

7 Simple Steps for Adding Fire, Passion & Energy Back In Your Business, Profession or Life!



This 7 Day E-Course
is Compliments of
<http://www.BusinessSexcess.com>

To Be Added To The Weekly Business Sexcess
Email Newsletter Visit <http://www.BusinessSexcess.com/freechapter.html>

www.BusinessSexcess.com
www.BusinessSexcess.com/freechapter.html

7 Simple Steps for Adding Fire, Passion, and Energy Back Into Your Career, Business and Life?

Before we dive right in to your 7 Day E-Course, compliments of www.BusinessSexcess.com, Lee Raito and Sam Heyer would like to challenge you. Yes You! If you can honestly complete this course diligently for each of the next seven days, Sam & Lee will award you with a surprise gift valued at \$199. All you have to do is follow through right to the end.

We highly suggest you print out all 20 pages. You will get as much out of this 7 day course as you put into it. Life is too short to waste one precious moment of your time, if you truly want to add fire, passion and energy back into your life, business or profession...then let's get started.

Day 1: Gut Check Time. Stand In Front Of The Mirror Naked?

Have you ever stood in front of a mirror absolutely naked?

OK! We really don't want to know the answer to that question, but would like to draw some parallels from your mirror's reflection. Standing in front of that mirror, do you like what you see? I am not talking about your love handles, or your six-pack, or that big fat grin on your face.

What we are talking about is imagining your business, profession or life is standing in front of that mirror, and is saying, " Mirror, mirror, on the wall...what good and bad do I see in my _____?"

When a person stands in front of a mirror reviewing their body, they may or may not have a realistic expectation...sometimes referred to as 'body image'. So this task of seeing (for example) your business's true reflection can be more daunting than many imagine.

SELF REFLECTION is Step 1: Write down what you currently see in your business, career, or life, that are affecting your fire, passion and energy. These are facts...NOT Goals! You will notice you have a good side of the mirror, and a bad side. Use it to separate the negative from the positive; this will be very important in a later step. Make sure you get emotional about this task, and ensure you include what factual items that get you fired up, pissed off, ecstatic, etc. Don't hold back anything!

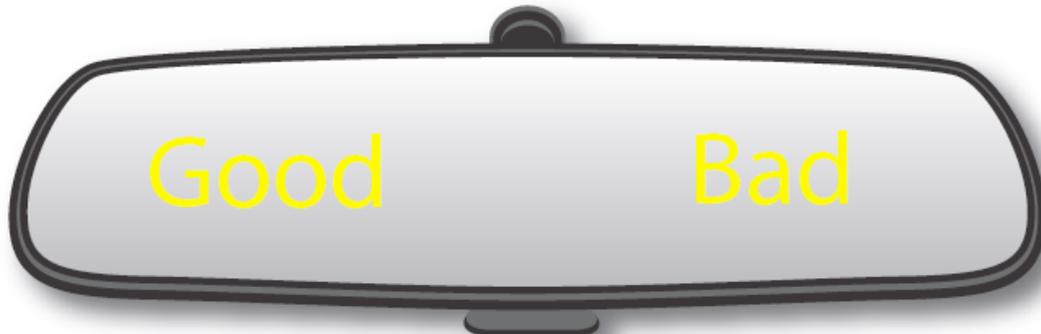
Often forces outside our control (usually people) are having an impact on our business, career or life; either positive or negative. Be sure to include these as part of your reflections. You have 24 hours to

complete your task, so write for no more than 20 minutes at a time, and then give yourself at least a half hour break. Don't worry, your mind will think up more and you can always add to it later if need be.

Tomorrow we will discuss, "What Turns You On?"

Step 1-Stand In Front of the Mirror'

Life



Business

Career

What do you currently see in your business, career, or life, that is affecting your fire, passion and energy? *Be Very Specific*

Good: _____

Bad: _____

PASSION, ENERGY & FIRE

Compliments of www.BusinessSexcess.com

Step 2: What Turns You On? What Are You Truly Passionate About?

Yesterday, we stood in front of the mirror, naked as a jay bird, and exposed everything that is having a positive or negative effect on our business, career or life (work on one, work on all three- there is no right and wrong!). This Mirror in Step 1 is often the hardest step of all, not because it is the first one, but being honest about what is good and bad can be hard for some people to do honestly. Were you completely honest? If not, go back now and add that one thing that has been bothering you right now.

Since you are still here, we want to say congratulations for taking the time to invest in your self. You'll be glad you did. Moving on...

In today's step, we want to discover what turns you on? What are you truly passionate about?

Would giving you the definition of passion help?

Passion: intense emotion, strong sexual desire, intense enthusiasm, an object of enthusiasm.

Here is a quick story before you dive into the Step 2 PDF.

Not too many years back the first Harry Potter book was sold. Thirty – Nine Year Old, JK Rowling is one of the most successful authors on the planet. Her series of Harry Potter books have sold more than 250 Million copies world-wide, and has been translated into more than 60 languages.

Why is this important? Well, although she had been writing since she was six, she didn't start writing the first Harry Potter novel (her first novel period) until 1990, when she was just twenty-four years old. Apparently, it took her five years to complete her first novel, and another two very long years to get it published. How many publishers passed up the Harry Potter opportunity in those two years? Seven years of her life for one book!

What is more remarkable is that she didn't type out her book on a laptop. No, she was pretty much broke and penniless the whole time, living on government benefits, so she hand wrote most of that first novel in a little café. A true rag to riches story, with out JK Rowling's

passion for writing, she wouldn't be a millionaire today, and millions of children wouldn't know 'Harry Potter'!

So, now you know after Day 1 where you are, since you exposed yourself in the mirror. Complete Step 2 - What Turns You On? Go now and rediscover what you are 'Truly Passionate' about. Again, think of you fire, energy and passion!!!

Tomorrow we will ask you the question, "Do You Go Both Ways?"

Step 2-What Turns You On?

What Gets Your  Pumping!

What part of your _____ do you enjoy most?

Career	Business	Life

PASSION, ENERGY & FIRE

Compliments of www.BusinessSexcess.com

Step 3: Do You Go Both Ways?

If you recall, yesterday you outlined your passions in life, business and or your career. Hopefully, these are things you are truly passionate about and add serious fire and energy in your life. What we want you to do is go back now to your Passion worksheet, and pick the ONE thing that you are most passionate about, and that is what we will work on today.

But first a short poem by Robert Frost...you may have heard of him!

The Road Not Taken

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I--
I took the one less traveled by,
And that has made all the difference.

So again, we ask you, "Do You Go Both Ways?!" Are you doing what you have to do to get by in life, business or your profession, and doing nothing with your passion? May we suggest a bit of a compromise, we want you to go both ways? You need to continue doing the necessities in life, business or your profession, but we want you to start (in your spare time if you must) using your passion for some greater purpose.

We want you to take the easy road, and start your path down the less traveled road at the same time...hence going both ways! The absolute best scenario is when the two paths converge into one over time. If you are truly passionate about anything, this passion it will eventually take on a life of its own.

Having said that, "Where does the less traveled path lead you to? What is your destination? Where will your passion take you?" If you think about this logically, this destination is your ultimate goal. For example, if your passion was singing country music, your passionate goal may very well be singing with Faith Hill at the Grande Ole Opry, by September 2007. Remember to be very specific, providing as much detail as possible (see it, smell it and taste it!) and make sure you set a date to achieve your goal by.

Complete Today's Step 3 - Go Both Ways?

We will see you tomorrow, when we discuss "Making You a Failure!"

Step 4: Making You a Failure! You Are Going To Fail and People WILL Laugh.

Yesterday, we started thinking about how to go both ways in your business, life and or profession. The road less traveled is where the fire, passion and energy is found, and your destination is finally in sight.

OK...put your thick skin on.

Today, we want to tell you that you suck, you are never going to amount to anything, you are wasting your time and to top it all off, everyone is laughing at you. Do you care? Maybe it is the non supportive people in your life or maybe it's your own brain responsible for these thoughts. Either way, if your passion or goal in life is not more powerful then the nay-Sayers and your own self destructive thoughts...then you will fail! Sucks huh?

Have you heard of a guy named Albert Einstein?

Well, he is the guy that came up with the Theory of Relativity. Pretty sure that theory was kind of important in the last 100 years or so. He was certainly important enough for Time Magazine to name him the Man of The Century. Either way, Albert Einstein said something once that reminds us of passion, or lack there of.

He said, "Few are those who see with their own eyes and feel with their own hearts"

If you can use your passion in life to achieve your greatest goals then nothing will be able to stop you. You will see and feel your way to your ultimate goal. What CAN stop you on the road less traveled is your road blocks, which happen to be the nay-Sayers in your life, and the bad reflections in the mirror from Step 1. So before you do today's worksheet, make sure you have your Step 1-Mirror worksheet handy....you may or may not need to grab it, as most people know exactly who and what is standing in their way. You need to take time today to think about, how you are going to build bridges over your road blocks, tunnels underneath or just blast your way through.

Never Give Up!

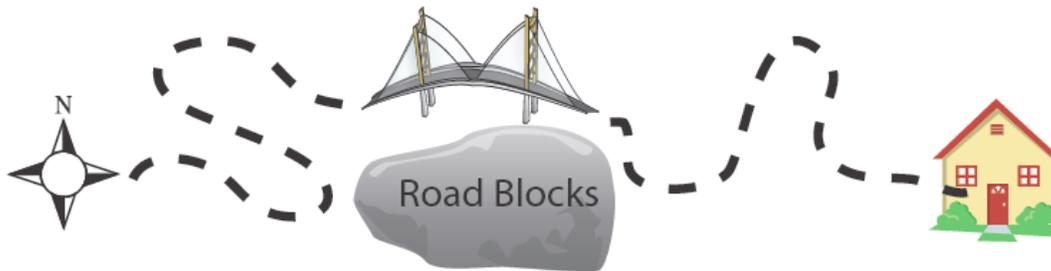
Let Them Laugh!

Take The Road Less Traveled!

Complete Step 4 - "Failure"

Tomorrow we will discuss, "Cocaine!"

Step 4 -You Are Going To Fail!



In Step 1- The Bad Section represents your potential road blocks on the less traveled road to your Passionate Goal. These road blocks may be people in your life, or a myriad of other pains. Now that you have defined where your destination is, you now need to identify who or what stands in your path. Then you must build bridges over these obstacles. If you get stuck don't worry, there will be a surprise in Step 7 that may help you!

Road Block # 1 _____ Bridge or Solution: _____ _____
Road Block # 2 _____ Bridge or Solution: _____ _____
Road Block # 3 _____ Bridge or Solution: _____ _____ _____ _____ _____ _____
Take The Road Less Traveled!

PASSION, ENERGY & FIRE

Compliments of www.BusinessSexcess.com

Step 5: You're Going To Build a Freakin House With Out Blue Prints? Are You on Cocaine?

Before we get to the cocaine, let's review where you are at, and then we will start on your 3rd last lesson...that's right only two more to go after this.

Step 1: The Mirror- This is what you feel is good and bad about your business, profession or life.

Step 2: The Heart- You rediscovered what turns you on, and defined your passion!

Step 3: The Road- You discovered you passion, energy and fire can be found on the road less traveled. Your destination has become your ultimate passion filled goal.

Step 4: Failure- Your failure, downfalls, and naysayer(s) in your life are your road blocks on the road less traveled. You have built bridges to overcome these obstacles.

Quite an accomplishment in only four days, give your self a pat on the back!

Now, let's get back to Step 5 and that cocaine!

Have you ever heard the adage if you fail to plan, then you are planning to fail. You have...we all have, because it's TRUE. You would have to be on cocaine if you were going to use your precious fire, passion and energy to try and build a house with out blue prints. A house built without blueprints is no different than a doctor with no training, a car with out gas, or you trying to find Climax, Saskatchewan, Canada with out a map. (Yes, Climax is a real town!)

Quick story from Lee: Over the years, I have been involved in more than 20 failed internet businesses, but one in particular sticks out in mind. In 1999, I joined my first online money making program called Electric Money Tree. After spending \$50 to join, I remember distinctly going to bed that night thinking I was going to be a millionaire. I was so sure that what I read made sense that I threw common business sense out the window, and believed the hype. There was no plan, no blue print, no communication strategy, no sales plan....nothing. Can you guess what happened? Complete and utter failure! It still took me a few years, and I fell for a few more scams, but today I won't even look at a business unless there is a sound plan or blueprint in place. Today, almost all of the business I am involved in is successful, not

because there aren't any more scams on the internet, but because the houses I now build on the web start first with a blue print.

Here is your activity for today's lesson. You are going to write the word passion (and goal) on the door of the house. You are never going to be able to open the door of your house, until such time you have a plan on building that dream home. Today you will decide what 5 things have to happen, for your passionate goal to become a reality. These are not wishy-washy items; they must be like the foundation, walls or roof of a house. Fundamental activities, very specific items; for example, do you require specific education to achieve your desired passionate goal? If you are starting a business, will specific personal and business financial consideration have to be made?

Complete the Step 5 worksheet with fire, passion and energy. Very soon you will have a chance to open the door.

Tomorrow we discuss, "How to stop masturbating?"

Step 5 - House With Out Blueprints?



Failing to Plan is Planning to Fail

In the door of the above house please write your Passionate Goal. Today, you decide what 5 things must absolutely have to happen for you to get to your destination. Remember these are no different than a blueprint, foundation or walls of a house. You should be getting very excited as soon you get to open the door.

Blueprint:	_____

Foundation:	_____

Walls:	_____

Roof:	_____

HVAC Specialist:	_____

Take The Road Less Traveled!

PASSION, ENERGY & FIRE

Compliments of www.BusinessSexcess.com

Step 6: Stop Masturbating? You Can't Do It Alone Forever!

Yesterday, you started your blueprint to eventually open the door to more passion, energy and fire in your life. So we will ask you again. Can you really build a house yourself? We don't think so either. Your life's passion, energy and fire are too important to let failing to plan be the reason you don't live out your dreams.

Today, we are going to discuss why you can't do it alone forever!

In our book *Business Sexcess*, there is a quote that Sam found that is very appropriate for what we will discuss here today. The quote is from an unknown source and goes like this, "Masturbation is like procrastination, it's all good and fun until you realize you are only screwing yourself."

Again, not only would you not build a house with out a blue print. It is very doubtful that you would build a house with out an electrician, a banker, an insurance specialist, a carpenter, a plumber, concrete specialist and hundreds of other people.

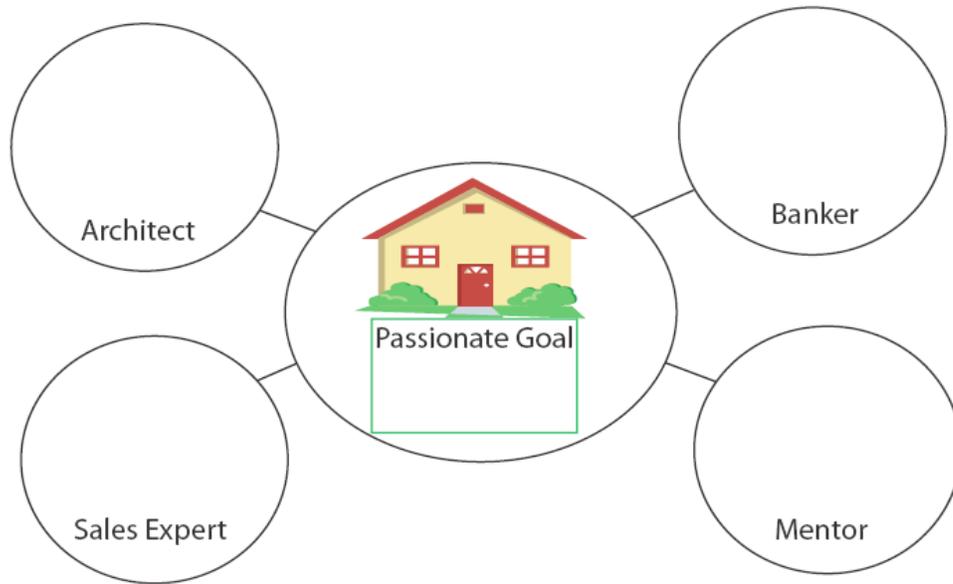
Today, on your second last day, you decide who is going to help you achieve your passionate goal(s) or assist you in overcoming roadblocks. These are people that have the expertise that you don't (e.g. structural engineer), the money that you don't (e.g. bank), the influence, the network, the physical assets, etc. Many of these people know how to solve problems or are aware of difficulties you have never even thought of. People are our most valuable resource in business, and thus 'is solely the reason' you can't do it alone forever.

Pick as many or as few people as you feel necessary to get the job done. Remember, don't only focus on the people that have what you want or have the expertise you don't. Focus on the people that can help you remove barriers and roadblocks in your business, profession and life.

So complete Step 6 "Alone", you have only 24 hours until your last step arrives in your inbox.

Tomorrow, we bring it all together and discuss "Business Sexcess"

Step 6 - Can't Do It Alone Forever!



Today you decide who can help you achieve your Passionate Goal, and set a date to get in touch with them. Tommorrow's your last day!

Architect: _____

Sales Expert _____

Mentor: _____

Banker _____

PASSION, ENERGY & FIRE

Compliments of www.BusinessSexcess.com

Step 7: Massive Action, Open the Door to Your Partner Business Sexcess

It has been quite the 7 day journey. As you have been diligent in working this e-course, you have rediscovered and built a plan for finding your energy, passion and fire. You know exactly who is slowing you down, and who you need help from to blast the naysayer(s) and road blocks out of your way.

There is just one problem?

95% of people have already stopped dead in their tracks, for fear of failure, complacency (the easy road), or sadly just have no one to support them in their life's pursuit. Today that all changes!

Today is the day that you act! You already know that Massive Action on your part is what is required to achieve your passionate goals in life and business.

Regardless, of whether you buy our book Business Sexcess (and you should as it is what can truly add fire, energy and passion into your business and life), you have the solemn commitment of both Lee Raito & Sam Heyer, that the Free Business Community will help you find your passion in business and in life. The Business Sexcess Community is quickly morphing into a who's who of professionals that are willing to help you, and egg you on in your pursuits. You will never be charged a dime for communicating with the experts you will find in the Business Sexcess forum. We only make money when you buy our book! If you are not ready, we hope to earn the privilege of you spending your hard earned money.

Back to massive action, everybody knows that success is 1% inspiration and 99% perspiration. We are here to tell you what you already know. You are going to have to sweat daily if you want to live out your dreams and passionate goals.

There is NO STEP 7 Worksheet today, instead you will download your butt to the Free Business Sexcess Forum and introduce yourself to everyone by making a post in our self introductions area. You will put in the subject line of your first post **"I FOUND MY PASSION!"** Then make a post about who you are, and what passionate goal(s) you are pursuing.

Let's face it, we could tell some really nice stories about how you need to push your self to act massively to get where you want to go. But we know it is 100 times more effective if you tell someone your plans first. Then if you fail to act, you are accountable. If you don't tell anyone, nobody knows you sat on your ass and did nothing.

So Register for the Free Forum Here and Tell Us Your Passion:
www.BusinessSexcess.com/forum

If you have some how magically happened across this course, and are not currently on the Business Sexcess Weekly Email list. Please visit <http://www.BusinessSexcess.com> to be added. You will receive a free chapter of the book Business Sexcess, and more than you can imagine every week in your email in box.

To Your Sexcess,



Lee Raito, CFP, FMA & Co-Author Sam Heyer
<http://www.BusinessSexcess.com>