

# ***Infinite Blue Ocean***

## ***21 Day QuickStart Program***



## **Day 1**

Let's look at the world as an infinite blue ocean. I will now choose to perceive of everything in this ocean as mine for the taking. What will I choose? What will I discard?

I will choose those things that most help me achieve my purpose. Though there are no set limitations of any kind on what I can have, I will want to be consistent in what I choose so I do not forget my destination and be lost – shipwrecked if you will – by contradictory things and desires that are not in line with the purpose I had when I began.

If I get in the car today to run an errand, but on the way forget my destination, will I accomplish my desired result? No, not until I remember my purpose and reset my course to my original destination. Thus, I must know what my end destination is to be if I am to arrive at the right place.

It is very beneficial to have, in writing, a definite purpose. The mind must be reminded of the intended destination if it is to be beneficial to us in helping us get there.

Day 1 – have a definite idea of where you are going

## **Day 2**

In this infinite blue ocean, there are a number of obstacles that can lead me astray if I don't recognize them. A group of people with a common objective, working in harmony, can form a mastermind group. As part of this group, I have accountability, access to the assistance of others, and guidance when navigating through the most troubled waters.

Every Sunday at 1pm I meet with a group of people to discuss my primary wins the previous week and any challenges I may face in the week ahead. I have found this group to be of great value to me in sticking to my goals and in gaining greater insight into how to overcome challenges. Also, working in a spirit of harmony, we have come up with several innovative business ideas.

In addition to being business partners, I have found the group to be a great means of friendship and support. Reaching success may require overcoming many obstacles. Finding success is much easier when you are on the journey with other people who are looking for similar things out of life.

Day 2 – don't go on your journey alone

### **Day 3**

In the beginning of any endeavor, we may be frightened, question whether we have what it takes to succeed, and doubt that things will turn out well. In this state, it is very easy to talk myself out of trying in the first place. Before success can become a reality, one must have faith that it can be done, and that I can do it.

Faith comes from being open to Infinite Intelligence to provide me the confidence, wisdom, and guidance to arrive at my destination successfully, overcoming any obstacles I may face, without being debilitated by my fears, doubts, and any rejection I may encounter. Believe and act as if my desired outcome is going to be achieved so consistency in thought and action is achieved.

Day 3 – believe it will happen

### **Day 4**

The majority of the rewards go to those who exceed expectations. Only doing the bare minimum receives minimal return. In order to be compensated at a higher level, a higher level of service needs to be rendered. “One reaps what they sow.”

The universe will reward back the value created by our efforts. There is abundant wealth and success in our infinite blue ocean. It is not limited by the number of pursuers. However, it is limited to those who seek it with willingness and effort.

Day 4 – don’t expect something for nothing

### **Day 5**

People like to be around people they like and respect. If I cannot win the trust and favor of others, there is little I can accomplish. People like to do business with people who are honest, reliable, and trustworthy. The ability to distinguish myself through confidence, good presentation, and personal magnetism, are also key. In communicating learn to listen (I have two ears and one mouth for a reason!)

A weak ego separates me from others, convincing me I am more or less than they are. This is not correct. I am a part of a whole. By focusing on others, the fear-based self fades away as selfishness ceases to be a driving force but rather contribution.

Day 5 – have an appealing personality

## **Day 6**

In an infinite blue ocean there are a majority of people who are waiting for their life to change, waiting for people, places, and situations to resolve themselves so things will be okay. Things are okay now if I will take the right action on my own initiative. Procrastination can be a major enemy to us when trying to accomplish by our own initiative.

Fear can cause delay, and delay can cause opportunities to be missed. "Failure will never overtake me if my determination to succeed is strong enough." – Og Mandino. I must be able to take positive action each day toward my definite objective no matter what obstacles I may face. To the extent it depends on me, I must act now.

Day 6 – don't put it off if you can do it now

## **Day 7**

We attract what we focus our attention on. A positive mental attitude (PMA) aligns the mind to bring to us those positive things we desire for our life.

With a success consciousness, I believe I am already in possession of what I need to accomplish my objectives. I want to have an attitude, based on faith, that the desirable results will be achieved.

A negative attitude, however, is fear based. Acting out of fear and worry, I will be constantly worried about the next failure, always be concerned with my flaws, and will be allowing my past mistakes to repeat.

I have the complete right of ownership over my thoughts. In the positive, I have an awareness of Infinite Intelligence and will be able to bring about positive outcomes by my thinking.

A positive mental attitude is the correct attitude to have in any circumstance. Negativity will have a tendency to bring further negative outcomes to one's life.

Day 7 – have a positive mental attitude

## **Day 8**

Get excited! Enthusiasm is the energy that drives us in the direction of our purpose. When I feel highly energized and enthusiastic, I think all things are possible. This higher energy state washes away the negativity and makes me think I can do this. I will do it now!

Day 8 – live an enthusiastic life

## **Day 9**

The ocean of possibilities is infinite. Each day I will be confronted with many things that can cause me to drift away from my purpose. In order to arrive at the desired destination, I must embrace the concept of self control.

Mastery of the emotions is a very important factor. I must continue to think and act out of virtues that bring me closer to the positive and abundant things my heart desires. Daily, I must search inside to uncover fear, lusts, selfishness and dishonesty that can lead me astray and to drift.

An action plan is a good way of staying focused. I write down a basic framework for a day which includes some reflection and meditation time. I ask myself questions such as how does this bring me closer to my goal when a questionable situation or opportunity arises. My mind must be trained to help me to achieve my definite aim.

Day 9 – develop self-discipline

## **Day 10**

My thinking is the one thing I have complete right of control over. Probably more than anything else, the quality of my thinking will determine the quality of my life. My analysis of people and situations will greatly influence how I feel and eventually act. Don't be easily swayed by the opinions of others. Do my own homework, know what I want and value and why, and act in accordance with my beliefs.

Problems are tied to errors in thinking. Where problems and disturbances exist, there will also be an error in my thinking that persists. Once the thinking is corrected, the mind will find a solution.

I must always review my thinking to ensure that I am not giving falsehoods power, that I am not allowing dishonesty or selfishness to cloud my judgment, and that I am being present and looking at things from a positive, not negative, frame of mind.

Day 10 - eliminate any errors from my thinking

## **Day 11**

We live in a society where there are a number of distractions. Cell phones, text messages, emails, seemingly always juggling multiple tasks at one time. It is easy to get overwhelmed and not be able to control my attention.

At the end of a basketball game with 30 seconds left, you get the ball. You're down by 2 points. If you can't focus or are distracted, the probability you will be able to accomplish the desired result of at least tying the game is low. Focus must be there. Clarity must be there.

When attention is not focused, the mind can drift away from what is needed now. In order to gather all needed resources, I need to learn to control my attention.

Day 11 – learn to control my attention

## **Day 12**

Be a team player. In order to truly succeed, strive for a greater cause. Help others, and in doing so help yourself.

Adding to the common good in any endeavor will bring good returns. This loving spirit is far more profitable over the longer term than selfishness which is based on fear. If I want others to succeed, it follows that success will also come my way. Since there is not scarcity in the infinite blue ocean, but abundance, it is my own fear, greed, and selfishness that can be far more detrimental to me than a helpful, cooperative spirit with my associates.

Day 12 – practice effective teamwork

## **Day 13**

Every defeat carries with it an opportunity for growth. Everyone will at times face defeat. If I learn from those things that don't go the way I would like, renew my determination, and progress with a positive mental attitude, defeat can bring me closer to success rather than failure.

Defeat is temporary. There may be many obstacles to overcome in the accomplishment of a definite purpose. I am not my defeats. I am not a failure. A failure quits trying when the water gets rough. I know that I must cross over rough waters to get to my destination.

Day 13 – learn from adversity and defeat

## **Day 14**

Great things can happen from a great idea. It is through the imagination that we can find a new and better way of doing something already done or receive the inspiration for something new and not done before that can greatly benefit our fellow man.

Advances in industry, medicine, and technology all began with an imaginative idea. The lightbulb,

automobile, and computer all began from creative imagination.

Day 14- have creative vision

### **Day 15**

Good health of the mind and body is critical to achievement. That which is detrimental to the mind and body is harmful to us and to our relationships with others and Infinite Intelligence.

In order to accomplish the good we desire, effective use of the mind and body is necessary. Proper diets, rest, exercise, and having time for play and relaxation is important. Sound health requires a healthy balance between the mind and body. A strong body and mind is more resilient, has more energy, and makes it much easier to maintain a positive mental attitude.

Day 15 – have a health consciousness

### **Day 16**

How one uses his time and money will directly impact his lot in life. Both are critical resources and should be used wisely.

Time is limited to 24 hours per day. 8 hours of sleep is recommended. An 8 hour workday is common, which leaves 8 hours of available time. How those available spare hours are used is important. If the commitment to being a doer who accomplishes things is high, that time will be spent mostly on productive things that are in line with the definite purpose. Conversely, time spent drifting, aimlessly thinking, or staring at the television should likely be minimized.

Money should be effectively invested and budgeted so it works for us. I think it a good idea to give a portion of what I earn to my church or a charity. This reinforces to me the idea of abundance. Also, a portion of my income is maintained in savings or investments. This provides me some security in the event of unforeseen financial troubles as well as allows my money to work for me to increase its value.

Day 16 – budget my time and money efficiently

### **Day 17**

The law of cosmic habitforce states that all matter is subject to the influence of its environment. Nature's laws are always in place. By taking control of my habits, I seek to control this order. If my habits are positive, I plant positive seeds for good things to happen. However, if my habits are negative, I plant negative seeds and invite bad things to happen.

Repetition is what makes a habit permanent. If we repetitively think about what we do want, we bring ourselves closer to that outcome. Likewise, if I focus on the negative that I do not want, I bring myself closer to that outcome. Thus, I become a product of what I think and do habitually.

Remember, the first step in controlling habits is in controlling one's thoughts. My thoughts are the only thing I can control completely if I decide to do so.

Day 17-have empowering habits

### **Days 18-21**

Make a list of the people who will initially make up your mastermind group. Schedule a time to meet this week. Commit to and sign your definite purpose for this year. Review on a regular basis to see if you've gone off course.

Review each day in the QuickStart Program. For each day, think of a situation where using this concept more effectively would have helped you. Commit to improvement in the future.

Be honest, open-minded and willing to fully implement these concepts and you will find that the infinite blue ocean has been waiting for you to arrive.



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