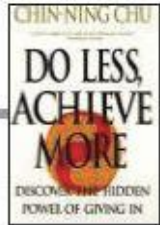


From the desk of

Randy Schuster



**KEEPING YOU AHEAD BY COORDINATING
THE PIECES OF YOUR FINANCIAL PUZZLE**



Do Less, Achieve More

by Chin-Ning Chu

**Fight less with your destiny
To achieve more in your life**

Many of us find ourselves busy to the point of exhaustion, believing success is only attainable at the cost of life balance. In *Do Less, Achieve More*, author Chin-Ning Chu states "Life is meant to be easy". In her book she explores universal truths about the nature of effort, success, willpower, detachment, "creating luck," and reveals the three secrets to inner harmony and success.

FIRST SECRET: FINE TUNE YOUR ACTIONS

Do less.

Stop chasing every "good" opportunity out of fear or greed. Choose instead to focus your resources and prioritize your activities. You will find good fortune smiles on you more often and contentment and ease will follow.

Make peace with time.

Time exists outside of us and is impossible to manage - you can only manage yourself. The keys to self-management are prioritizing activities, simplifying tasks, planning less for each day and eliminating activities that waste time. In doing this you will be able to do all you have planned each day without exhaustion.

Trade what you have for what you want.

Life is always full: each day is exactly twenty-four hours filled with the "stuff" of your life. You may have to give up some things to get what you really want. Soul search about your goals for each part of your life. Determine exactly what you need to do to reach your goal. Then look at the trade-offs and decide if you really want the goal after all.

Direct your dreams to direct your life.

Thoughts that occupy you during the day will affect your dreams at night. Put your dreams to work by directing them to imagine your goals. In persisting in this visual self-correction you will break old mental patterns that limit you and start to live your dreams.



Randy Schuster

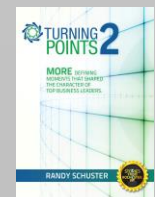
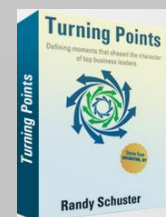
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SECOND SECRET: PUT YOUR MIND AT EASE

Irritation is the beginning of wisdom.

Irritation warns you that something is wrong in your lives and pushes you to struggle to overcome obstacles, awakening your spirit of competition. It is an essential motivator that encourages changes in your life.

Surrender reveals your destiny.

Giving into destiny is not doing nothing. It means using your given abilities, talents and strengths to bring about a better life for yourself and others. Chu believes destiny reveals itself in three stages: (1) dissatisfaction with your life; (2) a turning point; and (3) recognizing no one can take away what is destined to be yours.

When you are willing to not survive, you will thrive.

Fear for survival can paralyze you. Conquering the fear of death will enable you to live a life of boldness and freedom. You will recognize what is truly important rather than what you feel compelled to do.

Grant yourself grace.

Use a mantra or prayer to grant yourself acceptance and grace rather than heaping scorn and self-doubt upon yourself. Mantras and prayers call a divine source of unlimited power for help.

Four toxic motivators

Desire, anger, fear and greed are dualistic motivators. When used for the right motives they can propel you to success. However, improper use will make them counterproductive to success.

THIRD SECRET: DISCOVER THE DIVINE POWER

Transform from reactionary to restful controlling.

Recognize that reactionary behaviors are controlled by others. Take back control of your actions by also taking a step back to 'watch'. Allow yourself to rest within to replenish your power.

Find the resting point.

Utilize meditation and silence as opportunities to rest in your heart. Age-old meditation and breathing techniques can be done anywhere to renew your spirit.

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