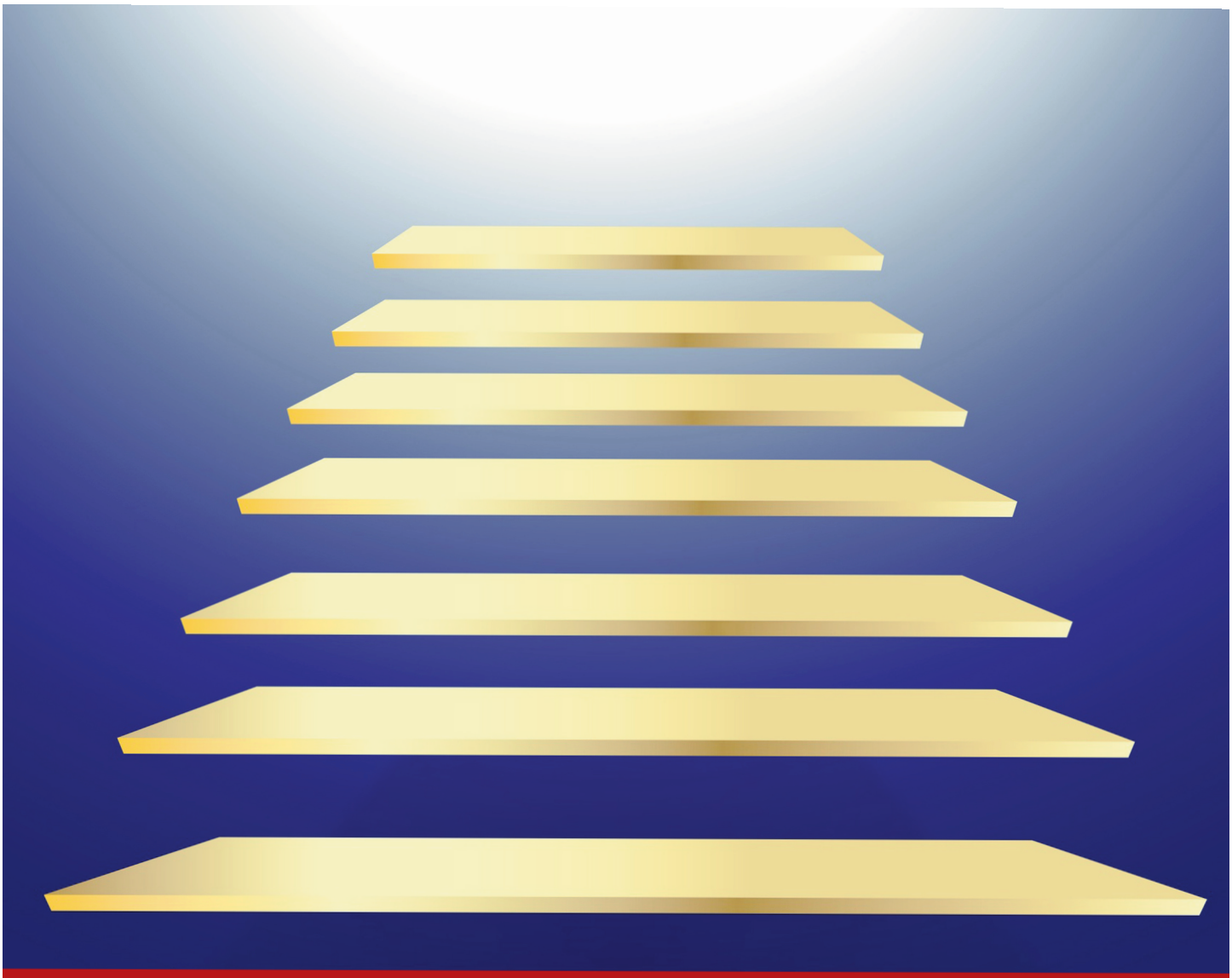


SESSION ONE

THE STAGE CLIMBING SOLUTION

How to Achieve Optimal Fulfillment in Your Business, Relationships and Life Purpose

WORKBOOK

MICHAEL S. BRODER, PH.D.

The Stage Climbing Solution

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SESSION ONE

"We are wiser than we know."
—Ralph Waldo Emerson

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ABOUT THIS WORKBOOK

IMPORTANT

To begin—Please save this workbook to your desktop or in another location. Rename then resave the workbook for each session so you'll always have this "master" copy to work from.

How to Use This Interactive Workbook

How can you get the most out of this interactive workbook? Research has shown that the more ways you interact with learning material, the deeper your learning will be.

In fact, this workbook is designed so that you can fill in your answers right inside the workbook document that will accompany each session. By the end, you'll have your own personal success system.

For each session, we recommend the following:

- **Pay particular attention to the questions, strategies and exercises that resonate with you.**
- For best results, listen to the session with the visuals at least once. However, this program was also designed to be effective with or without the visuals, for listening in the car or while exercising (for example).
- Complete the exercises or answer the questions that speak to you right in this workbook or wherever you'll be most likely to do them. **Remember, nobody else ever has to see anything you write!**

Don't just listen to each session—devour it! Strategies don't work unless you use them. Test and use the tools and strategies that make sense to you, consistently, over time—until they become hardwired habits. Many of the sessions, you'll want to listen to more than once. Pay special attention to the key ideas that you feel most impact your attitudes, actions, and results. True and permanent change takes focus, commitment and quite often—repetition.

Welcome to This Life-Changing Journey, to Your Highest Potential!

The zone where:

- You are fully connected to and living by your unique passions and purpose
- Your dreams not only reside, but also come true… In any and every area of your life!

This course is about you and your life:

- What it is now
- What it's been
- And perhaps most importantly, what it can be very soon!

So let's get started!

Why are you **taking this course**?

Write your thoughts to these questions in the spaces provided.



Please consider also posting your thoughts about this or any of the questions in this session to our discussion board.

What are your goals for this course?



If this course were to deliver for you far more than you ever expected it to, **how would your life be different**?



What would you do differently, if you could **take more initiative with control of your life**?



What could you accomplish if you were **more self-disciplined** or took more responsibility?



How would your life change if you were **living life by your own rules**, instead of ones that no longer work for you?



How about if you **no longer feared change**?



What could your life be like if you had **no more anxieties about failure**? Looking foolish or ridiculous? Not being "perfect"?



How about if you could **choose and handle all of your life roles, without feeling overwhelmed**?



How would your life be, if you were governed by your passions, that is: Where you *feel the best about yourself*? What *you love the most*? Have the *strongest feelings* about? Where you're *most creative*?



What **contribution to the larger world outside of yourself** that you would like to make?



What's the **biggest thing that you would do if you really knew you could pull it off**—<u>if you could achieve your one biggest major goal</u>?



Imagine yourself as already having reached this one big goal or completed this mission you've identified. What is going on around you? **See yourself doing** and/or being **whatever it is you've imagined** is possible once you've achieved this goal.



Make a list of past successes. And consider this as a frame of reference you may want to come back to as we progress through the course. It can serve **as a reminder of what success really looks and feels like for you.**



Anytime a realistic goal sounds too daunting or as though it were something that you can't really or seriously imagine achieving, remember this frame of reference.

Now make another list of the things that **you've already accomplished in your life that you feel most proud of**. This could be more past successes or ways you've made a contribution that you didn't think you would be able to make. **Consider this list**, which I hope you will also add to as more of your personal successes occur to you, **as a source of support for whenever you need it.**



Imagine Your Potential in An Area of Your Life
Take an area of your life:Your career, parenting skills, your marriage or love relationship, business, spirituality or any other part of your life that you would like to look at right now. Got it?

In the box on the left side jot down a note or two regarding **what is going on now in that area of your life**—for example, what's working, what's not and perhaps what you would like to change —write just enough so that you can come back to it later.

In the box on the right side, write down what you consider, as of right now, where you think it could be. What you put on the right side of your paper is what we'll call **"Your Potential"**as you see it right now in that area of your life—or a rough draft of it.

WHERE MY LIFE IS NOW

WHERE MY LIFE COULD BE

Next, expand on this a bit by imagining: Where you would like to be in that area of your life in a month? 6 months? A year? 5 years? Twenty years? And perhaps even Ultimately?



The Seven Stages:

- Stages are simply plateaus of development that pinpoint how much you've evolved or matured *in any given life area.*

- There are seven possible stages in any life category, numbered from one to seven. *You could be operating at different stages with respect to your career, love relationship(s), as a parent, socially, spiritually and sexually.*

- **Stages One through Four are our normal—or typical—"default stages" from birth through late adolescence.** They are also the stages that as an adult, you most likely want to get beyond, as they are the forces behind our most problematic obstacles—or *hooks*—that block the zone we are looking to access.

- **Stage Five** is the *normal or typical* stage for an adult in our society.

- **Stages Six and Seven are your "target stages".** This is who you are at your best! It's **your passion and purpose driven life** where fulfillment and happiness is *in*ternally generated—***the zone of your highest potential*** —the life you were born to live—where you are using the best parts of yourself to accomplish almost anything!

Stage One is the only possible stage during infancy. After that, our *problematic hooks* in Stage One can cause us to be overly dependent upon others, often resulting, for example, in feelings of *inadequacy* and *victimhood*.

Stage Two is the normal and typical stage for toddlers, where "learning limits" is our principal task. Our *problematic hooks* in Stage Two can thereafter lead us to a life without regard to limits, resulting in *primitive and highly undisciplined behavior* and self-centeredness along with that "toddler like" tendency to act out and create much chaos for ourselves and others.

Stage Three is the usual stage through late childhood, where it's important to learn the rules of living in a civilized society. Thereafter, our *problematic Stage Three hooks* can morph us into various degrees of being a *rigid rule abider* or an authoritarian personality—not yet ready to be unique—who's inflexible regarding rules and ideas.

Stage Four is the typical stage throughout adolescence, which is when we form our unique identities, and ideally come to accept ourselves for the individuals we've become. As an adult, however, our *problematic Stage Four hooks* often result in anxiety or depression, self-doubt, alienation, shame, and a wide variety of self-defeating behavior as well as *approval seeking, perfectionism, fear of failure* and *self-consciousness*—much like the most difficult aspects of our adolescence.

Stage Five is the normal or typical stage for an adult in our society. At Stage Five, you often think of yourself as a *role juggler*, or the sum of all your life roles; such as what you do in your career, as a spouse, parent, friend, golf partner or church fundraiser; for example. Your characteristic view of life at Stage Five is generally *comfortable, dispassionate,* or *neutral*.

Stage Six is a "mature" adult—as determined not by your chronological age but by the way you conduct your life—with a strong integrity and sense of self. At Stage Six, you rise above your roles; and operate according to your own unique and internally generated values and passions. To the extent that these become your driving forces; genuine fulfillment, spirituality, life purpose and happiness result. This is the stage in which you love, enjoy, excel, and create *in your own distinct way*.

Stage Seven is the highest stage attainable. At Stage Seven, you're beyond *needing self-gratification*, and find fulfillment as a result of your *benevolence* and your unique purpose driven contribution to others, to the world, and to how you can be an agent of change in some large or small way. At Stage Seven, your purpose *outside* of yourself has more importance to you than what is purely in your own self-interest.

Your Hooks

Any part of you that is *uncharacteristically* in a stage higher or lower than what your **"default stage"** would indicate. Some hooks can be highly beneficial, while others extremely counter-productive. Hooks can propel you forward or hold you back. Think of your hooks as things you *sometimes* do, feel or believe that are *anomalies* or *exceptions* to how you normally operate.

Between now and our next session: Simply review the questions I asked you to consider throughout this session, about the journey you will be taking throughout the course. Make sure to add any additional thoughts or answers that may occur to you. What we've done during this session is design much of the blueprint for where you'd like to take your life. In the next session, we'll beginning our work on each stage, as the means to get there!

Now and after each session: Please to remember post any questions or comments you have to the discussion board, and to revisit any of the material that can use another listening!

To Contact us:

StageClimbing.com

DrMichaelBroder.com

Media Psychology Associates
1420 Locust Street, Suite 7G
Philadelphia, PA 19102

Phone: 800-434-8255

To email Dr. Michael Broder directly:
Michael@MichaelBroder.com

For administrative matters:
info@StageClimbing.com