

SELF-MASTERY:
A PLAN FOR PERSONAL SUCCESS
Presented by: [The Optibility Performance Group](http://www.optibility.com)

Mastery: "Ascendancy or victory in struggle or competition."

Masters are victors in life; those who step up to the challenges and opportunities of life with the courage, determination, and wisdom to win the private and public victories. Mastery is not something that happens by accident. It is a process that occurs as we learn to interact effectively with the daily events and circumstances of our lives.

Response - Life is much like a tennis match. The circumstances of the day, the court, our opponent, and the rules of the game all represent the givens within which we act and react. Each new service, each new volley represents a challenge to which we must respond. Success comes as we respond appropriately to these challenges. In life, as in tennis, we improve, grow, mature, and attain success as we learn to handle the continual barrage of volleys that come our way.

Awareness - The master is a person who is alert, aware, and conscious. He/she lives noticing what is going on within and around him/her. He is present and awake. The master recognizes and accepts "what is." He lives in a world of how things are and not how he wishes them to be. There is no value in wishing and hoping that circumstances were different. There is no value in comparing one's own life to that of others. Judgment of the way things are keeps us stuck, unhappy, and ineffective.

Acceptance - The master accepts the way things are at this moment, knowing that these realities can and will evolve. But for now, they form the context within which he must act. He learns to embrace and live in harmony with it rather than complaining, regretting, wishing, comparing, and judging.

Choices - The master recognizes choices. He recognizes and "owns" choices he has made in the past and the part these have played in causing the reality of the present. He recognizes new choices available at this moment. He need not react in a habitual, preprogrammed way to the challenges of life, but can make choices about how he will think, feel, and act. No one else can make his choices. The quality of his choices determines his ability to interact effectively with life. It is the means by which he lives a life of endurance and survival, or growth and mastery.

Intent - The master lives with intent. He is clear about his vision and direction. He knows his purpose and the principles by which he wants to conduct his life. He doesn't just meander through life. His actions are purposeful, and that purpose is his own rather than that of someone else. Motivation comes from within. No one else has his reality. No one else can make decisions for him. He is in the driver's seat of his life and steers in the direction he wants to go.

Integrity - The master lives from integrity. He does not seek immediate gratification, but is able to sacrifice short-term payoffs for what is strengthening in the long-run. Big things control little things. Principle dominates emotions. Doing what is right for self and others becomes a way of life.

Value - The master values himself. He makes a decision to care deeply for himself by acknowledging and accepting his weaknesses and letting go of expectations that are unrealistic and do not serve him. He recognizes, appreciates, and builds upon his strengths. He takes time to nurture himself and do activities that are renewing to his spirit. How he feels about himself is not dependent upon others, nor external symbols of success, but rather is a deep and personal decision.

You are able to learn the principles of mastery and seize the opportunity to live them. You can become a person who conquers life rather than being a victim of life; a person who is responsible for life rather than reactive to life. The bad news is that not everyone can be beautiful, intelligent, rich, or famous. The good news is that everyone can learn a life of mastery and thereby gain great personal satisfaction and meaning. I hope you enjoy this most important journey.