To All:

Here is my complimentary gift to you.

Enclosed below is a walk-through of my "Mindset Focus Session" that I take myself through every morning.

The purpose of this daily exercise is to build a mindset and heartset that will never escape you, and provide you the self-confidence and courage to lead a life on-purpose.

I would suggest you review it and then build your own so it resonates with you both spiritually and emotionally, meaning you feel it in your heart and soul!

In order to do that I suggest you read it out loud to yourself, this will help you connect with it both emotionally and spiritually!

Once you have reviewed it, I am happy to discuss it with you at any time. You can email me at rbruce@ekcommunications.com and we can book a complimentary 30-minute session to start the process of building your own.

1) I start off by reading the enclosed saying below, Our Deepest Fear.

2) I read through my life philosophies on Health, Happiness, Relationships, Personal development & Financial

   A) In each of these sections I break it down by my philosophy, my dream, my plan and my daily discipline - this comes from the book The Slight Edge by Jeff Olson - a great read!
   B) I will share my first two with you so you see how it works

   My Health philosophy is to continually improve my health, fitness and nutrition so I can have the energy to live my life the want I want to.
   My Dream for my health is be super active with my children and grandchildren well into my 80's and hopefully my 90's
   My plan for my health is to do my 3-morning workouts as I work every muscle in body every week, while eating the most nutritious foods.
   My daily discipline for my health is to work out Monday to Saturday

   My Happiness philosophy is to start each day with the outlook that my life is exactly where it should be and is giving me exactly what I need to reach my dreams
   My Dream for my happiness is to cancel all negative thoughts - CANCEL CANCEL CANCEL and look for the positive in every situation
   My plan for my happiness is to do my Mindset Focus Session to build a strong mindset of happiness for myself and with myself, and write in my journal to make happiness deposits
   My daily discipline is to do my mindset focus session and write in my journal

3) I read my "Mantra on How to Live My Life"
   Life is 10% what happens and 90% how I choose to respond to it. I choose to live life being happy, honest, humble, grateful and strong

4) I read my "Who I AM" page, my life mission - It is built from your personal core values, Life Mission, Scared Gifts and What Greatness Means to You. Love this page!! – See the enclosed below

5) I created a page of all the things I like to do that brings me happiness so it constantly reminds me of what I want to do in my life - some examples
   Time with my children, playing golf, hiking in the mountains, learning new things and connecting the dots, playing with numbers, long drives and adventures on the road, and of course DRIVING FAST!

6) I read my progressive statements - I have 4, here are 2 examples
   "I am in the process of becoming the dynamic, caring and powerful person I was destine to be"
   "I am on the path to being successful so I can achieve my dreams"

7) I read "My Top-3 Life Commitments are..." write down whatever your top-3 life commitments are, here is my first one
   "My top 3 life commitments are never to be in debt with bad debt and create a financial wealth system that will give our family financial independence."

8) I read my "Celebrating My Success..." statements - I have 4, here are 2 examples
   "I am going to celebrate my success by dancing to my music"
   "I am going to celebrate my success by sharing them with my family"

9) I read "Build My Success Habits and My Routine Will Set Me Free..." - I have a list of daily habits that have built my daily routine, some of my favourites are...
   "Do at least one Random Act of Kindness a day" - Love this one and have so much fun with it
   "Spend 2 hours each week reviewing my business finances"
   "Spend 1 hour each week reviewing my personal finances"
   "Use Sundays as a day of Rest, Relaxation and Reflection" - Love my Sundays
   "Ask myself "How I can get better daily"

When I started this it first took me about 5 minutes every morning, it has since grown as I have added things that spiritually and emotionally resonated with me and it now takes me about 25 minutes.

The biggest thing it has done for me and I what I love the most about it is, it gets my mindset and my heartset exactly where I want it to be so I can go out and have the life I want daily, on-purpose and by design!

Thank you for giving me this opportunity of sharing this with you!

Have fun with it, build it so it connects with you spiritually and emotionally, and let it build over time!

Our Deepest Fear

Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous.

Actually who are you not to be?
You are a child of god.

You playing small does not serve the world.
There is nothing enlightened about you shrinking so that other people won't feel insecure around you.

We are born to make manifest the glory of god within us.
It is not just in some of us, it is in everyone.

As we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fears, our presence automatically liberates others.

Nelson Mandela, Inaugural Speech in 1994, written by Marianne Williamson

Who I am – Bruce Cruickshank

My Core Values:

- Unconditional Trust in all relationships & dealings
- Respect for all individuals in all interactions & dealings
- Sincere Gratitude to all people all the time
- Integrity in all actions because action speaks louder than words
- Commitment to excellence daily because we can always get better
- Create Meaningful & long-term relationships for success
- Believe in what I am Doing & Have Fun while Doing it

My Life Mission:

I Bruce Cruickshank, hereby declare before myself, others and God, that my primary purpose in life is to BE a lightning rod of personal growth and development that awakens the greatness in every man, woman and child by connecting their head with their heart, so they will live their lives to their full potential with Happiness, Excitement, Enthusiasm, Energy & Confidence in order to achieve their dreams. I DO this by continually expanding my physical, emotional and spiritual boundaries of leadership with ease and grace to fully understand the human mind, heart and soul, by learning from my own experiences and the experiences of our world's great master trainers. I HAVE in return the opportunity to receive financial, social and emotional compensation that allows me to travel the world spreading my life's purpose while fulfilling and achieving my dreams.

My Sacred Gifts:

Planning	Knowledge	Challenge	Teaching	Extraordinary Trust
Service	Assistance	Facilitation	Wise Counsel	Leadership & Vision

Greatness to me means:

To live my life being true to the person I am based on my Core Values, Life Mission and Sacred Gifts so I can go out and be a lightning rod of personal growth that inspires others to find their greatness within, in order to be masters of their own life and achieve their dreams.