



# ADDventures

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## WHY DO YOU GO TO WORK?

Why do you go to work? Is it for the enjoyment, to keep busy or another specific reason? For years, I have been asking people why they go to work? Everywhere in the world I get the same answer. What do you think that answer is? If you said money, you are right. However, the answer is wrong, even though it reflects the belief of the rest of the world. The secret is no one should ever accept their first answer or the first answer from anyone else. To the extent that you or they think they are being honest, they are not. You must apply the rule of 3+. The rule is to question the answer and then question the answer further, until eventually you will get to the real truth. Give it a try. You go to work to make money. Make money to do what? Do you want a certain lifestyle? Do you want to fulfill your family's needs? What are those needs? Do you want to have a home and a car and to take vacations? What kind of a home, car and vacation? We can go on and on. The bottom line is that you go to work to fulfill your needs. However, you have probably met your basic needs, and you are really going to work to fulfill your dreams, as each of us has different dreams and desires.

Once you realize this, then work is nothing but a stepping stone to help you get where you want to go. The real problem is: Do you know where you want to go? Our dreams become our desires. It is that burning desire combined with the belief that you can do it that provides you with the motivation to make your dream a reality. When you release that passion inside of you to accomplish your dream, nothing will stand in your way. Please remember that work is nothing but a stepping stone to help you get where you want to go. When your job and dream are connected, you get more excited about going to work. You are more motivated, and you will realize your dream.

~ Bob Urichuck

### 5 Mental Attitudes of Winners

If you are serious about changing your career and your life, then get in the practice of working on your mental attitude first. Adopt these 5 mental attitudes of winners to powerfully change your ways of thinking and to permanently change your results.

**1. Understand the law:** There are many absolute laws in the universe-the law of gravity, the laws of mathematics, etc. The most powerful law in terms of your success is the law of attraction. In short, whatever you hold in your consciousness you will manifest in your life. **2. Stop blaming:** So many people blame the economy, their boss, their family, etc. for their failure. But the truth is this: You are 100% responsible for your life and your results. Winners accept this and that's where their power comes from. When you accept 100% responsibility you then gain access to 100% of the solutions. **3. Stop struggling:** Success is easy because all results are simply an out picturing (a physical manifestation) of what we hold in our consciousness (our beliefs). The reason most people struggle (and fail) is because they try to achieve something without first changing their mental attitudes. Winners recognize and work on changing their attitudes and beliefs and expectations first, and then they easily and naturally take the actions that lead to the achievement of their goals. **4. Live life's formula:** Most people live under the false belief that if they HAVE a lot of money, then they would DO the things that would allow them to BE happy. This is totally backward. The real formula for success is to first "BE" act, feel and live in your mind as if you had already achieved your goal-and then you will naturally DO the things that will enable you to HAVE what you want. This is life's true formula and the sooner you live it, the sooner you'll experience success. **5. Stop worrying:** All thoughts turn into things. If you constantly worry about not having enough money, you will never have enough money. If instead you develop a money consciousness, then you will attract all the money you need. Believe me, there is enough money in the work for you to have the things you want!

Carefully monitor your thoughts right before you fall asleep at night and the first thing in the morning. Then ask yourself "what am I asking from the universe every single day? Chances are, what you are dwelling on has already shown up in your life.

~ Mike Brooks

March ADD STAFFers  
of the month:  
Congratulations for jobs well done!!  
Ruthann C ~ Sarah A ~ Tracy K  
Joann S ~ Vicki B



I try to be grateful for the abundance of the blessings that I have, for the journey that I'm on and to relish each day as a gift.

~James McGreevey