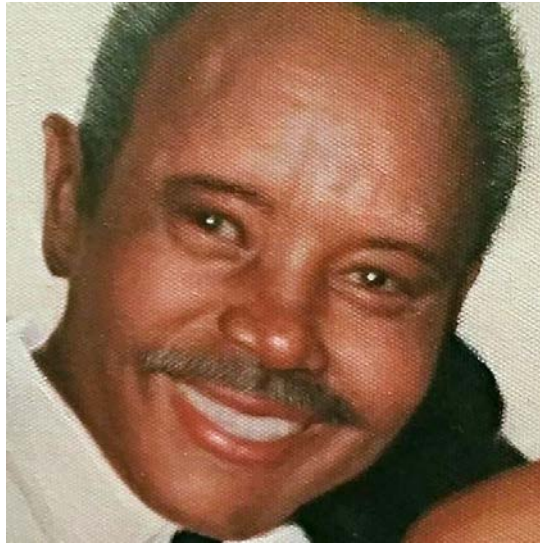


Errors in books that was published. They have been revised.

Recipes for Transformation

Mission Edition



July 1928–September 2016

My Father's Legacy; My Tribute to Dad!

Page 15

Keep your mind on those things that are good, right, pure, and excellent. Keep your feet firmly upon the truth, so you will not stumble. Success is not an entitlement. It takes hard work with some consistency!

Page 17

3. Then what (what are you going to do?)

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Keep repeating step 1 to 3, until you realize you will survive your fear.

That's it! Think about it for a minute; you had to laugh right. Your life is still fabulous! You still can pick yourself up. I bet you will even have a plan or correction for this fear/problem/situation. Smile.

Pray continually. --1 Thessalonians 5:17(NIV)

Pray always --Talk to God about everything and like everything in your life depends on him; with God, all things are possible.

Sometimes you find inspiration like shells on the beach. Other times, you must dig and sweat.

Page 19

Day 1

In the Pursuit of Passion

Let's pray. In all things, put God first. Our help and strength come from God. God has a purpose and plan for us. He loves us. In our pursuit of passion and meaning in life (purpose), we must align with God and our authentic self. Our purpose comes from God, and He has a plan. There is power in the purpose!

Page 20

Start with anything positive:

- Search for a reason to smile and laugh a lot.
- You can start to exercise—walking, jogging, or any form of physical activity in any amount you like, just make a move.
- Restart or start a hobby.

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- Create a new time-consuming project.
- Try new things, test yourself. Maybe you'll find yourself in something.

I am writing this how-to manual to illustrate how one can rebound after a devastating blow in life. I know you feel stress sometimes, we all sometimes do. Put no pressure on yourself but keep pressing forward one step at a time. Keep your mind on the forward process by improving yourself for the best. Make sure you select something or an activity you have a passion for doing.

Page 22

5. What are the distractions I faced?

6. Distraction-elimination plan:

7. What am I going to do to help me get started?

8. How can I increase value and passion into my life?

9. What is your most significant reason WHY you want to achieve your goal or start your transformation? (You need to remember your reason why to motivate yourself, as you go after your goals.)

Page 35

Do not hide anything that you think no one knows. Predators see all your

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weaknesses and will use it. No longer will we give a predator power over our lives. Plus, the more you know about yourself, the quicker you can start accepting and forgiving yourself. No one has to see your assessment. This is private.

****At this point: Upon completing your assessment, begin reading Was Not Going to Tell, But I Must! (Book 2). Return to this workbook daily to complete a new exercise, until you have finished this book.**

Page 62

Was it familiar, or has it been happening over and over? Yes No

Is my weakness serving me or hindering me? Serving Hindering
(ponder your answer as you let this sink in.) Face your weaknesses and work toward improving yourself. No weakness should be serving you if you want to empower yourself. Empowering yourself is not using your weakness to use or manipulate others for benefits.

If you can let go of the negative thoughts and failing process, how differently would things be for you?

Page 99

Day 26

Correct One Thing About Yourself

Exercise 26: Correct one thing you do not like about yourself or enhance something about your life. I know this is scary, but you can do it.

You can do or be anything you desire! ((Smile))

What would you like to enhance or change about yourself?

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Now you have a goal/vision. How can you achieve it? Check Appendix C, "Vision Worksheet," and start changing.

Page 280

RECIPES FOR TRANSFORMATION

Misunderstood

1. I believe misunderstandings are natural phenomena in communication.
2. I am brave to speak openly to others.
3. I am a confident person.
4. There will always be conflict when you are shifting to another level.
5. I am willing to stand up for myself.

**WAS NOT GOING TO TELL,
BUT I MUST!**

In loving memory of my dad, William (Buck) Harden. I love you, Daddy.

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There is a time and season for everything on earth as it is in heaven. This is your time to work on yourself and grow. Define what you want, recognize your gift(s), where you like to go, and what you truly need. Stop settling or accepting less and live life courageously on your term. Design the life you want. Get driven! Have faith in *yourself* and in the *power of God* without wavering. Be your hero and your greatest fan.

Do not get distracted by your emotions and life struggles. Stay focused on your define goals and keep your vision mindful.

Practicing healthy living does not make us perfect, it creates a solid high quality of living and increase unlimited potential.

Page 297

We prefer to stay comfortable with the path we are having and yet expect something better. Our behavior and *subconscious* mind make us a prisoner stuck in a cycle. For once, will you give yourself the greatest gift by moving forward and taking off the self-imposed shackles? Dare yourself to live beyond your limits and start positively taking actions toward your dreams and desires and stop undermining yourself. We all can live a more empowered life, regardless of our experience, any weakness, mistake(s), or self-betrayal.