

White Paper

Consistent + Committed = Success

"The art of having the integrity to follow through with our commitments."

Version 1.31

**“Learning to see greater success
in every area of our lives!”**



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Consistent + Committed = Success

"The art of having the integrity to follow through with our commitments."

“To achieve one’s life vision, the reason we were put on this planet, we must have the highest level, the highest dimension of **consistency and **commitment**?”**

Unknown

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From a 1 to 10, please rate how consistent and committed you are. We know . . . it depends on what area of your life you are rating. Let's come up with an average rating for every area of life that you really value.

___ - Consistent

___ - Committed

Exercise

You can do this exercise individually or as a group. If you are not in a Success Circle of 12 (SC12) group, we would encourage you to join or start a SC12. It is a result of the SC12 system / groups, that this white paper was written.

www.DNAforLife-Laws.com/cool-free-stuff/success

List the 10 things you are most committed to in your life and then list 1 to 10, with 10 being the highest how you would rate your C1 consistency + C2 commitment and then your S success

C1 C2 S

___ ___ ___ - 1. _____

___ ___ ___ - 2. _____

___ ___ ___ - 3. _____

___ ___ ___ - 4. _____

___ ___ ___ - 5. _____

___ ___ ___ - 6. _____

___ ___ ___ - 7. _____

___ ___ ___ - 8. _____

___ ___ ___ - 9. _____

___ ___ ___ - 10. _____

Purpose

To discover the truth about ourselves.

This white paper is purposely designed to be very short and to the point WITH a lot of Q&A.

Why?

Most of Consistent & Committed (C+C=S) is pretty easy to understand from an intellectual perspective but very hard, it seems, to apply consistently. The Q&A helps us individually and as a group to ask the hard and the deep questions to provoke thought, learning and growth.

It's Pretty Simple Actually . . .

- Make a commitment, follow through with it!
- Be careful in making commitments.
- If we want to see greater success in any area of life, we will need to increase our consistency and commitment.
- Do not be deceived, if we aren't consistent with things then we don't value it above ANYTHING else we're doing.
- People tend to want to be around other people who are as consistent and committed as they are. If you want to see greater success in life, you may need to get a new set of friends.
- NO . . . IT'S NOT EASY! Deal with it!
- YES . . . We know people have so many reasons why one can not be consistent and committed. If people accept your excuses . . . congratulations . . . you have found someone at or below your dimension. YES, you will enjoy being around them and they you, for some period of time in the short term, but over the long term probably not so much.

OK, this may have been one of the shortest white papers you have ever read. $C + C = S$ is so very simple, it really is easy to understand. To get us and others to follow through, well that's not so easy to do. That is where the Q&A comes in. Don't be overwhelmed with the Q&A. Just take one at a time or find the best one and dig into that. :-)

Alright here we go. We now get into the tough stuff. All the things that have entered into our heads and the heads of others is what holds us back from C & C.

If we find ourselves getting upset at one of the questions or maybe even the answer then ask ourselves “Why am I upset?” Why we are upset tells us a lot more about us than the question or the answer.

Hey, those who have answered are not gods. Maybe they’re wrong. Find out what % of the truth applies and then apply it. If you think you have a better answer then provide your own answer. If you think you have a better question then ask that question.

Join the Facebook discussion group and share your thoughts. Start your own Facebook group and/or your own Success Circle of 12. (SC12)

> <https://www.facebook.com/Success-Circle-of-12-142346416216425/>

> <http://dnaforlife-laws.com/cool-free-stuff/success/>

Need Help . . .

Would you like coaching, mentoring or just someone to bounce something off? Life Masteries Institute provides “Topic Coaching” on any challenge / problem one may be facing in any area of one’s life. There is no charge for this as it’s funded by generous individuals who participate in the Life Masteries worldwide network.

www.PersonalityMasteries.com/Coaching/Challenge

Please Remember . . .

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NEXT Step . . .

Q&A

Q: 1. Does C + C really equal S?

A: Actually it doesn't seem to, truth be told. Why not? Actually it seems like the consistency we have towards anything actually reveals our true commitment. Often we believe we're committed to something but we're really not. It seems that consistency reveals the truth. Now . . . with that being said . . . if we have integrity we will be consistent to do what we've committed to do then C + C will seem to = S. There is a very deep science to understanding why commitment is so important and why C + C are so intertwined.

Q: 2. What comes first, Consistent OR Committed?

A: Well . . . the truth is that it could be either one. Often, it seems, that being consistent leads to greater commitment and more commitment leads to greater consistency.

Q: 3. What about when I really “Must Violate” a commitment?

A: Well, that's a very tough question. What we think of as in “Must” often isn't really “Must” it's “Want” or “It's best for me” or “It's easiest.” Some might consider the only way out of a commitment would be to ask the person we made the commitment to, to be released from that commitment.

The best way, it would seem, is to be asked to be released. Don't ask to be released unless you will honor not allowing to be released.

Q: 4. Does our frequency / personality have anything to do with consistency or commitment?

A: Wow, great question. It does actually. Each of the four major personalities / frequencies will tend to be consistent with things they like, they enjoy those things which give the different frequencies energy. Each of the different frequencies will place values on things.

The Level 2 and 4 Frequency will tend to place a great deal of value on tasks so they tend to be consistent and committed to tasks whereas the Level 1 and 3 Frequency will tend to value people. Often the Level 1 and 3 will

“commit” to do something but then won’t follow through and will justify it based on commitments or connections to other people.

Q: 5. What if I’m not motivated how do I maintain consistency?

A: Do you know what the benefits of not being motivated are? One of the greatest benefits is that it helps us to build our discipline muscles. If we’re motivated we don’t really need discipline, it is only when we lack motivation that it reveals either our discipline or our integrity. When we follow through on things we say we will do, even when it’s tough, we build both discipline and integrity. When we follow through on the hard stuff, the tough stuff, we build the strength of our integrity and discipline. We also learn how to be far more careful with what we say we will do and with our communications as well. :-)

Q: 6. I am a Christian and it seems to me that Christian’s lack integrity, at times even more than those who don’t even believe in God. How is this possible?

A: Great question. While this isn’t limited to Christians it seems that often people who believe they have “the answer to life / eternity” may become overconfident in their position. It seems like, maybe, at times, (trying to be gentle) that Christians or those who believe themselves to be very spiritual, to maybe cut corners and justify it.

There was one pastor who committed to follow through for 30 minutes a month with a phone call for twelve months. Three months into his 30 minutes a month commitment, he shared “That he felt that God was calling him to spend more time in prayer and Bible study. Hmmmmm, with an average of over 43,000 minutes in a month, We’re guessing that it was something else. People use family, marriage, children and a lot of other things to get out of commitments.

It actually seems that you can tell the dimension and the level of integrity someone has by the amount of time required to fulfill the commitment and the length of the commitment. In the above example it was only 30 minutes a month, over the phone . . . so a very low commitment . . . and that pastor violated his commitment. Hmmmm, would it seem that he would be at a very low level of integrity?

Q: 7. Do certain groups, types of people tend to have less consistency and commitment (integrity) than other groups?

A: Ouch . . . that's a question, we'll leave to your group to discuss. Whenever we group people together then we're in dangerous ground. People in that group do not like to be included in a group where a whole group of people are vaporized. Let's use the above example of the pastor who lacked integrity. Obviously no group of people is perfect so let's just get that out of the way upfront.

Could we agree that within groups that there are tendencies? If people don't agree to this then maybe they've never had a number of boys and girls as children. There are differences and it doesn't take university research to show us that . . . although the government, in its wisdom, has invested millions of dollars to prove there are differences between boys and girls.

If people within a group were to call other members out in the group, well then, there probably wouldn't be as many profiles or prejudices would there, to that group? Groups don't tend to do a very good job though in policing their own. Groups tend to try to protect others from seeing the truth about them which is why we see whole groups of people or organizations crash and burn.

Generally speaking, individuals, especially politicians, have learned to never say anything against a group of people. Hmmmm, is there any possibility that it is tied to Consistency and Commitment? Is it possible that we could look at whole groups of people and could, to some level, determine the C + C that those groups of people have, as a whole?

Many groups would not like this and would actually keep this white paper away from members due to the few words shared here, even though there is NOT ONE group, other than Christians and Pastors maybe in the above question, which are mentioned. Any group that doesn't share this with all their members for discussion . . . well . . . will probably have less consistency and commitment from its members . . . and the group will have less success. Tough call we guess?

Interesting to look back at the original "Purpose" for this white paper. :-)

Purpose

To discover the truth about ourselves.

Q: 8. Is it true that if I make a commitment, a vow and do not follow through with it, that I lack integrity?

A: That will depend on your value system. Some people will say they will do something, but then don't and switch it in their mind from a commitment to a goal. Others will just blow off commitments and never think anything of it.

Q: 9. It seems harsh to say that someone lacks integrity if they don't follow through on a commitment.

A: If you feel this way, then you would probably be a Level 1, 3 and maybe at times a Level 2 frequency. It may seem harsh because you drop your commitments a lot and you don't want to have someone telling you "You lack integrity." What the Level 4 and at times the Level 2 frequency will think is that it's harsh, wrong and immoral to say you will do something and then not do it.

Q: 10. Is being late three minutes really a lack of integrity.

A: Well . . . that depends on what dimension one is in. In very high dimensions, yes, it would be considered a lack of integrity. Individuals in lower dimensions will say things like . . . "No one is perfect." "I had something come up." "You can't control traffic." "It's not my fault." "You are being far too harsh or unfair or unkind or you're being a bully." Some might even say "You're being abusive or manipulative."

If you find yourself saying any of the above things you are hurting yourself and others around you and probably don't even know it. A great white paper to read is . . . www.dnaforlife-laws.com/cool-free-stuff/succeed

Q: 11. How does Dimensional Living & Thinking play into C+C?

A: Dimensional Living and Thinking helps us to understand that maybe yes we are at an "8" in our consistency and maybe even a "10" on commitment . . .

but when we understand The *NEXT* Dimension Principle we understand that there is another dimension of C+C that we probably aren't even aware of and once we are aware of that *NEXT* Dimension, we will be humbled again in realizing that we are down to a "1" or a "2" in both our consistency and commitment.

The *NEXT* Dimension Video -

www.DNAforLife-Laws.com/Career-Success/#et_pb_accordion_item_68

Q: 12. I would like to learn more about this. What's the best way to do so?

A: If one is looking to learn more on a personal level then go through the following webpage from Life Masteries Institute for additional insights and next steps. www.PersonalityMasteries.com/coaching/challenge

If one is looking this topic through a business, organization and/or business perspective then completing a 30 minute GIFT Strategy Session is the best next step. www.DNAorSuccess.com/Examination/30min-Strategy

Another great resource is a weekly Coffee Connection group. There are local groups which meet weekly within communities and there are groups which meet weekly virtually via LIVE video stream where you can join in from the comfort of your own home. www.MyCoffeeConnection.org/live

Questions . . . Need Help . . .

Please feel free to call the individual you passed this along to you and/or feel free to call 888.230.2300 or 630.393.9909.

Case Studies . . .

On Mon, Jan 30, 2017 at 4:32 PM, AvaLynda Casey
<avalyndacasey@gmail.com> wrote:

Definition of Commitment: Making a decision to support / attend / accomplish something or someone. Usually it involves a due date, so I consider my schedule and note my calendar to make sure the task is done.

What I learned:

Link to Discipline: I hadn't linked commitment and consistency to discipline, and now I see how that is the way we teach kids...most of the time, when our kids don't want to do something we know they should (chores, write Thank You notes, join a club), we tell them the experience/commitment will be good for them.

We don't have to like it: Lots of things that are good for us...we don't like at first...or ever !

What action will I take?

See the purpose/big picture of the activity: Most of the time, I see the details of a job. When I focus on the end result/benefit/outcome, I will gain satisfaction sooner.

What do I need to learn next?

Calendar blues...: I am learning that I can do a whole lot more than I think I can. I am learning to work faster.

Q: How do I respond to:

On Mon, Feb 13, 2017 at 3:38 PM, Manuel Corazzari <mc@crowndmediagroup.com> wrote:

Hello my dear friend! I am not trying to excuse myself ! Tomorrow we have a big event and I am in the middle of the planning for tomorrow ! I will make sure to be available next Monday, I am meeting more people in the community ! Thank you for everything that you do .

A: Try this . . .

Manny,

Not even sure if it's worth it to respond. You have 10,080 minutes between last week's call and this weeks all. The truth is that everything you did for those 10,080 minutes is a higher priority than the commitment you made to the group. Manny, I believe you are so conditioned to making excuses that you and those around you are just accepting of it. I get that. It's exhausting to work with individuals who commit to things but then don't follow through.

The truth is Manny, you are Consistent & Committed . . . but you are consistently inconsistent and people can't count on you has been my experience. You are committed but your committed to living in the moment and thinking in your own head how whatever you have going now trumps any type of commitment you made in the past. You are committed to be non committed.

I am committed to seeking not to get warn out by all your many excuses - your boss - your work - your mom - big event . . . and the list goes on and on and on.

Q:

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