motion for you now.

Use the ‘anti-negativity radar’ you have. Keep yourself aware of any disruptive influences that unsupportive people will bring to your mindset.

You may find yourself interrupting conversations that you once thought were ‘normal’ with comments like: “I don’t really want to talk about that” or “Can we change the subject please?”

You will not want to devour negative news from the media outlets.

Other people may notice some sort of change in your behaviour. It may even upset or annoy them.

You may even gravitate away from negative people and make new friends who think more like you, such as those you’ll find at [ZSM Base Camp](#).

As they say: “Birds of a feather...”

YOU are in control of your OWN destiny.

Nobody else. YOU!

## The Price . . .

When you realise that everything you want in life has a price, and that almost always, the price is time, one way or another, reflect a moment.

### What will YOU pay to achieve your dreams?

Nothing worthwhile in life is ever free, either in terms of time or money. However, you'll usually be able to find a way to achieve the things you really want to have or achieve.

. . . *the things you really want.*

'How', you may wonder, can you achieve your dreams, when things cost more than you can afford or take more time than you have?

It's because when we 'make that decision', our mind figures out a way to get the stuff done, get the obstacles overcome, and so on.

It's also generally true that anything obtained cheaply, or free, isn't valued. Think about the evidence of this in your own life.

If you don't have to pay for something in time, money or effort, do you value it? I'm sure your answer is the same as mine.

I hope you undertake *Journey, Life, Destiny*. But whether you complete *Journey, Life, Destiny*, or decide to go it alone, I wish you the very best.

As the famous Judy Garland said: "*Become a first-rate version of yourself.*"

## Gary

PS: As you can see from my picture, you can be anything you want to be, IF you are prepared to train your mind.

It has only taken me 44 years to achieve this...



## Next Steps . . .

While you're waiting for your chance to be in the next group of participants in Journey, Life, Destiny, why not rock up to the **ZSM Base Camp**?

ZSM has many ways to help you to be the achiever you want to be.

Here's a former student talking about the effect Coach Gary has had:

*"You taught me more physically, mentally and spiritually than anyone else in my life."* **David**

## Maybe you want to improve your finances

If you think that's your next step, you need Hundredaire. Click the banner . . .



## Participants love *Journey, Life, Destiny*

“Your Journey, Life & Destiny Home Study Course is truly an eye-opener Gary. Anyone who has this, will have the keys to unraveling the secrets of true success in one’s life. Action steps are laid out clearly; I especially loved the “tombstone” exercise as it got me thinking and reflecting upon myself. Most importantly, it led me to take ACTION.

**Alvin Huang** (Singapore)  
AuthorityHubX.com

“Your Personal Development Course contains more info in it than some of the units I studied in my years at University! Your course offers useful, applicable, practical and relevant lessons to improve oneself and one’s life...”

**Nikki Stephens** (UK)  
NikkiStephens.com

“Gary Simpson is a straight shooting, no holds barred type of guy. After knowing him for some time now, I know that he has devoted a lot of his time to personal development. I’ve examined this course. Gary knows what he’s talking about and he delivers it! Don’t put this off another minute.

Invest in yourself today.”

**Frank Salinas** (USA)  
FrankSalinasOnline.com

“Hi Gary, I don’t know if this is the right email to send to but I am on page 15 already and you are making me cry!! (GOOD tears though). I just realized what an awesome gift to me this personal development course of yours is and I wanted to tell you!! I really feel that you are talking about ME!!

I don’t know what to say!! Thanks so much and I hope I can write a testimonial as AWESOME as this course!!”

**Lisa Hernandez** (USA)  
Lisahernandeznline.com



**Make a DECISION!**

If you haven't explored *Journey, Life, Destiny* yet, click the banner below and find out more.

