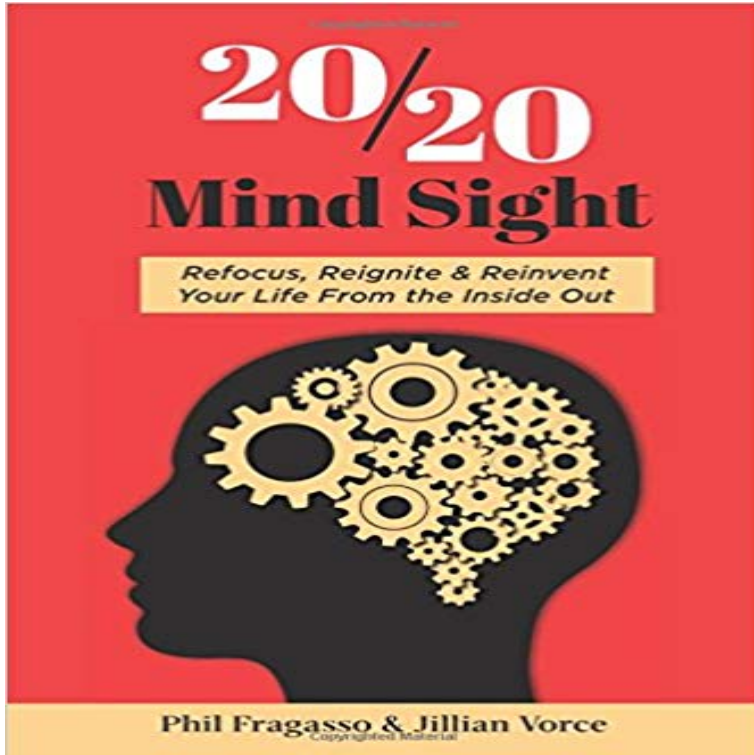


20/20 Mind Sight: Refocus, Reignite & Reinvent Your Life From the Inside Out



Very few people give a moments thought to what they believe, how theyre perceived, and what they want to achieve. Its easy to blame the educational system and its focus on the rote memorization of facts and figures. Its easy to blame the business world for training employees to play nice in the corporate sandbox. And its equally easy to point a finger at parents who preached, You can be whatever you want to be, but never gave their children the tools to figure out exactly what that might be. The focus in school, business, and at home has long been on the endgame - i.e., an impressive response to the cocktail party query: So what do you do? In reality, the response to What do you do? pales in comparison to such queries as: Who are you? What do you want to achieve with your life? and Why is that important to you? Unfortunately, few people ask the latter type of questions and the blame falls squarely on the individual. Yes, your parents, teachers, and bosses may have avoided the subject for a thousand different reasons; but you ignore it at your own peril. You ignore it at the risk of living a life that follows blindly rather than leading enthusiastically from your heart, mind, and soul. Success and fulfillment in todays world require a strong focus on personal reflection and self-knowledge. 20/20 Mind Sight responds to that need and delivers a powerful kick-in-the-ass, a solid rationale, and a practical framework for developing and living a personal game plan that leads to where we want to go. 20/20 Mind Sight is much more than a book. It is designed as the starting point in a lifelong journey. The book features more than 25 exercises to help readers explore their core values and aspirations, develop a meaningful personal brand, and avoid the life of quiet desperation that Henry David Thoreau described 160 years ago and is still prevalent today. The exercises include: The Johari Window: a snapshot of how you

view yourself vs. how others view you. Jungian Typology: a detailed summary of your communication and behavioral styles. Implicit Association Test: an eye-opening look at the biases we hold deep inside. Satisfaction with Life Scale: a broad-brush yardstick re life fulfillment and personal satisfaction. The Grit Survey: a measure of ones resilience and commitment. Locus of Control: a determination of whether you believe you control your destiny vs. some outside influence(s).

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