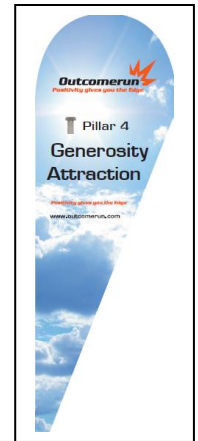


# The 7 Pillars of Outcomerun© - Positivity gives you the Edge

- 1) Fun            Passion
- 2) Gratitude    Feedback
- 3) Love           Significance

## 4) Generosity    Law of Attraction

- 5) Patience     Challenge
- 6) Flexibility    Strength
- 7) Outcome     Goal



Hello. Welcome to Pillar 4 Generosity and Law of Attraction from the Outcomerun© - Positivity gives you the Edge collection. **Safety first** - before we go any further - I highly recommend a visit to your doctor if you been inactive for a prolonged period of time.

### Generosity

Have you ever done someone a good turn and never received any 'thanks'? I bet you have and I bet you were annoyed at the time. But that is operating from the position of 'giving to receive', the head space zone. If you are being Generous and giving from the heart space, you don't need a 'thank you'. It isn't necessary. You have created enough wholesome energy in your body (call it karma) by giving, to supersede any gesture of Gratitude - forthcoming or not. You have played your role brilliantly. If others don't respond in kind – it doesn't reduce the karma you have inside. You stop playing your role brilliantly when you focus on what you didn't receive rather than what you did. In fact you spoil your own party. Have a think about this [pause].

I've received many blessings from donating my time to others. I want you to experience those same heart space feelings from being Generous. A journey of 1,000 miles starts with the first step and the first step is typically at home. A typical example is hoarding old stuff. If you are at home, look around the room you are in. If it is bare then take a look in your wardrobe or garage. What's up in the attic? How much stuff do you have lying around that will never be used again? It has had its moment or maybe it was never used. But you are holding onto it because maybe... because maybe.... because maybe... what? If you can't answer that question, put it in a pile that you are going to give away. Don't give away more than you can bear to part with - that is counter-productive.

Remember you are not giving to receive. This exercise is a start to get you into the groove of Generosity. This is total heart space Generosity. Interestingly enough, you might find it hard to let go of something you considered gave you Significance. Well consider that giving it away is a symbol of status/Significance. You are giving away something meaningful (this is a compromise approach for those who are coming around slowly to this idea). Once you have your pile in order I suggest you bring it to a charity shop. Why?

- You don't need to know who gets it because you don't need any 'thanks'.
- Give it to a friend, and you might warp the heart space and go to head space, thinking they owe you a favour.
- Find out how much good work the charity shop does. You have now contributed to this work.

Once you have decided what you are going to give using your head space, let go and enjoy the journey in your heart space.

# Generosity

## Stage 1

When you were Generous in the past – which 'Space' mostly describes your motives?

Pls circle

Head Space

or

Heart Space

Recall a Head Space and Heart space example. What was the main difference between them?

Head Space example \_\_\_\_\_ Heart Space example \_\_\_\_\_

The difference \_\_\_\_\_

\_\_\_\_\_

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## Stage 2

Expand on how you can be more generous to others in some of these areas:

Your Time	Possessions	Money	Encouragement
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**Outcome Question(s)** Next time you give something - work purely from Heart Space and log your feelings here

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## Law of Attraction

Welcome to the Universe, although you are already here in body. The Law of Attraction is often referred to as the Law of the Universe. Both titles go some way towards explaining what it is. The Law of Attraction says that you attract into your life whatever you think Passionately about. Or 'like attracts like'. A quick example for clarity: if you are a negative person you will attract negative people into your life. The old expression 'misery likes company' comes to mind. It is important to point out early, that this is not a Law in the judicial sense and it is not without its flaws.

The Law of Attraction is about focusing on what you want, not on what you don't want. Focus on what you don't want and then that is what you will certainly get. Picture this scenario – you have trained hard for a race and you are confident you can beat your best time. You go to the race and all you can think about is the bad night's sleep and a heavy feeling in your leg. You have ignored what it is you want to attract and instead your head is filled with negativity and doubts. This negativity might sabotage your chances of reaching your target. There will always be doubts with the Law of Attraction as it is not an exact science. But you have to follow it through and play your role as well. Keep the focus on what you want. Keep attracting the prize! Then pay the price you have agreed (as per Pillar 3) to make it happen.

Another interesting observation on how we attract things is by increasing awareness of them. For example, you might be interested in purchasing a red car of a certain brand. Suddenly you begin to see these cars everywhere. Prior to that, you never noticed them. Why? Because your subconscious mind understands the Passion and desire you have for this item and it is sending out the frequency. The more we focus on the ends, having the product and enjoying it, the more we start filling in the means, often subconsciously but eventually in actions. That starts the process rolling.

# Law of Attraction

## Stage 1

What percentage of your thinking is taken up with things you don't want versus things you do want?

Things I don't want \_\_\_% + Things I do want \_\_\_% = 100%

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## Stage 2

Think of something you would like to Attract? \_\_\_\_\_  
Run it through the check list and answer Yes or No

Is this something you really want? \_\_\_\_  
Is it in tune with your beliefs and values? \_\_\_\_  
Do you feel Passionate about this? \_\_\_\_  
Are willing to work on, make sacrifices and adjustments for? \_\_\_\_  
Have you broken it into sub-Goals? \_\_\_\_  
Have you asked the Universe / God for it? \_\_\_\_

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### Outcome Question

How much do you really want it?

On a scale of 1 -10. Ten being Excellent. Circle 1 2 3 4 5 6 7 8 9 10

Newton's third law states 'for every action there is an equal and opposite reaction'. The Universe/God is not all about giving to \*Me\* - even if I do ask nicely. You have to be willing to give back. That brings us back to an Attitude of Gratitude from Pillar 2. What can you give back in return for your blessings/gifts? That is a question only you can answer but when the time comes you'll know if you have 'put enough coins in the metre' or not. This cycle is what makes you a more Positive and aware person and that is why the 7 Pillars of Outcomerun are like a journey of connecting dots from Pillar to Pillar. Each Pillar in isolation can be very useful. Connect them, and you will get the Positive Edge in life.

These are snapshots from the Outcomerun book. Take yourself on the complete and comprehensive journey to greater Positivity by purchasing the Outcomerun book or attending an Outcomerun Seminar.

The full version of the Outcomerun App is the ultimate training partner to compliment and record your training routes and give you the 7 motivational messages from each Pillar while you train.

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