




From the Desk of  Tom Hill

DYEL Lesson (Week 1) - Introduction to the Program

DYEL has only ONE purpose: To teach you how to fully integrate the principles of success so that you can create a well-balance, quality lifestyle.

Dr. Tom Hill has spent his life in the pursuit of success. Unlike many who typically measure success by only one metric, most often financially, Dr. Hill measures success across six areas. His experience shows these areas provide the most complete assessment of an individual. Those six areas are Spiritual, Health/Wellness, Relationships, Intellectual, Emotional, and Financial.

Having enjoyed significant success in each of these areas himself, Dr. Hill is committed to sharing his experience, knowledge, insights and wisdom with the world. His stated mission is to inspire the world, one person at a time. By so doing, it is his life's goal to touch one million lives.

This DYEL program is one of the tools he's using to spread the same coaching program he uses with his highly successful coaching clientele and his Hill's Angels community.

The focus is on learning the key principles. How to apply them on a daily basis and stay disciplined for 52 weeks in order to change habits – the key is changing behavior. Every structure that stand the test of time is built on a strong foundation. The foundation is where we begin to help you achieve your quality lifestyle.

The course is designed to be in bite-sized pieces you can consume every week to instill the lesson of the week into your daily life and disciplines. The course is structured in a simple format.

Each lesson has:

- Tom and his team sharing a new weekly lesson overview
- Shares a pdf of new learning or insight for you to apply
- Gives you an exercise to complete
- Recommend a book to read

We recommend that you either journal the lessons or create a 3-ring binder and print each lesson. The key is to have them available in one place for later reflection.

These lessons will change your life if you apply them into action in your daily life !!!

LESSON 1

Part A - "Your Perfect Magic Wand Life"

We'll start by beginning to build the foundation of a well balance-quality lifestyle. The foundation begins with a 6-year vision. During this lesson, you will visualize your perfect life 6 years from today. Visualizing the details of your perfect life is crucial when determining steps toward achieving your vision. Visualize your perfect life 6 years from today.

"If you don't where you are going,
you might wind up someplace else."

~Yogi Berra, US Baseball Player, Coach, &
Manager

Grab your journal and write, in present tense, dated six years from the of your writing. Visualize your "perfect world, magic wand" life. If you could wave your magic wand, what would your perfect life be like? Where are you living – who are you living with – what is your net worth – describe your health – describe your house – etc – everything as if it were today – present tense. When you have finished, go back and insert the smells, sounds, textures and lighting of your day.

You have created your perfect day. You have lived it in your mind. You have felt, tasted, heard, sensed and visualized it. How close are you to living it each day? What is missing

Part B - "Identify Potential Mastermind Partners"

As discussed in my book, *Living at the Summit, a Life Plan*, a Mentor, or a Mastermind Coach is a powerful ally for growth. Find someone you can look to as a role model. Someone you wish to become like in some way. In addition to a Mastermind Partner, build a team of peers who can help you, and that you may help in turn. You may ask your Mastermind Partner who he/she would like to invite to join your team. In my RE/MAX days, I formed a Mastermind Team and we named it BOHICA. It was instrumental in my success. I still am a member of a Mastermind Team!

Grab your journal and brainstorm a list of fine people in your life you would like to consider as Mastermind Partners. Consider the skills, knowledge, attitude and successes each individual may have in which you can learn from sharing time with them on a regular basis.

Contact one or two this week and ask them if they would be interested in putting together this mastermind group. I recommend making this meeting a weekly event. A breakfast or lunch meeting is best, but if it has to be by phone or video – that is ok too. I suggest you make it a short meeting concentrating on your goal setting and holding each other accountable.

Chapter 10 in *Think & Grow Rich* by Napoleon Hill, be sure to read and reread Chapter 10. I am a member of a Mastermind Group right now. I believe in masterminds and so will you if you give this a chance.

"I mentor is someone who allows you
to see the hope inside of yourself."

~ Oprah Winfrey

Lesson 1 Action Items

1. Read *Think & Grow Rich* by Napoleon Hill and add to your personal library.
2. Make an entry in your journal describing your six-year vision.
3. Brainstorm a list of people you'd like to consider as Mastermind Partners.
4. Use a journal or print every lesson and put them in a 3-ring binder called "Hill's Hollers"

Lesson 1 Part A - "Your Perfect Magic Wand Life" Worksheet

If you could wave your magic wand, what would your perfect life be like? Where are you living – who are you living with – what is your net worth – describe your health – describe your house – etc – everything as if it were today – present tense. When you have finished, go back and insert the smells, sounds, textures and lighting of your day.

Date: _____ (6 years from today)

Today my life is:

A normal day for me is:

My finances are:

My health is:

My house is:

My relationships are:

Lesson 1 Part B - "Identify Potential Mastermind Partners" Worksheet

Brainstorm a list of five people in your life you would like to consider as Mastermind Partners. Consider the skills, knowledge, attitude and successes each individual may have in which you can learn from sharing time with them on a regular basis.

- 1.
- 2.
- 3.
- 4.
- 5.