Stage Climbing

To Reach Your Highest Potential in Your Career, Relationships and Unique Life Purpose



Week 1

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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!

Within You Are All The Essential Ingredients You Need To Make This Journey In The Shortest Time Possible

The applications are limitless!

The only way you won't succeed is if you give up!



The Stage Climbing Premise Is Simple

It's a well established fact that *we organically develop in stages*.



Certainly we do *physically and our psyche does as well*: intellectually, emotionally, creatively and spiritually.

As we outgrow or complete one stage, we move on the next.

“We are wiser than we know.”

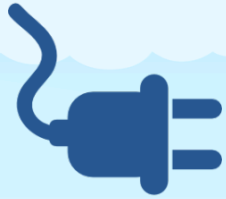
---Ralph Waldo Emerson



Our Goals For This Course Are Simple



To teach you a *clinically proven system* to understand yourself and any aspect of your life better.



To help you connect with *your unique passions and purpose* for operating at *your highest potential.*



To guide and support you in making whatever changes you choose to make.

Some Questions To Ask Yourself

Why are you here? → **What are your goals for this course?** → **If this course were to deliver for you more than you ever expected it to, how would your life be different?**

For example…

- What would you do differently, if you could you take more initiative with or 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? Not being perfect?

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

How about if you were governed by your passions---That is where you feel the best about yourself? Love the most? Are most creative?


What's a 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... if you could achieve one big major goal?

Now Imagine . . .

Imagine yourself as already having reached this one big goal or completed this mission you've identified.

See yourself doing and being whatever it is you've imagined is possible once you've achieved this goal…

What is going on around you?



Make a list of:

- Past successes…
- Things that you've already accomplished in your life that you feel most proud of…



And consider these as a frame of reference you may want to come back to as we progress through the course.

Fantasies:

Things that you imagine doing that you know you are never going to accomplish or that are truly impossible and thus out of reach.







Dreams:

Dreams are the precursor to results!

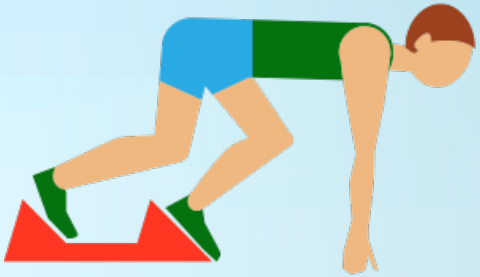
To be a dream, it must be possible, given your realities.

To make a dream come true, you need the strategies, the will and the commitment to make it happen.



Goals

All Goals start out as dreams!



To make a dream a goal, you simply need to set times lines to it along with clear criteria for achieving it



In this course, we'll all be working together to *relentlessly* convert your dreams to goals and then we'll pull out all of the stops to reach them!





For more information about Michael Broder, visit DrMichaelBroder.com


Life At Your
Highest Potential =
The Life You Were
Born To Live!

Life At Your Highest Potential
A Laundry List



Take the initiative

to do whatever is necessary to reach your long-term goals with an exciting openness to new experience; and connect with others in a more satisfying way.

Commit yourself to eliminating blame and forgiving

your parents,

former love relationships,

bosses,

work associates,



or anyone else toward whom you still have anger or other negative feelings—including, and perhaps most importantly, yourself

Be aware of the infinite number of life choices available to you,

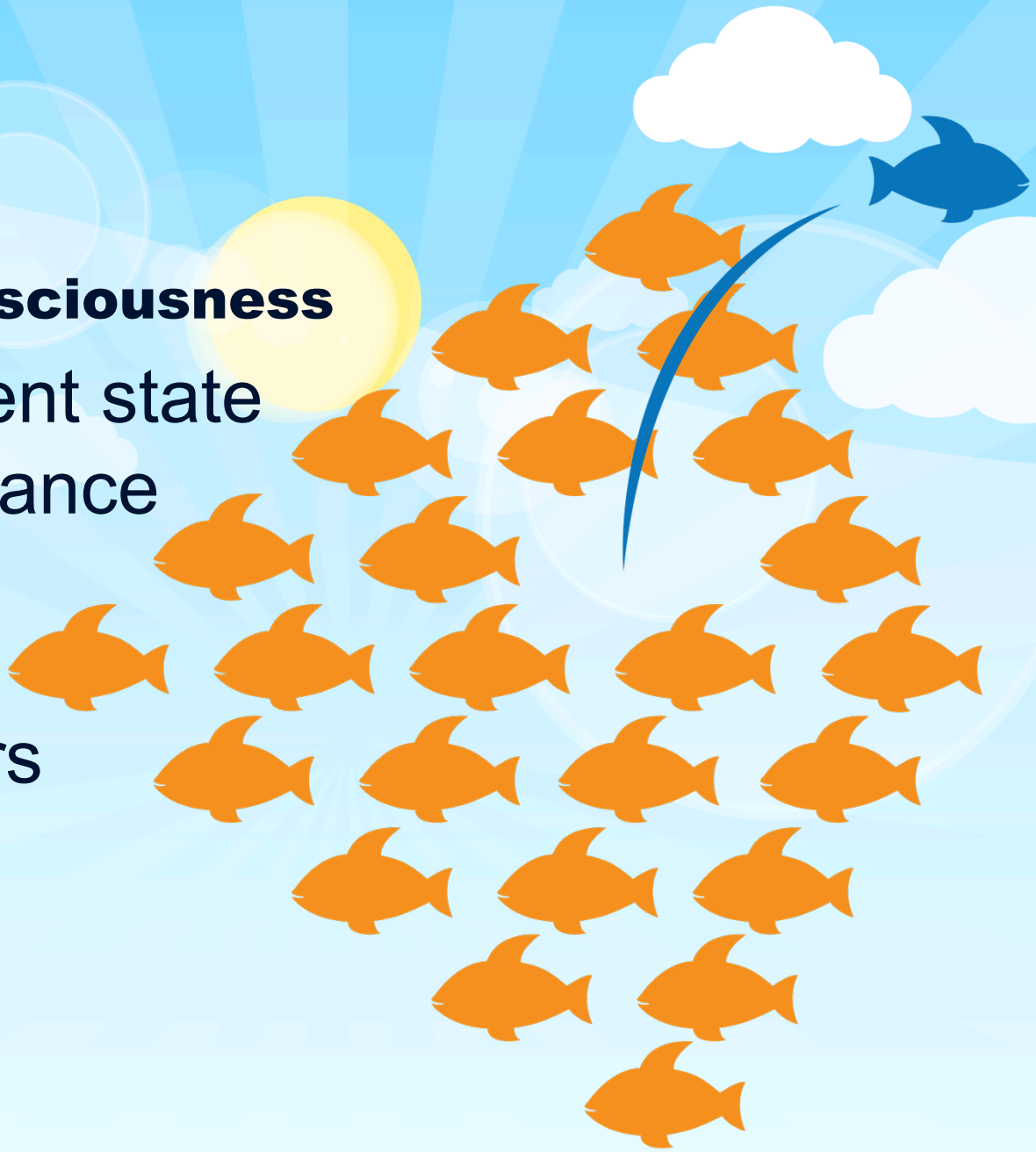
Become empowered-- rather than overwhelmed--- by them

Never again allow the expectations of others to override those you have for yourself.



Trade self-consciousness

for a permanent state
of self-acceptance
that's never
predicated
on what others
think of you



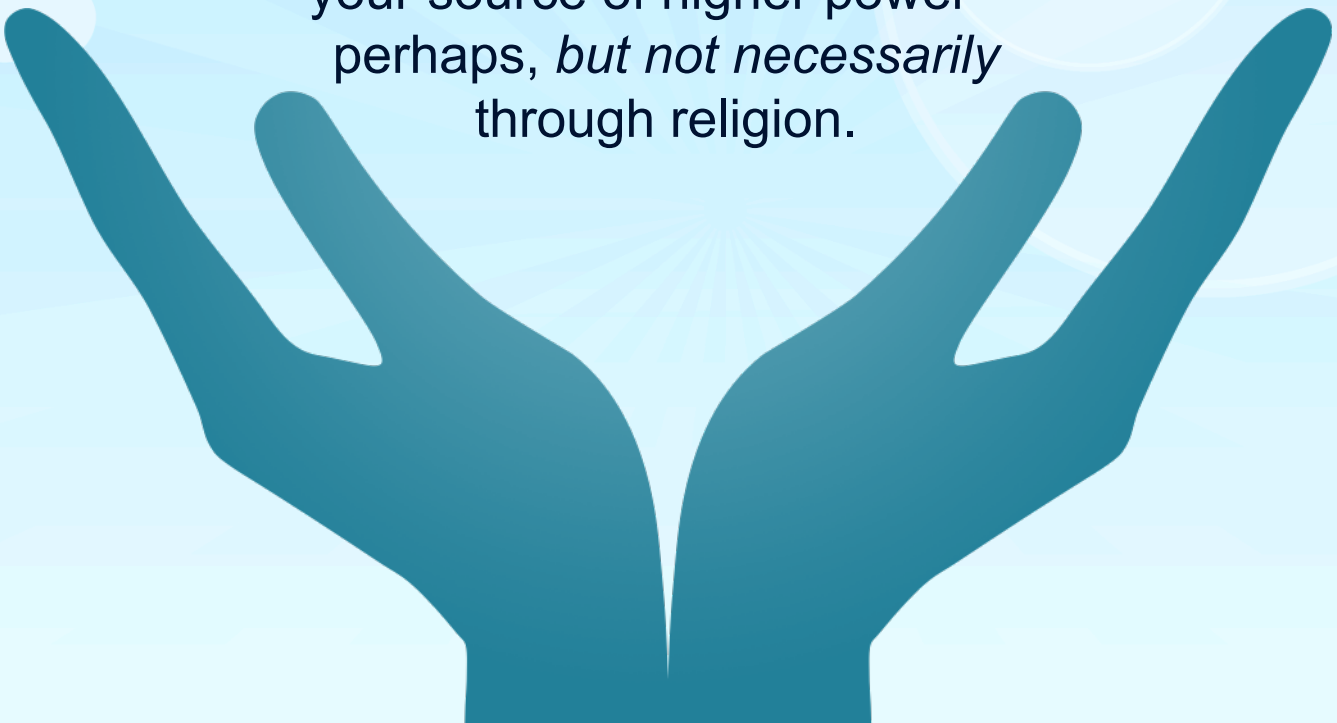
Make passion your guiding force to live by along with your desires, purpose, and strong determination



Your motivation now comes from within yourself

Be open on a spiritual level, with purpose and gratitude your guiding forces providing direction whenever you need it.

Connect directly with God, your Higher Self,
or whatever you may call upon for
your source of higher power—
perhaps, *but not necessarily*
through religion.





Become committed to your unique contributions to the world and those around you.



Connect to things much bigger and more important than yourself.



Eliminate your fear the future or death



You are at peace and free of inner conflicts



Self-defeating behavior longer serves a purpose

Stage Climbing System:

For Systematically Getting To The Zone

Ties therapy, coaching, human development, spirituality and many powerful and proven strategies together

Almost 40 years in development and practice.

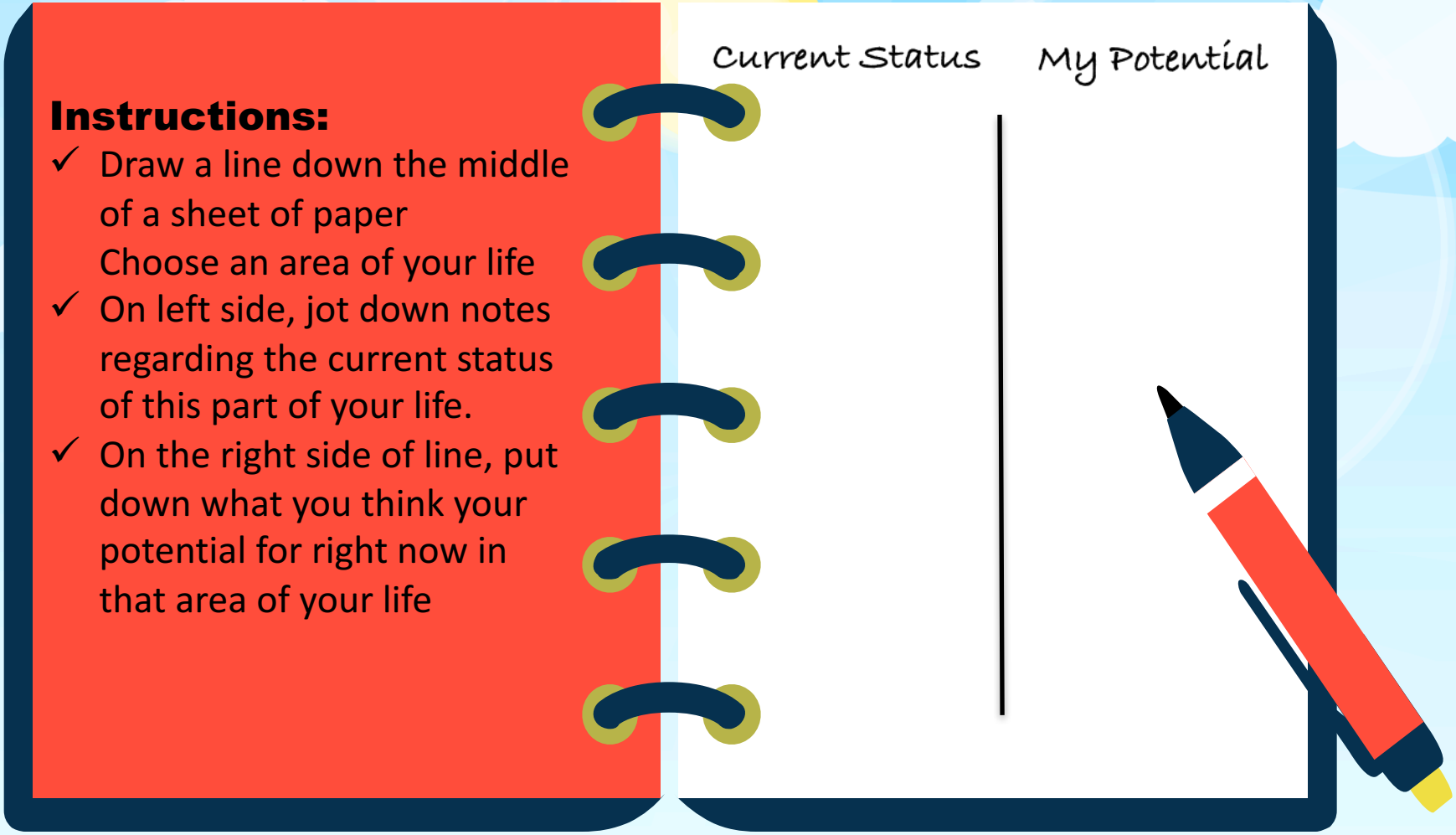


Strategies to take you to that natural and organic place within yourself where you're effortlessly operating by virtue of your passions and your purpose

Imagine Your Potential In An Area Of Your Life

Instructions:

- ✓ Draw a line down the middle of a sheet of paper
  Choose an area of your life
- ✓ On left side, jot down notes regarding the current status of this part of your life.
- ✓ On the right side of line, put down what you think your potential for right now in that area of your life



Some Words About Potential

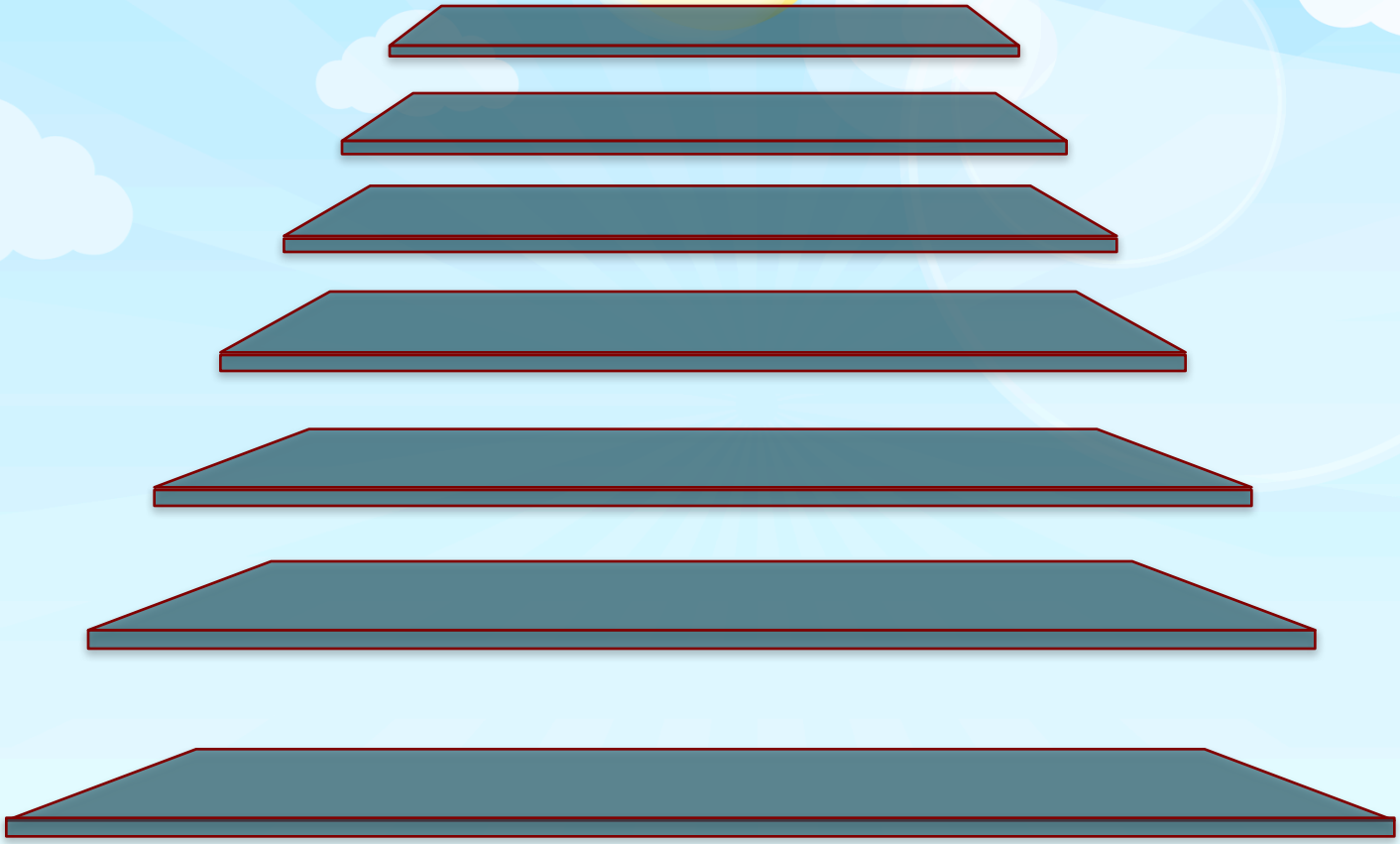


- Don't compare *someone else's potential to yours.*
- The only valid comparison to make *is between yourself as you are now*…and *what your life could be!*
- Everything you need to reach your highest potential is already a part of you!
- *You need only the strategies and will to get there*.
- So we'll bring the strategies, *you bring the will*!

Stage Climbing

A simple system for understanding just how complex you are.

Stage Climbing uses deliberate strategies to help you choose new attitudes, beliefs and behaviors consistent with operating at *your highest potential.*



The Stage Climbing Goal

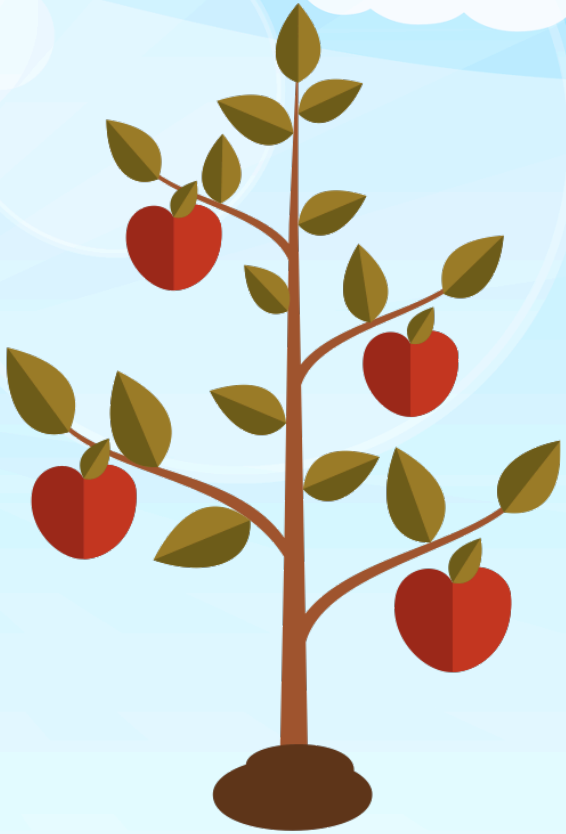
The Stage Climbing mission is to *get that natural process unstuck*, where it's stuck and bring it firmly under your control

Maturation to the point where you are operating at your highest potential is *a natural and organic process* that often becomes stuck

The goal of Stage Climbing is literally to help you to *"grow up"* ---or operate as a grown up---and *in the shortest time possible*, in those specific areas of your life where you believe you may have fallen behind.



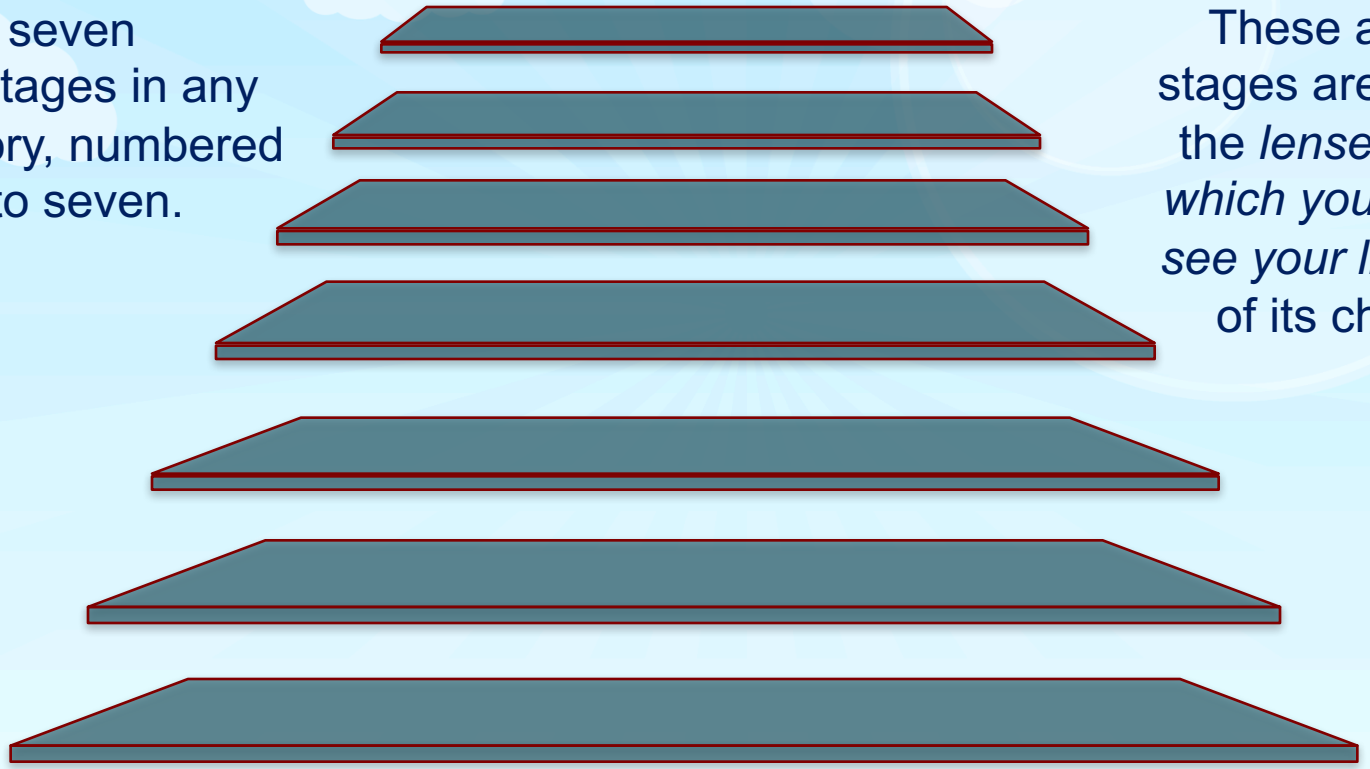




What Are Stages?

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

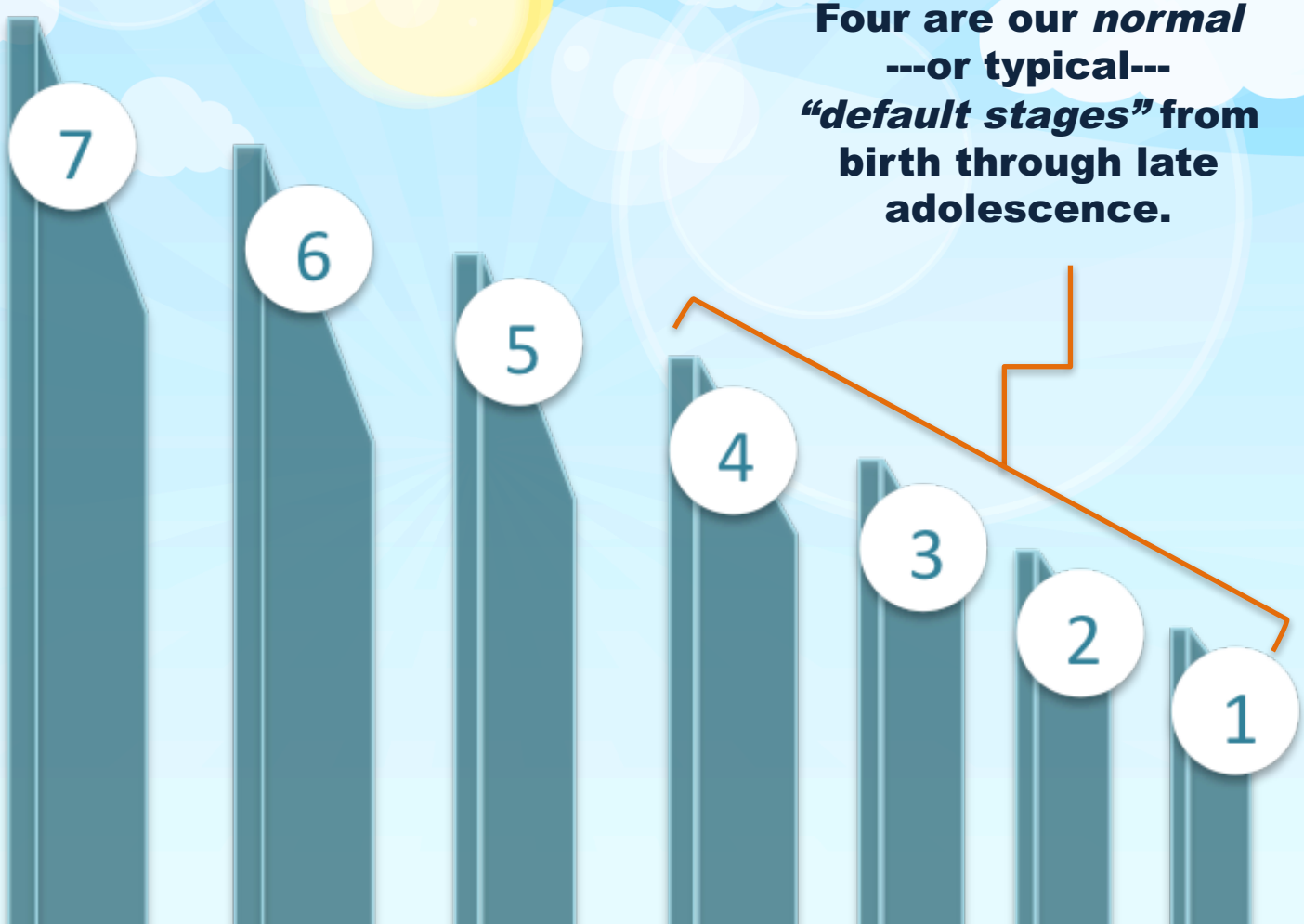
There are seven possible stages in any life category, numbered from one to seven.



These ascending stages are in reality the *lenses through which you distinctly see your life* and all of its challenges.

The Stages

These first four stages are also the ones that as an adult, you most likely want to get beyond, wherever you might be stuck.



Stages One through Four are our *normal* ---or typical--- *"default stages"* from birth through late adolescence.

Stage One

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*...

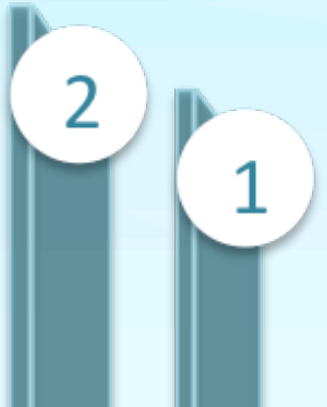


Stage Two

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.

- Primitive and highly undisciplined behavior
- Self-centeredness
- Tendency to act out and create much chaos for ourselves and others



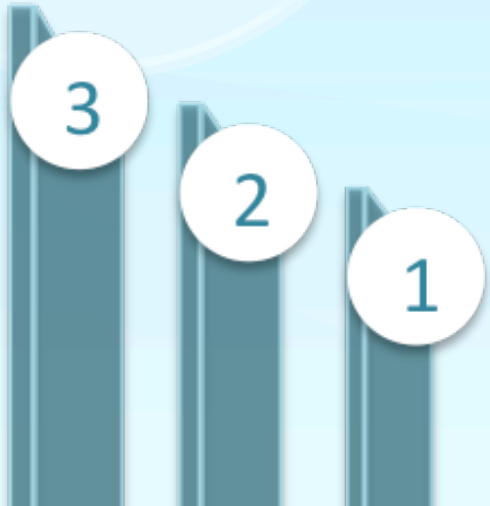


Stage Three

Stage Three is the usual stage through late childhood, where it's important to learn the rules of living in a civilized society. Stage *Three problematic hooks* can morph us into various degrees of being a rigid rule abider…

- Authoritarian personality.
- Not yet ready to be unique.
- Inflexible regarding rules and ideas.



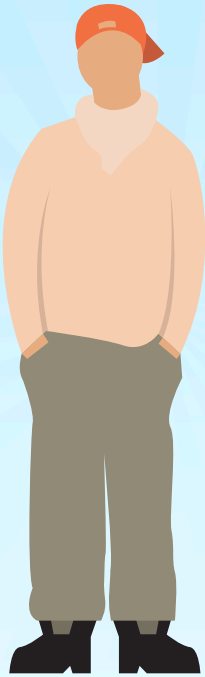


Stage Four

Stage Four is the stage throughout adolescence when we ideally come to accept ourselves for the unique individuals we've become. Our *problematic* Stage Four hooks often result in a wide variety of self-defeating behavior…

- Approval seeking
- Anxiety and depression
- Self-doubt and shame
- Perfectionism
- Fear of failure or success
- Self-consciousness

Much like the most difficult aspects of our adolescence.





Stage Five

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.

- View of life at Stage Five is generally comfortable, dispassionate, or neutral.
- Ideal attitudes and frame of mind to function best, while doing what's merely necessary to keep your life together and functioning.
- A Stage Five frame of mind is important to have at times with respect to certain relationships and activities.





Target Stages: Your Life's Purpose

Stages Six and Seven are the stages that most people aspire to---your "target stages"

This is you are at your best!

It's your passion and purpose driven life where fulfillment and happiness is *in*ternally generated.

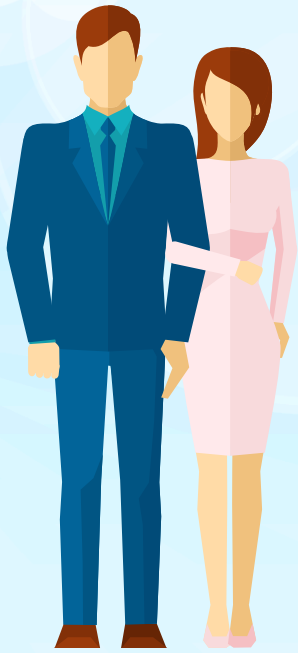
It's the *zone of your highest potential*--- *the life you were born to live--- where* you are using *the best parts of yourself* to accomplish almost anything!



Stage Six
First of Two Target Steps

Stage Six is a "mature" adult---as determined by your not by your chronological age, but by the way you conduct your life --- with a strong integrity and sense of self.

- Rise above your roles.
- Operate according to your own unique and internally generated values and passions.
- These become your driving forces
- Genuine fulfillment, spirituality, and happiness result.
- You love, enjoy, excel, and create in your own distinct way.



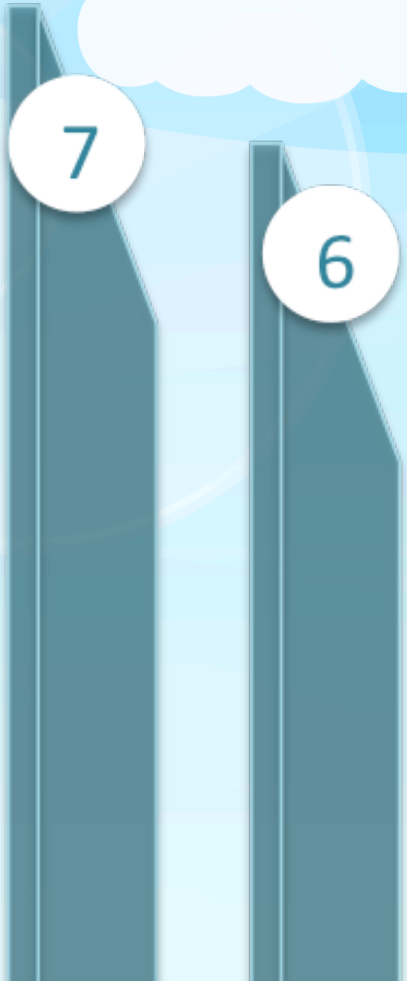
Stage Seven
Second of Two Target Steps

Stage Seven is the highest stage attainable. At Stage Seven, *you're beyond needing self-gratification!*

- You find fulfillment as a result of your benevolence and your purpose driven unique contribution to others, to the world, and to how you can be an agent of change in some large or small way.

- Your purpose outside of yourself has more importance to you than what is purely in your own self-interest.





A Hook . . .



Any part of you that is uncharacteristically in a stage higher or lower than what your “default stage” would indicate.

Some hooks can be beneficial. Others extremely counterproductive.

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.

Seven Habits of People Who Characteristically Enjoy Life At the Target Stages

1. They take initiative to do whatever it is they need to do.
2. They are disciplined and take responsibility.
3. They learn how to question rules and are always open to alternative ways of thinking about things and doing them.
4. They are not afraid to risk failure or to sometimes even look foolish, but in any event they are not governed by their fears or anxieties. Instead, they work hard to convert them to courage.
5. They can handle the logistical issues in pulling off whatever it is that they are trying to do.
6. They trust themselves to follow their passion and whatever inner guidance they get, to take them to their creativity, talents and the things they love and enjoy doing.
7. They keep their eye on their mission which they see as making an indelible contribution to something larger than themselves.



Please take notes or keep a journal as we go along in order to help to hardwire the new attitudes and actions.



Remember, you're competing with no one.



Post any questions you have for me.

This can be done with your name or anonymously.



Our live group coaching call is, where you can call in ask me anything directly.

In The Next Sessions

- We will go through each stage in detail and I as well as our guest presenters, will give you lots of resources for the issues of each stage that you may find useful in reaching your goals.

- We'll do stages 1 and 2 in our next session and for many people they are challenging and may even be difficult to hear about, but we have to get a handle on those problematic hooks, before we get to the good stuff.

- A goal of this course is to get you to stages 6 or 7 *with at least* one aspect of your life. Which part or parts, of course, is entirely up to you.

- ✓ Confidentiality
- ✓ Accountability Partners
- ✓ Questions or Comments
- ✓ Coaching Calls
- ✓ In the next week, simply review the questions I threw at you throughout this session.