
The Four Principles

BY DEENA MORTON

The **Four Principles** is a no fail formula,
used to **develop your self.**

It is simple, easy, effortless and something fun
to implement in **all areas of your life,**
to **create results** beyond **your wildest dreams.**

There is no destination...**It's always a journey.**

Use **The 4 Principles**

to get anything you want and make it a habit.

You'll be glad you did.



1. Clear Goal

“If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life” – ABRAHAM MASLOW

Why Have a Clear Goal?

Goals give you clear direction. Like a lighthouse – when the waves of life come crashing in, it is at that time the lighthouse will guide you to safety, bring you home or keep you on the correct path in the direction of your dreams. Clear Direction, Goals and Dreams, when worthy of yourself and others, give you great purpose. There is magic that happens in an instant when you make a decision on a goal and make a claim “This is where I am headed and no circumstance or person will stop me!” Immediately in that moment you step into the dream and begin living it.

A proper goal will challenge you to grow, improve your confidence, bring out your potential, and change the beliefs that don’t serve you or others. Proper goals don’t get you excited, which is an emotional response to an outside experience ... they inspire you, which is a state of mind and way of being. Excitement is reliant on circumstances, Inspiration is a choice and lasts through the challenges and triumphs of goal achieving. When you make a decision to go for a goal, although in the process you may make mistakes, it is inspiring for others to watch. It gives others permission to take action on their dreams and goals.

It is not enough to just simply think of a goal. It is only “taking action” which brings about freedom and inspiration; then, and only then, will that “Magic Moment” happen. For those of you who have ever gone after a worthy goal, made the decision, you know what I am talking about – that “Magic Moment.” If you were to ask me to describe what it feels like, I would describe it like this: True Freedom; setting your soul free; letting go; soaring like an eagle; light, weightless beauty; true joy, peace and happiness; good scary; jumping and growing your wings on the way; faith in yourself; understanding your life matters and you make a difference... like I said – True Freedom.

On my life journey I have discovered this quote: *“There is nothing more inspiring than watching someone go after their dreams and There is nothing more Freeing than being the person living them”.*

The greater the desire, the easier it is to lock onto the goal or dream and not be knocked off course with the first, second or third roadblock. The greater the purpose of the goal

the stronger the emotion becomes. The easier it is to overcome the obstacles, old habits, old ways of thinking, the critics, or family and friends that may discourage you. Once you have decided to go after your goal get emotionally attached to it. Lock on to the end result. Get committed to the result not the struggle.

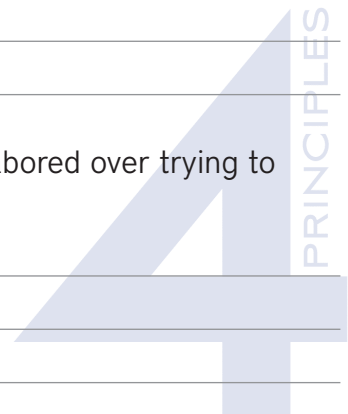
*“If you don’t know where you’re going,
you will end up somewhere else.”*

What are some things you want to do, but have never set aside the time, that would bring you, and/or the people around you, joy or a lot of fun?

What are a few simple things that you would like to do that, over time, you know would make a big difference?

What is something that you want to do but have made money the excuse for not going after it?

What is something you want to be, do or have that you have labored over trying to figure out how to get?



What are some of the dreams you have that keep you up at night?

What is something you would like to learn?

What is something you want to buy?

What is a financial goal you want to achieve and why?

What is a goal or a dream you would like to do with someone?

What places do you want to go? ...and what things do you want to see?

What people do you want to take with you?



How would this goal affect the following?

- Your family?

- Your neighborhood?

- Your community?

- The world?

Would it make all of the above better? Why or Why Not?

Once you have determined all of the above, it is time to get crystal clear on what the experience of achieving this goal will be like.

“Give the gift of life, wake a dream.” – DEENA MORTON

Describe in great detail how you are going to feel about yourself as a result of achieving this goal?



What will you look like?

How will your confidence be?

What limiting beliefs will be no longer?

What will your family say to you?



What lives or how many lives will be changed as a result of your contribution from achieving this goal?

What kind of people and friends will you have in your life?

What life experiences will be different as a result of this goal becoming your new reality?

What new habits will you have?



Helpful Hints:

- Don't get hung up in the way it looks or how it will happen.
- If you're not sure what to do with a big goal — start with a small goal. (Action is most important.)
- If you know where you're going and why — the how isn't important.
- Just start and continue to take one step after another
- Wake up everyday and expect great things.
- Take Action, Take Action, Take Action!
- Stay committed to the end Result(s) vs. Struggle or the process.
- Ask yourself, "Is this getting me one step closer to my goal or one step farther away?"
- Visualize yourself often experiencing your goal, feeling your goal being a part of your life, doing it, having it, and living free daily in it or with it, and the joy it brings you as well as others.



2. Others Focused

*“Life’s most persistent and burning question is,
‘What are you doing for others?’”
– MARTIN LUTHER KING JR.*

So now that you have your Clear Goal, you know where you are headed. Now take your goal and put it somewhere safe within your mind, on a goal card, or a vision board.

The next step is Others Focused. Always leave others better than you found them. Go out and consciously look to make a contribution in everything you are doing.

I cannot stress enough how important this 2nd principle is. Rather than asking yourself “What’s in it for me?” or “What can I get out of this?” ask yourself this instead – “What can I give?” or “How can I contribute?” This is where the magic happens – in the 2nd principle. Creating the habit of being others focused takes the hard work out of chasing goals and chasing money. I call this “working smart not hard” – and it is a lot more fun.

“From abundance, I took abundance, and still abundance remains”

When I say “unconditionally give” I mean this – if you have money and resources, you will often times go straight to the thought of contributing money vs. time, love, a good listening ear or the intangible gifts you can always give, with or without the convenience of cash. On the flip side, if you don’t have many resources or a wad of money, you may go straight to the thought that you don’t have anything to give vs. thinking of all the things you can give – like reading to someone, making a cake for your neighbor, offering someone good advice or a listening ear, raising money for someone who just lost a loved one, or the single parent to help pay for expenses. Regardless of circumstances there are always so many things that you can contribute.

Your contribution is limited only by your choices and your creativity. We all have something to offer that someone else needs and wants. When you are **unconditionally** giving instantaneously you will begin to experience the following benefits: it is fun, inspiring, energizing, easy, effortless, stress-relieving, fulfilling, it improves your health, brings joy and abundance, people enjoy being around you – and the greatest thing is, you never run out of giving power or “things” to give. I’ll say it again – this is where the magic lies.

In addition to all the good stuff... Confidence is one of the many personal benefits you receive as a result of unconditional giving. As your confidence grows you can learn more, earn more money, make a greater contribution, parent better, be more secure in relationship and the list goes on and on. It is something you choose to do for absolutely no other reason than the very fact that you know you can, and so you do, period.

Let's talk really quick on identifying **conditional** giving. This may be something you do and you may not even be aware that you are doing it. And you need to course correct quickly to help you get the benefit of this important step. So if this is you, take notice, change your motive for giving, and do it instead because that is the person you choose to be. We know when we are conditionally giving if we are looking to be appreciated, recognized or noticed by someone, win favor, prove something, be liked or loved, to get more money, a promotion, so someone won't get mad at you and so on. If you are still not sure if this is you... this is what happens when giving is **conditional**. You will feel exhausted because you are giving, giving, giving and your cup has run dry. You have run out of giving power. You're tired, hurt, frustrated, and mad at people. You thought things would be different by now after all you have done for them. Your marriage isn't getting any better, your boss didn't give you a raise or that promotion, your friend didn't send you a thank you note, you didn't get invited to the party or the weekend get away, your income or business hasn't increased or improved, your parents don't approve of anything you do, nothing is getting better no matter how hard you have tried. If this is you – Stop! Stop giving and then expecting people to react like you think they should. That is controlling and your motive is way off.

I have great news, remember the paragraph on the benefits of **unconditional giving**. I said **unconditional giving** is fun, easy, energizing, and it is fulfilling – go ahead and read it again considering it will probably sound better and different now that you are beginning to understand yourself better.

When you are helping others get what they want, it is a guarantee that you will have what you want. I am going to be bold and say even beyond your "wildest dreams." Now, I didn't say it would come from the person you gave to, or in the form you want it to. I said, "You will have what you want." Remember **unconditional giving** is a choice you make to freely give, expecting nothing in return nor anyone to compensate you in any certain way. When you give freely the return comes in many forms, from many sources, in many ways. So, even before you achieve your goal you immediately experience some of the priceless gifts of giving that money cannot buy.

Life Experience:

What life experiences do you have?

- Are you a mother or father, sister or brother, aunt or uncle, grandma or grandpa?
- Are you one or more of the following: married, single, widowed, gay, divorced – or know anyone who has had any of these experiences?
- Do you currently own, or have you ever owned, a business; lived on your own; traveled; etc.?

Note: If someone wants you to share your life experience with them, be careful not to tell people what to do. However, you can always share what you learned without making someone right or wrong. You can always ask great questions and help them to determine the best road for themselves.

- What types of education or specialized knowledge do you have?
(Examples: high school, not a high school grad, trade school, college, personal growth, real estate, hair stylist, x-ray tech, dental assistant, business classes, parenting or marriage classes, marketing, web, art, etc.)

Ideas of some things you can do:

- Are you good at asking questions and being a good listener?
- If you can smile that is always nice to do and can make someone's day.
- Opening the door for someone.
- Helping someone with his or her groceries.
- Picking up trash.
- Babysitting for a single parent.
- Contributing money to worthy causes.
- Become a mentor for children in a group home or orphanage.
- Help with someone's pet(s).
- Help with the elderly.
- Look on the web for opportunities to volunteer.
- Tithe.
- If you have a car and can drive – you can give someone a ride.



*It only takes one person, with one idea, who makes one decision,
who takes action to make a difference.* – DEENA MORTON

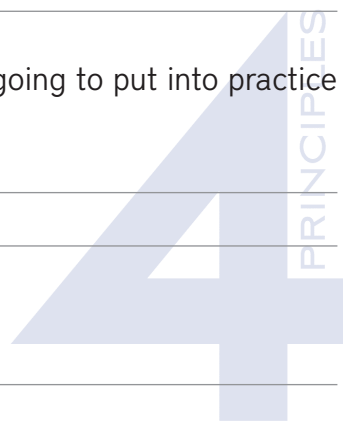
Use the space below to continue writing down things that you have to contribute:

Questions:

In what ways have you discovered that you can actively give on a daily basis that you did not realize before?

What one thing out of this chapter did you learn that you are going to put into practice today?

What one thing are you going to choose to make a new habit?



Over time what will be different in your life, and the lives of others, because you chose to make being outward focused a new habit?

How have you actively been an “Unconditional Giver” today?

What did you learn about you today from reading this 2nd Principle?

Helpful Hints:

- Practice the impression of increase — Always leaving everyone better than when you found him or her.
- Help others get what they want and you will get what you want.
- Being others focused takes the hard work out of chasing goals, dreams and money and results in “working smart and not hard.” In other words, in “Harmony” with God, the Universe, Higher Power, The Source, The Laws etc.
- When you’re truly helping others, being outward focused and making a contribution ... What you want will chase after you faster than you could ever chase after it.

Reference Chapter 14 in *The Science of Getting Rich* on the Impression of Increase.

3. Gratitude

You can use Gratitude to change your attitude. Your attitude can be the catalyst and motivator in helping you change your behavior, habits, and therefore achieving your goals and improving your results.

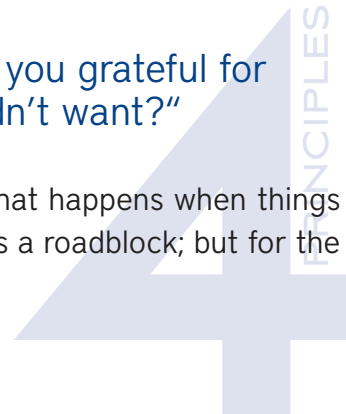
As your attitude improves towards different events in your life, **everything** changes. Many people are left in poverty by their lack of gratitude; failing to acknowledge there is a source of abundance. I am not referring to financial poverty. I am talking about poverty in every area of life. I have learned over the years that if you want to see everything that is wrong, and find fault, you will. However, the opposite is true as well, and if you want to find the good in all things, you will. The more you fix your attention on what is good the more you will find.

Just note that it takes just as much energy to find the good as it does to find fault. However, one way gives you energy, keeps you in a state of fulfillment, love, happiness, peace, inspiration, and creativity. When you are finding good in everything, you will notice people will LOVE being around you. However, the other way is draining, lonely, full of jealousy, anger, fault, excuses, and self-pity. And, the only people who will enjoy your company is other ungrateful and draining people.

Like unconditional giving, gratitude is a choice. That is the **great news** about all of **The Four Principles**. Your goal or dream is a series of small decisions you make all day long and it only takes one decision to get the ball rolling in the right direction. Understanding these principles on a core level is key. When you understand something, you are no longer hearing with your ears. Knowing what gratitude is isn't enough to get the job done. To understand something so completely that you recognize that it is something you desire, and want to adapt into your new belief system ... it more easily becomes a part of your life, the way you operate ... a habit ... and that is where the magic is.

“If you don't have all the things you want, are you grateful for all the things you don't have that you didn't want?”

What is the blessing in disguise that I refer to in the story? What happens when things don't work out our way? Some people may call it failure, others a roadblock; but for the ones who understand these principles we call it opportunity.



In all things give thanks. That is easier said than done at times, and often when an event happens in our life, such as a death, it can be hard to do. After my dad died, I went through a difficult time and it took me some time to heal. However, afterward, I was reflecting on all the life's lessons he taught me, the great memories I had of him, and the look on his face the last time I saw him. Although, I was, and am at times, sad and still miss him, I learned to harvest the good and found opportunity for gratitude. I would much prefer to focus on the good times and the great memories with my dad as opposed to the times he would drink, become abusive, fight with my mom, and leave for days on end without us knowing when he would return and how afraid I was.

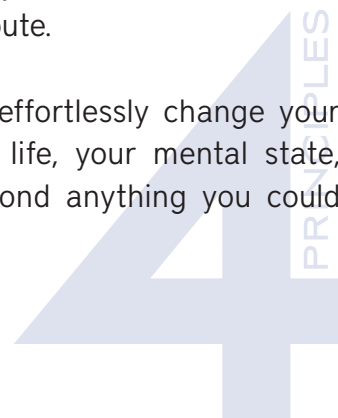
Here's another example of finding the good with a heart of gratitude. For eight years now, in three different businesses, I have wanted to put together an internship. However, each time I've mentioned it to the partners, they have shot it down. I could have given up because of what someone said, got mad, took it personally, got my feelings hurt, or felt unappreciated. Instead, I knew it was a great idea and so I just kept it on my list of worthy ideas and continued to contribute to the projects at hand.

I only recently realized, why, after eight years was this idea starting to take form? It suddenly came to me that my motive is for the greater good of all who will be involved. Reflecting back, I realize that I didn't have the right motive. My motive was more for my own gain and the company's than it was for others. I didn't have a clear goal, therefore it was a challenge for anyone else to understand and be on board. I didn't take action, to show how serious I was. Thankfully it is happening now as it should. I may have ruined a great program that will benefit so many people had I done it way back then. I am ready now.

Be grateful in all things.

On the journey to achieving your clear goal/dreams – look for the good. You are creating your success story. The power of a story inspires many to take action. Look at the things that don't go your way as opportunity to a better route.

Gratitude is such a powerful place to operate from. It can effortlessly change your life, your relationships, your physical health, your spiritual life, your mental state, your wealth, and business life. The ripple effect goes beyond anything you could ever imagine.



I love the lesson that Michael Beckwith taught Bob Proctor who taught me.

When an event happens in life, it is what it is.
You can't change it; it is over.
But you have many choices at your disposal.
He said "Just accept it, it is over.
Harvest the Good and bring that into your future.
Forgive all the rest. Just let it go... Just let it go."

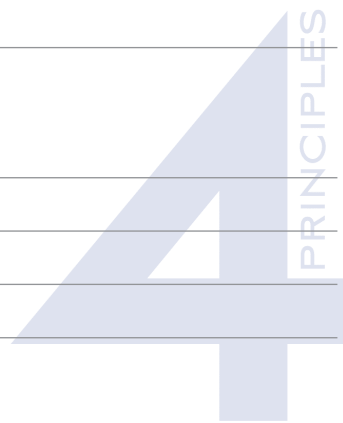
We have a choice what we do with every experience in life and when we are grateful and bring only the good into our day, life becomes a magnificent journey of goodness, joy, love, wealth and many other things.

Choose 3-4 people in each of the following categories and write why or what you are grateful for about them?

Business

Relationships with family members

Relationship with friends



Reflect back over the last day, week, month and year using the exercise that Bob Proctor taught me. Take a variety of experiences you have had and accept them. Harvest as much good as possible, forgive and let go of the rest ... bringing only the good into your future.

Experience: _____

What good can be harvested? _____

What can you forgive? _____

Experience: _____

What good can be harvested? _____

What can you forgive? _____

Write down one or two old habits you are committed to replacing with a new grateful habit, starting right now?

Old Habit: _____

New Habit: _____

Old Habit: _____

New Habit: _____

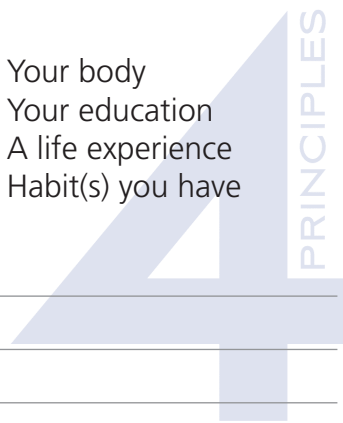
What are you going to use as a trigger to help remind you of using the New Habit?

With the following list (feel free to add more categories) write down 3 things you are grateful for.

Your health
Your mind
Your job
Your character
Your parents

Your physical appearance
A skill or hobby you have
Your business
Dinner with friends or family
Your children

Your body
Your education
A life experience
Habit(s) you have



Take an experience you feel is someone else's fault. Take responsibility for your role.

Now, for just a few minutes, look at it differently. Ask yourself "Am I willing to try something new and different for awhile?" If what you are doing isn't getting you the desired results, consider taking ownership of your life and using a different method long enough to see if, over time, things start to change.

Experience: _____

What good can be harvested? _____

What can you forgive? _____

Now that you have been through the exercises and questions, what did you learn about you? What is something about you that you are really proud of?

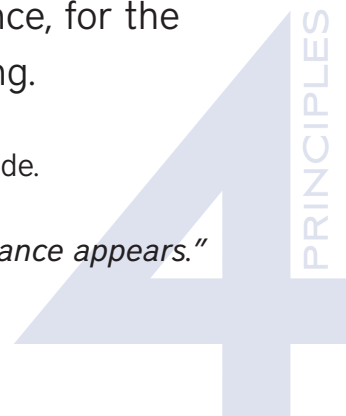
Helpful Hints:

- In all things be grateful – for what you experience, for the opportunity, for what you learned, for everything.

Reference Chapter 7 in *The Science of Getting Rich* on Gratitude.

"When you are grateful fear disappears and abundance appears."

– ANTHONY ROBBINS



4. Unwavering Faith

Think about a time in your life when you accomplished a huge goal or dream. Take a minute before you read any further and really think about what it was like when it finally happened. Think about what you were feeling, and the emotions that took place on your journey to get there.

Whether you knew it at the time or not – in order for your dream to come true, and in order to hit a big goal – you had to have unwavering faith that it could actually happen for you. Even when there was no real evidence that it would happen – you kept taking steps on your journey to get there. Somehow, a piece of you knew that it was possible.

Then, sure enough, over time and with a series of small decisions it happens. And then, it seems as if ... all of a sudden ... you are living it.

There will be times when you will know that if you do things in a certain way and trust the process, the only outcome will be success beyond your wildest dreams. There will be many times when you have to trust the process and not rely on your own devices or understanding. That's faith. You always know when you are in unwavering faith – because you won't have ANY worry, doubt or fear. You can never be in unwavering faith and in worry, doubt or fear at the same time.

When I am working with someone who is going after a dream or goal, I like to use the analogy of a marathon runner. A person doesn't just wake up one day and go run a marathon. So let's pretend this person is you.

First you commit to the Clear Goal. You have to make a decision, see the end result and believe it is possible. That decision is followed by preparation and action. You have to plan and make the necessary changes in your lifestyle to accommodate this goal. You must do certain workouts to prepare your mind and body to handle the goal, and then there are a series of adjustments you have to make along the way. All the while, staying committed to the end result.

After months of preparation and hard work, the day of the marathon comes. When you line up to begin the race, you must trust that what you have done has been enough to prepare you for that moment.

When the race starts, all of the other runners have the same enthusiasm. People are lining the streets cheering you on and the excitement is through the roof! You begin running and you feel great and unstoppable. There may be others who are running with you and keeping the same pace.

Everything seems to be going just as planned.

Slowly, but surely, the numbers seem to dwindle. Some people are running ahead, others are dropping back at a slower pace. Even the crowd of people supporting you is dwindling in numbers as the marathon progresses. You are still enthusiastic, working the plan and relying on your own devices ... trusting that all of the training you have done to get here in this moment has been enough.

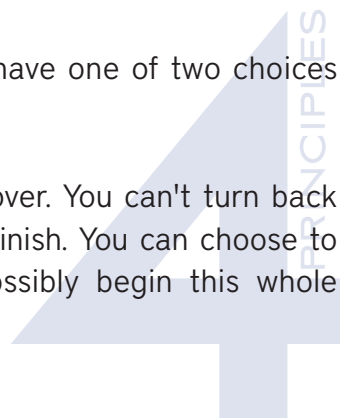
Halfway through the race you begin to feel a bit fatigued, with some aches and pains, but you still have the confidence to continue as you've run this far before in training, many times. You start to see runners getting injured. Some, who have not trained enough, quit. At many times, up to this point, you have had to make a series of small decisions: to continue the race or quit. You choose to continue and put one foot in front of the other, one step at a time.

You're now at a critical juncture. You can no longer see where the race started nor can you see the finish line.

The miles increase and so does the pain and fatigue. There are no crowds to cheer you on, no other runners with you. You begin to think you are alone on this journey. Although you still have support, you don't see it, you can't feel it, and your mind begins to play tricks on you. You start to question yourself. Can this be done? You start to question your plan and training and whether you have done enough to make it. Your body no longer wants to cooperate. You can feel the exhaustion, both mentally and physically.

It's at this point that you must make another decision. You have one of two choices to make.

The first is to quit and end your journey where you are. It's over. You can't turn back time and add two more weeks of training to ensure you will finish. You can choose to quit with no one else to blame but yourself ... only to possibly begin this whole process again.



The second choice is what I call the "no matter what" decision. You dig down deep within yourself, and choose to finish the race – no matter what. At this point you don't know how, and it seems out of reach.

You don't know how, but you decide you are going to finish this race and cross the finish line, even if it means you have to crawl over it. "NO MATTER WHAT"!

It is at this point that the only way to finish the race is with 100% heart. Your belief and unwavering faith kicks in – something you can't see, feel, touch, taste or smell. But, it is something that you know is there.

You have jumped off the cliff and have grown wings of faith. As you continue this long, and sometimes hard journey with what appears as no end in sight ... you just believe.

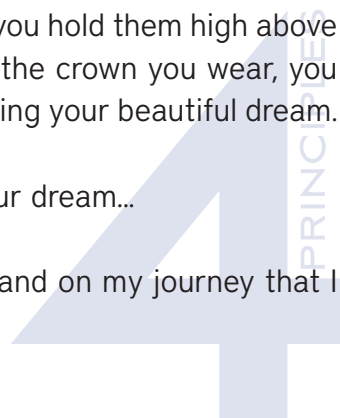
One by one, the cheering crowd reappears in the distance. You begin to catch up with some of the other runners. You begin to encourage one another and the strength in your stride becomes a little stronger. You are beginning to sense that you are closing in on the finish line, but you still can't see it. You just believe. You look ahead and there is one more hill to conquer in this race and you start to tell yourself you can do it. You are no longer relying on outside circumstances to tell you that you can do it. You have surrendered to your decision. You trust the process.

Then, there it is – the finish line! You can see it. You begin to feel the excitement, determination, exhaustion and emotion. The crowd's cheers are getting louder and louder. The sweet smell of victory soaks into every pore and fiber of your being and the emotion of finishing begins to sweep over you to give you one last push of strength ... strength, you didn't know was there. You begin to recognize the voices in the crowds. They are your friends, your family, your team, all the people who believed in you and your dream.

They, too, are celebrating the accomplishment of your dream. In that moment you can feel your exhausted arms raise, and your fists begin to clench ... you hold them high above your head. As a painful but joy-filled smile begins to become the crown you wear, you take your last victorious stride across the finish line. You are living your beautiful dream.

You made it! You did it! You finished the race. You are living your dream...

There have been many occasions up until this point in my life and on my journey that I



felt like a lonely marathon runner, having to dig deep past the fear of failing, where courage meets faith and I make the decision to lead myself, or lead my team.

Even when everyone else was losing faith in the dream, I was the one who decided to finish "no matter what". Leading by example will often times raise those around you. Every single time – the journey, no matter how long and hard it seemed – has always been worth it.

Without unwavering faith, no big goal or dream can be accomplished.

So, the real question now is –

What is the next marathon you are going to run and when?

Is it the dream of having your own business? Is it playing in a band? Is it writing that book that has been in your head for years? Is it having that healthy, loving, fulfilling, relationship ... the one you have always wanted and never had? Maybe it's with a spouse, a child, or friend? Is it a hobby you want to master? Is it to travel the world? Is it changing your job or career? Is it starting a family? Going to school?

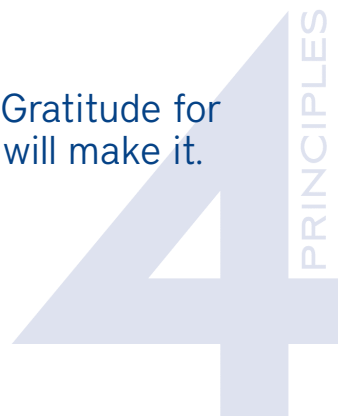
What is the race that right here, right NOW, you are going to make the decision to run and finish "no matter what"!

No more thinking about it. No more talking about it. No more wishing and wondering about it. Make the decision and fill in the blanks with your dream ... NOW. Make the commitment as if you are going to be running your first marathon. And then do it.

I choose _____ "no matter what" by _____ (date).

Get started ... quickly. Take action NOW and you will begin to see results. You now have a success plan ... a "no-fail formula" to help you get there.

Set a Clear Goal. Be Others Focused. Have Gratitude for Everything and Unwavering Faith that you will make it.



At the beginning of the chapter, I asked you to think about a time in your life when you accomplished a huge goal or dream. What was that dream?

What tangible or intangible benefits did you receive from accomplishing this goal? (Examples of tangible: weight loss, work promotion, money, new relationship, new car/house, dream destination, etc. Examples of intangible: more confidence, overcoming limiting beliefs, better self-image, happier, feeling of fulfillment.)

While achieving this goal, do you remember if it was ever challenging...wondering whether or not it was really going to happen...wondering if you had what it took to make it?

Describe your journey and how you felt when it was challenging.

Do you also remember days when it was effortless, easy and fun?



Did you think that you could do it...that it was really going to happen and was your belief level highly elevated?

Describe your journey and how you felt when things were going good.

Are you ready to leave your old story behind and create a new, bigger, better story?
If so, why?

Let's have some fun and write one of the goals previously selected in the **Clear Goals** chapter. For the moment, let's pretend that the day has come and you have achieved this goal. Close your eyes and visualize the goal has been achieved and there is a recognition party in your honor.



Who is attending? Loved ones? Friends? Co-Workers? Strangers?

You are up on stage, being recognized for this accomplishment. How do these people that are there for you feel about you in this moment?

What are they saying about you?

What amazing superlatives are they yelling out from the crowd? (List as many as possible.)

Describe in great detail the feelings you are experiencing while the crowd is cheering for you, yelling out your name, and congratulating you for your amazing accomplishment.



Lined writing area consisting of 20 horizontal lines.



How would you help your loved one discover what's great about them? How would you help them discover their contribution so that they are able to be **Others Focused**?

How would you help them understand the power of Gratitude?

Explain why gratitude is so important in achieving their dream and why it made a difference for you.

How would you encourage your loved one to have unwavering faith when they worry, have doubt and encounter fear? Describe the value of unwavering faith to them and how it will make a difference in getting their dreams.



Helpful Hints:

Ask, and you will receive. Search, and you will find. Knock, and the door will be opened for you. — Luke 11:9

- Know that you know, that you know, it's going to happen.
- Use worry, doubt and fear as a trigger to put you back into unwavering faith.
- When you have unwavering faith; the only possible outcome is the results you desire and much more.
- Never doubt the process. Ever. No matter what.
- What is the worst thing that could happen if you give it everything you have? All your dreams will come true.
- Use the **4 Principles** frequently — and with everything that you do.

The Journey will become a magnificent adventure.
Then, once you achieve your goal it will be beyond
your wildest dreams. – DEENA MORTON



Give some examples of how you can use **The 4 Principles** in your daily professional life.

Give some examples of how you can use **The 4 Principles** in your relationships.

Give some examples of how you can use **The 4 Principles** on big extravagant goals.



Notes:

Lined area for notes, consisting of 25 horizontal lines.



