

THE
THREE
P'S
TO
GETTING
WHAT
YOU
WANT

Easy Advice For An Easier Life

by Adam Proud

"This book made me millions!" - Richard Branson

THE INTRO BIT!

WHAT AM I READING?

Most people who know me would say that 'Adam likes things simple', and I take that as a compliment! I try to keep my life as simple as possible, which means avoiding dramas like who's said what about who, wearing and re-wearing the same outfit to avoid the headache of choice and not working so hard I want to repeatedly hit my head off the desk. Some may call it lazy, but in today's busy and bustling society, we're starting to value the simple. Simple yet effective ideas and philosophies that get us ahead in life are what we really want right now. Which is exactly what this little book is; simple philosophy!

It's not been as difficult as you might have thought to write this. I mean, sure it's not been easy either, but simple isn't the same as easy is it? I knew I wanted to write about my own personal philosophies and share them with others to help in their day to day struggles as they follow their ambitions and chase their dreams. So after I sat down and had a think (sprawled out on my bed more like!) I realised there were three words that had played a HUGE part in getting me this far.

"I'M
LEARNING A
LOT ABOUT
MYSELF
BEING ALONE
AND DOING
WHAT I'M
DOING"
CHANTAL KREVIAZUK

All three words, coincidentally, started with the letter P!

Hence the title of this book...Duh!

Is writing a book as complicated as we think? I guess, by the end, I'll let you know!

THE FIRST P!

RIDDLE ME THIS!

**What do we all seek but very few find? Answer?
Purpose.**

Unfortunately, this isn't just a riddle, it's fact. Oh what a cheery start to this book eh? The truth is, most of us don't find a purpose, not just in life as a whole, but in the things we do in that life. Harsh? Yes. Truth? Absolutely!

**"YOU WERE
CREATED ON
PURPOSE FOR
A PURPOSE!"**

LES BROWN

The first 'p' you need to think about is your purpose. The reason why you're doing what you're doing. Many people stop just short of finding out what their purpose may be, and it's the reason they never become more than they are. How can we build something for ourselves and others if we have no clue why we're doing it?

Money is the first thing most people think of, and while this may seem logical, it's a poor answer. Ask yourself; why do you need the money? Everything you do in life should be driven by some sort of why, some more powerful and meaningful than others, and these whys are unique to you. Take the company Apple for example, when they started they didn't just want to make money from selling computers.

They wanted to put personal computers in the hands of average citizens that were affordable and challenge the status quo. Back then it was extremely unlikely you had a powerful computer in your house unless you were rich.

They had a why, they had a purpose. And now look at them!

They're giants! Take this same sense of purpose and apply it to a school teacher. A school teacher who deeply cares about the education of their students rather than the size of the paycheck will put 10x more effort and time into their students. You can tell a teacher that could care less about their students grades...

Finding your purpose and reason behind why you're doing something is the first key to success in anything. A gymnast who wants to push their body and win gold, a writer who wants to inspire the world and its readers, a musician who feels the emotional power that music has, all these people have a purpose to what they're doing! You can see it in people's eyes when they have a purpose. They're focused, driven, even inspiring to watch. We can feel their dedication to what they're doing and we can sense their passion while they work. Have you ever looked at someone working and they're just blank? Their face droops and their eyes glaze over as if they're not all there.

"THE ONLY WAY TO DO GREAT WORK IS TO LOVE WHAT YOU DO!"

STEVE JOBS

I know that look, I've had that look, but catch me doing something to further my purpose and you'll see the spark shine in my eyes. I want you to have that spark too! That fire inside you, that rush of energy, it feels amazing and you feel alive.

I was once told that if you're not working on your purpose, you're literally committing spiritual suicide... I don't want my spirit to die. It sounds kinda nasty doesn't it? What do you think?

TIPS FOR FINDING PURPOSE

- Try something new! The most cliche but useful advice, I know, but opening your mind to new experiences is the quickest way to discover new passions. How do you know you don't like it until you try it? So the saying goes.

**"IF YOU NEVER DID, YOU SHOULD.
THESE THINGS ARE FUN AND FUN IS GOOD"**

DR SEUSS

- Meet new people! Other people always have ideas that you've never even thought of before. It makes sense that new people can introduce you to new concepts and philosophies! So go say 'Hi' to someone!

- Make a list of what you're good at! Now I know this sounds like primary school stuff, but it works! Seeing in front of you a list of what you believe you're good at can really give you perspective and, who knows, maybe you'll surprise yourself!

THE SECOND P!

FORGET THE WHITE RABBIT...

Remember the white rabbit from Alice in Wonderland? Always mad dashing around, feeling rushed and out of time? That's kinda how most of us feel. Rushed to get here or there, to finish this or that and because we're so rushed, we rarely accomplish what we want to get done. Boldly claiming that something 'took too long' or that we 'didn't have time'.

Patience, young grasshoper, patience!

When I was younger, my parents would sometimes spoil me, and other times they'd make me wait. Guess which one I preferred? I always despised waiting, I mean, why can't I just have everything NOW?

I can talk to whoever I want right now simply by sending them an instant text. I can get a date for Saturday by swiping right. I can order a new self help book and have it come tomorrow afternoon. All these things are instant and require me to have very little patience. But what about the things that really matter in life? Happiness, job satisfaction, a successful relationship?

"PATIENCE IS BITTER, BUT ITS FRUIT IS SWEET."

ARISTOTLE

These take time to grow and flourish, time which we often get confused with failure. You haven't failed just because something is taking a long time to come together. The people who make it in this world are the people who understand the power of patience. I've often talked with people about the Chinese bamboo tree, a story brought to the spotlight by Les Brown. I love this story (I'm a big kid, I love stories!) and I'd feel like I was letting you down by not sharing it with you! So here goes...

**"SOMEONE IS
SITTING IN
THE SHADE
TODAY
BECAUSE
SOMEONE
PLANTED A
TREE A LONG
TIME AGO!"**

LES BROWN

The story goes that many years ago in China there was a man who would water the same patch of soil every day, even as the villagers laughed at him. 'Nothing will ever grow' they told him 'What's the point?'. But the man, oblivious to their comments, never missed a day of watering that patch of earth. A year went by and nothing showed. Then two... Three... Four... And nothing. But, on the fifth year, the tree began to show and within six weeks grew to be around 80ft tall!

The question to ask yourself is; did the tree grow in six weeks or 5 years? As long as you continue to water the roots of your bamboo tree, eventually, somewhere down the road, you'll have what you've been working towards.

The answer is of course, 5 years. But nothing showed for years on end, how did the man know what he'd end up with? Truth is, he probably didn't. But he had patience. He knew that in order to grow something tall and mighty, it would take a long time... If you think this story is a load of rubbish, you can even Google the bamboo tree and see for yourself how long they take to grow!

Patience is vital to growing anything, be it your business, your family or yourself. Not everything in life is instant, some things take years, especially the more important and satisfying ones. Once you realise this, you can relax. You don't have to worry about not having results right now, because with patience, you'll see them start to creep up.

"QUIETLY ENDURE, SILENTLY SUFFER, AND PATIENTLY WAIT"

MARTIN LUTHER KING JR

If you've ever tried to gain some killer biceps in the gym, you'll know that patience is everything when it comes to growth. There's a fair bit of pain before the results are visible, and that's probably why 90% of us don't have arms like Arnie - we simply lack the patience to hang in there!

So, to round off this part, I'm not suggesting you become a monk with the patience of a saint (unless that's your dream!) but what I am saying is that stuff just takes time. As much as it sucks, if we REALLY want something, we should be in it for the long term, enjoying the process just as much as the small results we see along the way.

TIPS ON BUILDING PATIENCE

- Delay gratification! - It's easy to run out and treat ourselves, but that mentality can harm us. Instead, if you find yourself getting impatient and wanting something RIGHT NOW, you can try the discipline of delaying whatever it is you want. For example, if you want a new coat, give yourself a week to wait before buying it. Treat patience like a muscle, you need to force it to grow!

- Meditation! Wait, what? A lot of people are starting to come round to the idea of meditation. Calming the mind and giving yourself a rest during your busy day has its benefits. You see we're always rushing around nowadays, and taking 20 minutes a day to chill out and calm your brain is a great way to slow down and train yourself to be patient, even when the world around you carries on moving.

**"I MEDITATE
SO MY MIND
CANNOT
COMPLICATE
MY LIFE"**

SRI CHINMOY

THE THIRD P!

RISE LIKE THE PHOENIX!

So, you've found your purpose or a cause you want to pursue. You're taking your time, being patient, because now you realise it's going to take a while before your dream becomes a reality. What else could there be to getting what you want? Well, while having a purpose and the patience to take your time with it is all well and good, there's something we don't always see coming that can really cast a shadow over all we're doing...

While walking down your path, every now and again, a branch will come loose and either block your path or slap you in the face. Sometimes both! Let's not sugar coat this; defeats hurt! They hurt like hell and most of the time we're not prepared to handle them. We go into self defence mode, screaming 'It wasn't my fault! They messed it up for me! I'm the victim here!'

**"CHAMPIONS
KEEP
PLAYING
UNTIL THEY
GET IT
RIGHT!"**

BILLIE JEAN KING

After that, we attack ourselves with thoughts of doubt and we knock our self esteem to the ground. Some of us kick our self esteem even more while it's down there! Shouting at ourselves internally ' I'm a failure! Maybe I wasn't meant to do this! I'm a fake!...

The stuff we say to ourselves... It's brutal!

**"OUR
GREATEST
GLORY IS NOT
IN NEVER
FAILING, BUT
IN RISING UP
EVERY TIME
WE FAIL."**

RALPH WALDO EMERSON

When an obstacle blocks our way we always have two main choices. We give up, or we keep on going. It's that simple. But starting over is waaaaay harder than starting up, and so many of us sit in front of the obstacle and stare at it with hatred for the rest of our lives, barely even trying to get past it or knock it down. What's the point? You failed! Give up!

The final P word is 'Persistence'. The power of will to push through despite the odds. Some may call it crazy, others foolish. But when it comes to something you really want to do with your life and it just feels right, then their opinions don't mean jack! Thomas Edison was quoted as saying "I have not failed. I've simply found 10,000 ways that don't work!".

We all know how great a mind this man had, so how can we doubt his philosophy?

That simple reframe of the situation makes all the difference. Imagine if Apple had given up after their first disappointing Macintosh design? Or if Martin Luther King Jr had thrown in the towel because the racism in America was so great? Or if Tony Hawk had locked away his Skateboard after his first injury?

To truly be successful in whatever you're doing, you MUST have the persistence and strength of will to push through despite setback after setback after setback. To develop this, you have to hold your purpose close, believe in it. Believe in what you're doing and know that as you pursue it, things will try to stop you in your tracks. But you weren't designed to stop at the first hurdle, no, you have to remind yourself that you're going to make it regardless!

This is YOUR life. This is YOUR dream!

And you'll be damned if anything is going to stop you!

**"ENERGY AND
PERSISTENCE
CONQUER ALL
THINGS"**

BENJAMIN FRANKLIN

TIPS ON BEING PERSISTANT!

- Remember WHY you started! It's a classic, but that's because remembering the reason for all your hard work ACTUALLY works! Over time we can lose sight of why we're actually doing something, and it really does help to go back to your roots!

- Envision your end goal! We, as humans, have this incredible power called 'imagination'. Imagination lets us see the future before we get there. Wow! Using this power we can use the image of us where we want to be to keep our fire buring! If it's looking a certain way, being on stage infront of thousands or simply sat with a loving family, we can see ourselves there! How amazing!

**"AMBITION IS THE PATH TO SUCCESS.
PERSISTENCE IS THE VEHICLE YOU ARRIVE IN."**

BILL BRADLEY

- Keep it interestng! Doing the same thing day in and day out can get dull pretty quick, and while you may need to do these tasks, theres no need for them to get boring! Find a fresh spin on your work and keep it exciting.

SO, WHAT'S NEXT?

A little push...

I'd like to end this little ebook by thanking everyone who downloaded my first real released work. Like I said on page one, I like to keep things simple, and I tried to keep this book as short and simple as I could without it being...well...boring! So I hope you've enjoyed it! And if you haven't, be patient, I'll come back with something even better!

See what I did there?

As I'm writing this, I'm reminded of a scene from one of my all time favourite films; The Dark Knight. In said film, Batman has The Joker captured and, as he reveals the ace up his sleeve, The Joker explains "Madness, as you know, is a lot like gravity, all it takes is a little push!" That's exactly what I want this book to be, a little push for you get things moving in the right direction! Sure, your life won't be sorted JUST by applying three words to it, but hey, it's a start!

So as you sit there, reading these final lines, ask yourself; what's next? How are you going to apply purpose, patience and persistence to your life and to your goals? How can you get your life moving in the right direction?

It all starts with a little push...

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Ebook!**

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