

# SHAPE THE PATH

## Video Transcript

Here we are on Day 04, and we're finishing up our motif of talking about the rider, the elephant, and the path. So today we'll be focusing on the latter. **We'll be focusing on how to craft our environment or shape that path through the jungle, to make it easier on both the elephant and the rider.** Or, if you remember, both sides of our emotional and logical brains.

As we go about shaping this path, there are really several things we can do. The first of which is, we can just **build nice, long-term, concrete habits.** And we'll be doing this technique, but we're going to do it over the six weeks. In fact, this entire course is designed to have you build these habits, to make it easier to go along that path.

However, there's another thing that we can do, and we can actually kind of decide where the foliage is going to be and where the bumps in the road are going to be by **surrounding ourselves with positive, passionate influences.** The decisions that we can make to add those things into our life. And by also removing negative people or things or environments in our life. If we surround ourselves with the good and help to remove the bad, then we ourselves are shaping that path in addition to building those habits.

So that's what we're going to dive into. Talking about surrounding ourselves with passionate people, I want to remind you that there are three levels when we go about this. First of all, we have to realize that there are **mentors in our life.** These are people or sometimes programs or events that lift us up. We look up to, and that they bring us up and teach us and we learn from these.

At the same time, there's another level here in the middle. These are **peers.** These are likely people that are going through, that are fighting in the trenches or training alongside of you. These are people that you can throw your arms around and get a helping hand from, from time to time.

And there's also another level of **people that we can positively affect once we change our lives.** That means you do your financial turnaround. Who are those people that you will automatically lift up, whose lives will automatically improve along with you? Consider people on that level as well.

And while we're identifying people in our lives that can be supportive, that will help bring us and rally us on, we also have to **realize there are negative influences in our lives.** And that's OK. There's going to be people as well as events and environments that aren't going to be a positive influence. On the people side, you've got to be honest with yourself.

Who's not going to really cheer you on? Who doesn't buy in to the excitement? Who might drag you down in this process as you look to improve? **It's OK to identify these people,** and you don't have to disown them from your life. But you want to be aware that these might not be the best people to rely on when you need help. Or they might not be the best people to share your good news with, in this particular part of your life.

On the other side, we have events and activities and things that can also drag us down. For example, if you spend a whole bunch of money whenever you go into an iStore, or you lose a bunch of money every time you go to the casino or the mall or wherever, you've got to identify that these are vices. And it's OK to have them, and it's OK to say, "I'm not going to go to these. **I'm going to remove them out of my life in an attempt to shape this path and make the journey easier.**"

Identifying the positives most of the time can be fun. We love to concentrate on people that help bring us up, that we can rally around. But the negatives of this can be a little bit more tough. But **both sides of this are very important when we go about shaping the path.**

And remember, **anything you can do to identify these and take action on them will help both the rider and the elephant get through the jungle**, or will help both our logical and our emotional minds get to that long-term, lasting change.

## Challenge

Alright, we're back here again for the challenge. And we're going to be committing these principles once again to your worksheets. And this time we're going to be naming names. I know it can be a little hard, especially on the negative things, but this workbook is uniquely yours. **It's best practice to be honest with yourself. That's how you're going to get the deepest results.**

So at the top of this worksheet, for Day 04 here, we're going to **identify the three layers of people in our life that are positive, that we can surround ourselves with, that we can share our mission with.** We're going to have our mentors. We're going to have people on our level. And we're going to have people that we can bring up once we improve.

And your task is to identify these people and then **share your Big Why that we did yesterday with those people.** Share with them. Get their support. Get their help. Get them on board.

On the other side, further down the worksheet, **we have the negative people. And again, it's OK to name names.** We're going to put people in our life that we may not want to share our Big Why with, that may not yet understand where we're going with this change and why it's important to us. We're also going to identify vices and areas in our life that we want to remove and avoid.

And my advice here is to ditch the haters. Again, don't disown them from your life. But ditch them in this one area. Don't include them. Instead, **rally around the support, especially here in the early stages, of the powerful, positive people in your life.**

So that's your challenge, is to **commit these to paper.** Fill out the top part, your positive influences. Fill out your negative influences as well. Then you'll be done with the challenge for today.