

# The Trophy Effect

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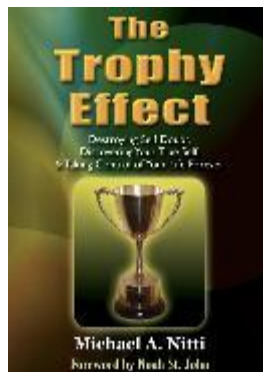
Destroying Self-Doubt, Discovering Your True Self,  
and Taking Control of Your Life Forever!

PRINTABLE

## Journal / Workbook

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“For one who has conquered the mind, the mind is the best of friends.  
But for one who has failed to do so, his very mind will be his greatest  
enemy...”

- Bhagavad Gita

# *"The Trophy Effect"*

Destroying Self-Doubt, Discovering Your True Self,  
and Taking Control of Your Life Forever!

## JOURNAL / WORKBOOK

### Notes / Random insights:

**1) Identifying your INCIDENT;** a situation where you either made a mistake or appeared foolish – or perhaps fell short of living up to your own expectations, while letting others down as well. A moment when you specifically recall having a thought such as “what a dummy” or “what a loser,” or otherwise recall questioning your own self-worth...

- **Brief Summary of your Incident:**

**Are you certain that you earned a Trophy for this incident?** \_\_\_ Yes

If Not, please identify another incident for which you are certain you earned a trophy (a “keeper”):

- **What is ‘the reason’ you’re not good enough, engraved on your trophy?**  
(Unworthy? Not smart enough? Forgetful? Don’t have what it takes? etc.)

- **Your Trophy is rated?** 1 2 3 4 5 6 7 8 9 10 Higher? \_\_\_\_\_

**2) Your Trophy CASE** - What did you see inside this case immediately upon opening your trophy case door?

- In fact, what *must* you see?
  
- Are you willing to admit that you've been filling your trophy case with trophies since you were "very, very young?"

\_\_\_ Yes (if Not, please re-read the previous few chapters until you get it)

**Insights?**

**3) Your Trophy ROOM** - in order to realize just how much your Trophy Room has been impacting your life, please describe it in greater detail, including its size or anything else you happen to notice...

- Special characteristics, if any:
  
- Any *predominant* trophies (biggies)?

If you've had any other **insights** regarding your trophy room, please describe what you've realized thus far:

***The Other Side of the Hall...***

**4) Your “other” Trophy Room:** Remember the rules! The outcome is to identify Good Trophies you awarded yourself at the time of the incident, and *not* to re-evaluate any “happy memories” -

- Approximate Qty of Good Trophies: \_\_\_\_\_
- Any “Biggies”? (describe):

**Jason’s “Final Score”:** Bad Trophy Room: 5000+    Good Trophy Room: 1

- Your final score:    Bad Room \_\_\_\_\_ / Good Room \_\_\_\_\_

**Any Insights?**

**5) How are you going to do away with your Bad Trophy Room?**

Examples: Burn it sown, brick it up, shred it, padlock it, have it condemned, liquidate everything & close it down!

**Your solution:**

**Are you truly willing to let go of your Bad Trophy Room?** \_\_\_ Yes!

Can you “hear” your mind imploring you not to? And if so, are you going to give in and listen to your mind? \_\_\_ No!

**Explain *why* you’re done with your Bad Trophy Room / Insights?**

**Random Notes, through Chapter 18:**

(Chapter 19 / Exercise Workbook on page 5)

## **The Exercises - Unlearning the Past and Enlarging the Future**

Please note: The following four Exercises should be initiated in order, yet you may begin Exercises 2 and 3 prior to completing 1 and 2. However, do not begin Exercise 4 until you've complete Exercises 1, 2, and 3.

### **Exercise # 1: Award yourself good trophies from your past.**

The purpose of this Exercise is to acknowledge all the positive incidents in your life that never made it into The Good Trophy Room. In other words, all of those good things you previously dismissed as no big deal.

**Goal: at least 200 trophies.**

**Examples:** Achieving good grades, or other accomplishments in Grade School, learning to swim or to ride a two-wheel bike, being obedient, etc...

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**Examples:** Positive or fun experiences as a youngster; gymnastics, music lessons, birthdays, gifts you received, being good at games or sports, helping out around the house, entertainment/sporting events you saw, etc...

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**Examples:** Positive experiences during your teen years; honor roll, best friends, learning to play music or dance. Getting your drivers license, first dates, your first job, earning money, etc...

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**Examples:** Positive experiences as a young adult; graduation, parties, new cars, new friends, new job, earning a degree, first time living on your own, learning to cook, establishing credit, being accountable, etc...

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**Examples:** exercise, good times with friends, great conversations, made a difference with someone (taught, mentored, etc.), home improvement, home decor, got engaged, got married, had children, took care of children, etc.

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**Examples;** work accomplishments, skills learned, skills applied, advanced degree, computer skills, management skills, marketing or sales skills, support for others, loaned someone something, charity work, etc...

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**Examples;** special times with special friends or lovers, intimate moments, special or exotic travels, hobbies, hiking, concerts, authored or published something, awards or certifications, advanced degree, etc...

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**Examples;** earned or gave a raise, earned or gave a promotion, over-came a challenge, survived a crisis, supported someone through a tough time, served as a bridesmaid or a best man, babysat for someone, etc...

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**Examples:** Major Purchases (homes, cars, clothes, etc.), taking care of your pet, home maintenance, repaired something, overcoming relationship issues, personal growth seminars, special spiritual experiences, etc...

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**Examples:** Random acts of kindness (either given or received), special times in nature (hiking, walking your dog, etc.), special talents or skills (art, music, hobbies), time spent on a beach, beautiful sunsets, starry nights, etc...

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135, *and beyond...*

### **Insights?**

*“What a wonderful life I’ve had! I only wished I’d realized it sooner.”*

*-Colette*

**Exercise # 2: Appreciate every act of good intention you encounter and award good trophies for every one of them.**

The purpose of this Exercise to be on the lookout for good intention. So, whether you create it or observe it, whenever you are conscious of the fact that you or others are acting in alignment with the greater good, no matter how small, be sure to award plenty of trophies and keep track of them below...

**Examples:** holding the door for someone when entering a building, paying someone a compliment, helping someone load groceries into their car, returning your shopping cart to the store instead of leaving it in the parking lot, etc...

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**Examples:** Buying someone a meal or a drink, leaving a waiter a generous tip, taking out a neighbor's trash or watering their flowers, sending someone an appreciative email, or simply offering someone a loving smile (or being the recipient of any of these things), etc...

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**Examples;** Buying Girl Scout cookies & making an extra donation, allowing someone to go ahead of you in a check-out line, pay for the person behind you at a Starbucks drive-thru, brush the snow off of a stranger's car, etc...

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65, *and beyond....*

## **Insights?**

*“Increasing your self-esteem is easy. Simply do good things and remember that you did them.” –John Roger*

**Exercise # 3: Intentionally step beyond where you normally stop and then award yourself trophies when you do...**

The purpose of this Exercise is to demonstrate your ability to manifest your intention at will. For this exercise, the bar has been raised, so you must play full out in order to discover what's available on the other side of doing so.

*“Everything you want is just outside your comfort zone.”*

*-Robert Allen*

**Examples:**

- Interacting with & *empowering* a person you normally wouldn't
- Going *out of your way* to help someone by going *above and beyond!*
- Adding *significantly* more value and care than a situation calls for
- Doing something *special* for someone so that they don't have to
- Giving someone the gift of your *appreciation* and your *empathy*
- Re-establish a relationship by *resolving* an *in-completion* or upset
- Intentionally *confront* a tangible fear, such as heights, or flying, or public speaking (while allowing others to support you).

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**Reminder:** In order to earn a trophy during this Exercise, you must initiate and complete a “cycle of connection”: a situation where two human beings have understood that a difference was made and have acknowledged their oneness in that moment. For instance, when offering a compliment, you must elicit a response (even if it’s just a smile) and then acknowledge that back...

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25, *and beyond...*

**Insights?**

*“By becoming a conscious choice-maker, you begin to generate actions that are evolutionary for you.” -Deepak Chopra*



## **Exercise # 4: Gratefulness ( Loving “what’s so” ) & Forgiveness ( Getting to “so what” )**

For this Exercise, you will need both a high-lighter pen and a quiet place to contemplate things without any distractions...

**The purpose of this Exercise** is to spend as much time as possible in your Good Trophy Room with the intention to **maximize your sense of gratitude** and to **master your ability to forgive and let go...**

### **Gratitude:**

*First*, plan some alone time, setting aside at least 45 minutes for this portion of the exercise – and then begin by re-reading and reviewing all of the entries from each of the first three exercises, high-lighting those for which you are especially grateful.

*Next* – and beginning with everything you captured in exercise #1 – please review all the trophies you’ve high-lighted, making note *below* of anything that you are *especially grateful* for (even though you’ve already written them down before). And then, expand your focus to include any insights you’re having (and are willing to be *grateful for*) now that you’re writing these things down!

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30, *and beyond...*

## **Insights?**

*“Being grateful. That’s the first step on the path to joy.”*

*- Sarah Ban Breathnach*

**Now**, think back on all the times you *overcame* anything especially painful, where, even though you weren't *happy* about what happened, you're *grateful* for *overcoming* these things as much as you have – & then capture *everything* you're grateful for below:

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**Next**, please expand your focus to include being grateful for *every other* situation in *your life* where you survived 'not being good enough' – which, of course, would include *every other* bad trophy in your bad trophy room! And then, allow yourself to visualize an *entire wing* in your *good* trophy room, dedicated to how grateful you are for overcoming *everything* in your *bad* trophy room – capturing the “*magnitude of your gratitude*” in some very special way below:

**Finally**, I invite you to surrender fully into the *joy of your gratitude*, allowing yourself to linger here for as long as it serves you – before awarding yourself *one especially large* good trophy in recognition of *everything* that you're grateful for. And now, visualize yourself placing this trophy on its very own pedestal, in the center of your Good Trophy Room...

**Forgiveness:**

So, now that you're **feeling grateful**, the second part of this Exercise is about *letting things go*. It's about **Forgiveness...**

Remember, any incident that you've been unable or unwilling to forgive has likely been on display as a "biggie" inside your Bad Trophy Room. So, given all the insights you've had thus far, I invite you to notice whether your intention to break free of your bad trophy room *hasn't already chipped away* at any anger or resentments having to do with things in your past, including any of the "biggies".

Ultimately, whether you've been able to "chip away" or not, the key to *completely* letting go of anything, is to re-evaluate any incident you've been unable to forgive from the perspective of *where you are now* versus *where you were* when the incident occurred. Frankly, unless you've been 'wronged' somehow while reading *The Trophy Effect* or doing these exercises, *all* of your decisions regarding these incidents, were not only made *before* you learned about the Trophy Effect, but were all made *inside* your Bad Trophy Room.

Obviously, if you suffered any kind of abuse or were disrespected in any way, there is no way to justify this type of behavior. Yet, what's available when looking at things from *this side* of *the Trophy Effect* is the ability to separate "the truth" about what happened from '**the story**' you've likely been telling yourself about it – especially with regard to *your role* in this story.

Again, if you've suffered any degree of abuse at all, no one can blame you for *having* a story – and yet, what would you prefer to be married to: your story, or **freedom**? Freedom, of course! Yet when we've lived our story for so long, the *mind* resists letting it go. Still, I promise you that freedom is just a heart-beat away so long as you're willing to surrender into this process...

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*“Forgiveness in no way justifies the actions that caused your wounding, nor does it mean you have to seek out those who harmed you. It is simply a movement to release and ease your heart of the pain and hatred that binds it. It is the harvested fruit of a season of darkness, followed by a season of growth and of very hard work.”*

*Dawna Markova*

Now, in order *to experience* this release, the first step in forgiving *anyone* for *anything* is to re-evaluate the situation from your *newly transformed* point-of-view. Again, whatever happened that caused *your wounding* occurred while you were still observing things *from inside* your bad trophy room; back when you were continually looking for – *and finding* – *proof* that you weren’t good enough.

In almost all cases, any unwillingness or inability to *forgive*, is caused by the belief that you & I aren’t *worthy* of being forgiven ourselves (which stems from our own fear not being good enough) – which is why it’s so difficult to forgive whomever or whatever caused our pain in the first place. And yet, once you’ve broken free of your bad trophy room and have embraced your *inherent worthiness* – there’s no reason to hold onto *anything* that would suggest otherwise...

So, the purpose of *this Exercise* is to re-evaluate any incident where you’ve been unwilling or unable to forgive someone for causing you pain or sorrow, with the intention of discovering *the truth*. And, as we all know, *the truth will set you free...*

Now, to begin this process, I suggest that you do so immediately after completing the *gratefulness* portion of this Exercise, so if it’s been a while, please review your journal entries before proceeding...

*First*, identify any incidents that you have been unable to forgive by writing down the names of the individuals and a **brief** description of what happened below. Again, please keep it *brief*, as there's no need for you to get *drawn in* too deeply or for you to feel any pain:

**Name(s) & Description(s):**

*Next*, reflecting upon the incident that troubles you most, please recall the actual moment during this incident when you decided that *you weren't good enough*. Remember, this is an *inherent fear*, so even when you or I have been victimized by someone else, we tend to believe that “if only we had been good enough,” the person who harmed us wouldn't have done so. Which is why, even as victims, you and I tend to award ourselves bad trophies...

*Now*, notice that this incident delivered you directly into your Bad Trophy Room, where you were inclined to make several life-shaping decisions (do you recall the story about my 5th birth-day?). In fact, if this incident has anything to do with you being mistreated or abused in any way, please ask yourself *who else* – besides the perpetrator – have you been blaming for *their* role in this story, and how have you been making *everyone pay* (including yourself)?

**Who else have you been blaming?**

**How have you been making everyone pay?**

Now, having written all of this down, please notice that **you** had absolutely *no control* over making *any* of these decisions! In fact, notice that you were *compelled* to make them!

So, *now that you see this is true*, please allow yourself to disassociate from what happened – imagining yourself as an *unbiased observer*. And from *this* perspective – yet with no intent at all *to justify* their behavior – please consider the degree to which the perpetrator did what they did in order *to dominate* you *or to avoid* the domination of their own *fear of not being good enough*.

In other words, can you see that this individual did what they did *in reaction* their own fears and shortcomings? And although this in no way justifies their actions, can you see that this person not only acted *from reaction*, they did so *from inside* their bad trophy room – *and* were focused solely on their own *survival*? And again, although this doesn't make it right, *it does confirm that it wasn't about you!*

*Now*, continuing to evaluate this incident as an observer, are you able to see that *you* no longer deserve to be held hostage by feelings that stem from a situation over which you had *zero control*? And, can you *also see* that that it will no longer serve you to make *anyone* pay, especially *yourself*?

*Above all*, can you see that this situation had *nothing* to do with *your* inherent worthiness? In fact, if you're willing to see this, *you will* – because *it's true!*

*In the end*, although you've had 'every right' to be upset, can you see that there's absolutely *no value* in holding onto this incident or to consider it proof of anything about you, *any longer*?

*Finally*, can you see that this incident has been taking up *way* too much space and energy in your life? In which case, wouldn't you agree that *now* is the perfect time to let it go? Of course it is!

So, please allow yourself to relax fully... and now, imagine the bad trophy you earned for this incident beginning to crumble into the tiniest of pieces... continuing to watch as these pieces disintegrate into dust – allowing yourself to feel fully *renewed*, as this dust is *blown away* by the breath of the Divine spirit...

*And*, as this dust disappears into the universe, please award yourself a good trophy for letting it go, and then add this trophy to your list from Exercise #3.

*“To be wronged is nothing unless you remember it.”*

*- Confucius*

Now, in appreciation of this truth, please go back to your list and ***boldly*** *over-write* each entry with the words: ***I am worthy – I forgive*** -remembering that “*the way to forgiveness*” is not so much a “*search for freedom*” – *but an intention.*” First, you declare things forgiven, *then you are free.* *Intend* to let things go, *surrender* to this exercise, and *freedom* will show up!

In the end, please reflect honestly on each individual incident to confirm that you are no longer feeling any pain or resentment, and then repeat this process for any incident you feel you have yet to let go of completely. *Ultimately*, your job is to continue ‘letting go’ until *everything* in your past shows up for you as nothing more than memories. Which is because, even though what happened is clearly *what’s so*, once you forgive, it’s just as clearly *so what!*

*“Forgiveness does not change the past, but it does enlarge the future.”*

*-Paul Boese*

*Finally*, I invite you to revisit these exercises as often as it serves you, which will not only re-enforce your ability to override your mind, it will ensure that you remain empowered to live the rest of your life ***on purpose!***



"Every warrior of the light has been  
afraid to enter a combat.  
Every warrior of the light has betrayed  
and lied in the past.

Every warrior of the light has lost faith in  
the future.  
Every warrior of the light has trodden a  
path which was not his own.

Every warrior of the light has suffered  
because of unimportant things. '  
Every warrior of the light has doubted  
that he is a warrior of the light.

Every warrior of the light has failed in  
his spiritual obligations.  
Every warrior of the light has said yes  
when he meant no.  
And every warrior of the light has hurt  
someone he loved.

This is why he and she are  
Warriors of the Light...

They had endured all this  
without losing the hope to improve

*The Manual of the Warrior of the Light*  
*by Paulo Coelho*

*Frederic James*

