

# Life Mastery 2



## Session 5 Everything Always Work Out

By Mark Fournier

- E.A.W.O (Everything Always Works Out)
- The Shift
- Assignments

# E.A.W.O

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## Everything Always Works Out!

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The E.A.W.O Shift is another variation that teaches us how to alter the way we see our world. Once again, by learning to alter our ‘reality’ we learn how to take control of our world and consequently, take control of our feelings and behaviors. As you learned in Life Mastery-1, E.A.W.O. is an acronym for Everything Always Works Out.

The ‘Everything Always Works Out’ Shift works because it is ‘true’, Everything DOES Work Out! And once you PROVE it to yourself (or others), you make it easier to ‘let go’ and stop being as concerned about the future or about the outcome of your challenges.

But before you can convince someone *else* to believe that Everything Always Works Out, YOU need to believe it yourself. Chances are, you read about this in Life Mastery-1, but you never really ‘got’ it. In fact, you probably never even created your EAWO Journal, much less, consistently wrote in it and kept it up to date. So its time to go back... to review this lesson, turn it into a Shift, and make sure you really GET IT this time, because when you do, you will find peace on an unprecedented scale.

I concede that things don’t always work out the way we PLAN, but that doesn’t mean they aren’t ‘working out’. By accepting that just because you aren’t getting what you *want*; it doesn’t mean you aren’t getting what you *need*, you’re half way there.

We don’t *always* know what’s ‘best’. Just because something didn’t turn out as you had planned, it doesn’t mean it didn’t work out. It simply means it turned out DIFFERENTLY, and it is up to *you* to find ways to benefit from how it *has* turned out.

**“Good leaders minimize ‘problems and catastrophes’; GREAT leaders *capitalize* on them!”**

~Mark Fournier

Can you think of any areas in your life where you had planned on things turning out one way, but they somehow turned out differently? How about your marriage, your career, your children... your LIFE!? So clearly... they almost always turn out ‘different’.

You can decide if the way things turned out is good or bad. Remember the powerful line delivered by Shakespeare’s Hamlet: “Nothing is ‘good’ nor ‘bad’, but ‘thinking’ makes it so.” Things don’t *need* to turn out exactly as you’ve planned for them to ‘turn out’. As long as you make the most of how they *do* turn out, it can always be GREAT.

**EXAMPLE:** Long ago, a large manufacturing plant closed down in a small town in Idaho, leaving 1500 people out of work. Twenty-five years later, a reporter decided to interview as many of these people as possible to determine the effect this event had on their lives. As it turned out, almost everyone he interviewed was glad they had lost their job, because it had forced them to find new more rewarding careers.

Until that factory closed down, it was just assumed that nearly everyone there would live and die working at the plant. One man, for instance, ended up earning a fortune, restoring vintage automobiles, which just happened to be his greatest passion and a dream he might never have even pursued, much less realized had he not lost his job at the plant.

The reason why we become ‘attached’ to the way we want things to turn out is because we believe that we know what outcome is in our best interest; but we really don’t... in fact, if everything turned out exactly the way we planned chances are we wouldn’t be nearly the person we’ve grown to be. Nor would half of us have probably ever even been born (I know *I* sure wasn’t ‘planned’). The important thing is not to be *attached* to the outcome or results, but rather to focus on the *effort* ... the *process*... the *journey*! If you give your best, you’ve succeeded as a human being. That is the most that anyone can ask of themselves or another. It is also the surest way of *getting* the results you’re hoping for.

Imagine **replacing your expectations with preferences**, knowing that there are even better outcomes than the ones you imagined or expected.

Look at your life... look at the areas where you have grown the most, where you are the most proud of your achievements... in almost every situation, you will find that your success was the result of overcoming an obstacle; and usually, the bigger the obstacle, the greater the sense of accomplishment or growth. It is critical to remain aware that MOST of our greatest strengths and character traits were forged as a result of things NOT working out the way we planned.

YOU get to decide when it’s ‘over’; or when it hasn’t ‘worked out’. And as long as you are still alive, it really isn’t over; you can still respond; you can still find *something* GREAT about it.

### ‘Persistence Creates Resistance’

#### EXERCISE

#### Disappointments

Below, list a 2 things that disappoint or upset you now, or that have done so in the past. Then, describe what you were attached to that went unfilled, thus generating the disappointment. Next, ask yourself what was / is GREAT about the way each turned out.

Disappointment: \_\_\_\_\_

I was attached to: \_\_\_\_\_

What is GREAT about it? \_\_\_\_\_

Disappointment: \_\_\_\_\_

I was attached to: \_\_\_\_\_

What is GREAT about it? \_\_\_\_\_

## Expectations & Attachments

Very few of us are aware of the negative and painful impact our expectations and attachments to specific outcomes have on our lives. The reality, is that nearly *all* negative emotions, including frustration, anger, self-pity, sadness and spite, are the result of an ‘unfulfilled expectation or attachment’. Think about it; can you name even one negative emotion that isn’t a result of an unfulfilled expectation or attachment?

**EXAMPLE:** Most of us tend to get upset when someone is late for an appointment with us. This is most often because we *expect* them to be on time. But, are we able to *control* whether or not someone is on time? No. So, what happens when you *expect* someone to be on time and they’re not, especially when you know you can’t *make* them be on time? You feel disappointed and frustrated. You are not frustrated because they are late, you are frustrated because you don’t *want* them to be late... you don’t want ‘what is’.

I personally use the phrase, ‘Wouldn’t it be great *if*’...As in: “I realize I don’t always *know* what is best, so I’m not attached to the outcome, because EVERYTHING ALWAYS WORKS OUT, but...wouldn’t it be great IF...(fill in the blank)” I then go about doing whatever it takes to head in that direction, realizing all the while that most of the things we stress over don’t really matter in the long run.

We are each on our own self-proclaimed journey and the reality in which we live was created solely by us, and we can alter it at any given moment. When we add the words, ‘EVERYTHING ALWAYS WORKS OUT’, *and* realize that we don’t HAVE to do *anything* (but die); it is very easy to live stress and worry free, while continuously taking massive risks, bounding out of our comfort zone, and hurling forward at the speed of limitless passion, though a never ending world of possibilities.

**NOTE:** It *is* possible to be passionately committed to something and generate incredible results *without* being attached to those results or limited by expectations. Expectations limit us because they still set boundaries, and it’s possible that we could *exceed* those boundaries. They also limit us because when they aren’t met we often shut down, which keeps us from reaching beyond our comfort zones. When we get too caught up in meeting an expectation we begin operating out of fear and anxiety, which is not nearly as effective or rewarding as operating out of passion and commitment. Also, when expectation is involved, the best you can hope for is to not disappoint someone (including yourself), because even if you *do* succeed, it was *expected*, thus leaving no room for *appreciation*.

Being attached to how things turn out is actually a form of arrogance. Our expectations are based on the premise that we *know* what is best for us (or others) ... as if there are NO other possibilities ... as if we know ALL the best possible versions of our destiny.

Remember how they used to put ‘blinders’ on horses to keep them from looking around, and force them to focus in one direction? That is what we do to ourselves each time we become attached to a specific outcome; we put blinders on ourselves which keep us from looking around at other, even better possibilities.

## E.A.W.O. Journal

As we covered in Life Mastery-1, one of the best ways of proving to yourself that EVERYTHING ALWAYS WORKS OUT (EAWO) is by creating an 'EAWO' Journal. An EAWO Journal is a record of all the things in your life that you didn't think were working out at the time, but upon reflection can see that they really did. In some cases they 'Worked Out' on their own, and in other cases they worked out because you chose to find what was GREAT about them.

The EAWO Journal accomplishes two things, first it helps *prove* to you that Everything really *does* 'Work Out' in the long run. And secondly, it helps you get through difficult times in your life by reminding you that things have 'worked out' time and time again for you, and therefore probably will *this* time too.

### EXERCISE Part 1

#### EVERYTHING ALWAYS WORKS OUT Journal (Part 1)

If you have not yet done so, create an EAWO journal, and begin a list of all the occasions when things didn't *seem* to be working out at the time. Then beneath each item you've listed, write down how it *turned out* to be GREAT, and how it eventually worked out after all. See Examples below and on the next page:

**What seemed to be going wrong at the time:** \_\_\_\_\_

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**What was GREAT about it in the long run / how it 'worked out':** \_\_\_\_\_

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**What seemed to be going wrong at the time:** \_\_\_\_\_

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**What was GREAT about it in the long run / how it 'worked out':** \_\_\_\_\_

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**See next page for Example:**

EXERCISE Part 1

**EXAMPLE:**

**What seemed to be going wrong at the time:** I was fired from my job after 15 years of loyal service and hard work.

**What was GREAT about it in the long run / how it ‘worked out’:** The truth is, I hated that job and after 15 years I was completely burned out, but I was far too fearful to have ever quit and look for something better. I was also too addicted to the security of that paycheck. As a result of being fired I found the ideal career and wound up much happier than I could ever have been had I stayed.

EXERCISE Part 2

**EVERYTHING ALWAYS WORKS OUT Journal (Part 2)**

Begin keeping a list from today forward of all the occasions when things don't *seem* to be working out for you. Then beneath each item you've listed, write down what is GREAT about it and positive ways in which it could eventually work out after all. Finally, come back later (*after* it has worked out) and write down exactly how it *actually* worked out and what is GREAT about it.

**What seems to be going wrong right now:** \_\_\_\_\_

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**What will be GREAT about this in the long run:** \_\_\_\_\_

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**How it *actually* worked out / what is GREAT about it NOW:** \_\_\_\_\_

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The Shift

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## E.A.W.O

**This Shift is primarily used for helping yourself and OTHERS to:**

- Overcome Stress, Fear, Anxiety and Overwhelm
- Let go and create a peaceful sense of calm acceptance
- Get off the ‘Dark Train’

This Shift involves dialog between you and your subject, although most of the time you will be ‘asking questions’ allowing *them* to do more of the talking (unless you are performing this Shift on *yourself*).

**Vocal style:** Calm

**Music:** Soothing or Uplifting

**Aroma:** When possible a scent chosen by the subject as being ‘their favorite’

### Set Up

As a reminder, one of the first things you need to do when you begin working with others, is to find out what State they are in ‘now’. And you do this by asking them the following simple questions:

- 1) How are you feeling today (mentally and emotionally)?
- 2) How would you *like* to be feeling when we are through?

If you decide on the E.A.W.O. Shift you will move to Step #1 below, however, if the subject is highly agitated, distracted or unable to fully relax for some reason, you may wish to combine this with another ‘calming’ Shift such as *Focused Breathing*. And in regard to Focused Breathing, you will find that once the subject accepts that Everything Always Works, having them repeat ‘Everything Always Works Out’ in their mind while they breath in (rather than count backward from five) can be very effective (repeating ‘Letting Go, Letting Go, Letting Go’ on the *exhale* is also quite effective).

### Step #1

#### What’s your Story?

Ask the subject to share their ‘Story’ with you. Explain to them that if they can share their thoughts and feelings in under five minutes it will allow you more time to work with them on the solution. Remember that whatever ‘Story’ they tell you, it is still just a ‘Story’, nothing more or less. Make sure they tell you what they are afraid won’t ‘Work Out’, and what ‘bad’ they believe will happen if it doesn’t.

If they seem particularly upset, you may wish to start them out with the Focused Breathing Shift in order to calm them down a bit and make them more receptive to this next shift.

Once you believe you understand what their Story is, repeat it back to them to make certain that you fully understand it. Paraphrase it if possible. Just repeating it back to them will probably make them feel a little better simply because people like feeling understood. **Make sure you clearly identify how they WANT things to ‘turn out’ and how they are concerned things will ACTUALLY ‘turn out’**

After they confirm that you fully understand what their Story is, move to Step #2 below:

### **Step #2**

#### **Are you SURE?**

- Ask the subject if they are SURE things must turn out the way they’ve chosen in order for their lives to work out.
- Ask if it is remotely possible for things to somehow turn out differently and still have their lives work out.
- Help the subject come up with a few things in their lives that didn’t turn out the way they planned but still ‘turned out’. (Give generic examples if needed).

### **Step #3**

#### **See the Possibilities**

Once they have conceded that it is possible for things to work out quite well even if they turn out differently, help them come up with a few possible ways in which this particular situation could turn out differently, but still ‘work out’ for them. Help them see the possibilities. If they get stuck go back to things in their past that seemed unbearable at the time but ultimately something good came of them. Keep doing this until they are able to see possibilities.

### **Step #4**

#### **Unlimited Outcomes**

Explain to the subject that there are an unlimited number of potential outcomes for every situation and an equally unlimited number of ways in which to respond to each of those outcomes. And with so many possible ways of things working out... it makes little sense for us to focus on only one possible outcome whether *good* or *bad*... when in the long run, it’s always up to us as to how we wish to respond and what good we’re committed to creating from it. Get them to concede that although they can’t see the outcome, they CAN decide to find and focus on something great about it once it happens. And then, get them to agree to do this when the outcome occurs.

### **Step #5**

#### **Let it Go**

Make sure they agree that they don’t *know* what the outcome will be, and that all they can really do is to work toward the one that seems at the time to be their favorite, and then find and focus on something great about it when the real outcome occurs. Once done, ask them if they can now understand what we mean when we say Everything Always Works Out. If they don’t, point out once again that it’s because there is something great about *everything* and all they need to do is find it.



Once they do agree... ask them to do the Focused Breathing Exercise repeating the words in their head 'Everything Always Works Out' as they inhale (instead of counting to 5), and then the words 'Letting Go, Letting Go, Letting Go' as they exhale. Have them smile and imagine wonderful outcomes, or at the very least imagine themselves lying there peacefully knowing it will 'All Work Out'. Continue doing this until they are entirely peaceful and ready for another Shift or until your session is complete.

### **Step #6 (Client Assignments)**

Before releasing your subject, recommend that in order to sustain and build upon the positive feelings you've created that they do the following after they go home:

- Create an EAWO Journal and refer to it frequently.
- Perform the Focused Breathing technique repeating Everything Always Works Out' as they inhale and then the words 'Letting Go as they exhale.

### **Summary:**

Using the phrase 'Everything Always Works Out' reminds us not only of the simple fact that our own personal history tends to prove this to be true, but it also reminds us of the power we have over how we respond to any outcome at any time, and therefore the power we have over our very destiny and happiness.

## **Assignments**

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Take on as many of these assignments as possible (remember, it isn't what you learn that will help you master this process, it's what you DO).

### ***Continuing Assignments:***

Continue enrolling others into your Support Community.

### ***Continuing Assignments:***

Continue sharing the lessons you've learned thus far with as many members of your Support Community as possible.

### ***Continuing Assignments:***

If you are involved in our Life Coaching & Mastery course or hoping to one day become a certified Life Coach, continue logging the hours you spend learning these coaching techniques and separately logging the hours you spend coaching others with them.

### ***Continuing Assignments:***

Practice applying the 'Loving What Is' Shift to your own life throughout the week

### ***Continuing Assignments:***

Do the 'Loving What Is' *assignments* for yourself (as listed above under Client Assignments).

**Continuing Assignments:**

Practice applying the ‘Loving What Is’ Shift with members of your Support Community throughout the week

**Continuing Assignments:**

Continue applying the ‘Focused Breathing’ Shift to your own life throughout the week

**Continuing Assignments:**

Continue applying the ‘Focused Breathing’ Shift with members of your Support Community throughout the week

**Continuing Assignments:**

Practice applying the ‘S.W.A.P.’ Shift to your own life throughout the week

**Continuing Assignments:**

Do the ‘S.W.A.P.’ *assignments* for yourself (as listed above under **Step #5** Assignments).

**Continuing Assignments:**

Practice applying the ‘S.W.A.P.’ Shift with members of your Support Community throughout the week

**Assignment #1:**

Create your own EAWO Journal, use it not only for yourself but to show your clients what to create for themselves.

**Assignment #2:**

Practice Focused Breathing while using the phrase ‘Everything Always Works Out’ as you inhale, and ‘Letting Go, Letting Go, Letting Go’ as you exhale.

**Assignment #3:**

Practice applying the E.A.W.O Shift with members of your Support Community throughout the week.

**Optional Assignment:**

‘Think about your Thinking’: For the next week, pay attention to your *conscious* ‘thoughts, Stories and Self Talk’, notice throughout the day the kind of things you *tell yourself, think about* and *focus on*, then experiment by replacing any *negative* ‘Focus, Thought, Self Talk or Stories’ with more *positive* ones and see how differently this makes you feel and behave.

**Optional Assignment:**

‘Pay Attention to what you Pay Attention to ... Notice what you’re Noticing’: For the next week, be aware of what you are ‘looking for’ in your circumstances and in others, next, experiment by *looking for* new more positive things in each of these scenarios and see how this changes what you ‘see’ and consequently how you feel and behave.

**Optional Assignment:**

For the next week, pay attention to the difference between ‘what is happening’ and your *interpretation* of what is happening. See if you can remove your interpretations from the equation and see things for what they ‘really’ are. This is nearly an impossible feat, but just see how close you can come to pulling it off.

**Optional Assignment:**

For the next week, pretend that it’s all just a game... and view each challenge that comes along as you would if it were only Hide-N-Seek, and would all work out in the end.

**Optional Assignment:**

For the next week, begin figuring out how you can eliminate the things in your life that wouldn’t really matter if you knew you had only a year to live, and begin focusing more on the ones that *would* still matter.

**Optional Assignment:**

For the next week, refuse to look at anything negative that happens as being a catastrophe, see it instead as nothing more than an inconvenience... or better still as a catalyst for something wonderful.

**Optional Assignment:**

For the next week, do everything in your power to keep from judging others... accept that their behavior is appropriate for their perceptions and programs. And whenever you get the opportunity, ASK them to describe ‘what they see and how they feel’ so you can too can see inside of *their* Glass Box. Make sure you paraphrase what you’ve heard.

**Optional Assignment:**

For the next week, any time you feel yourself slipping into fear or self-pity, pretend that you are a ‘wild animal’... then go about your day as they would and just refuse to give it another thought.

**Optional Assignment:**

For the next week, take every single dark or negative thought as it occurs and immediately replace it with a better, more positive one, and then act upon it.

**Optional Assignment:**

For the next week, practice replacing your vacation-hells with vacation-heavens. Then once you’ve affectively climbed aboard the Bright Train, practice returning to NOW and appreciating the moment.