

The Five Assumptions



Success Principles for Actualization

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Part 1 | Assume fearlessness

What is Fear?

I am sure you have felt fear at some stage in your life, it is one of the most primal human emotions that is believed to be generated by the 'limbic brain'. This emotion would have been of great assistance to our ancestors who had to survive in a world much harsher than ours.

The ability to fear the elemental forces, and savage beasts helped create the prospering human race we have on Earth today.

You and I however live in a much different world than primal man, the only savage beasts we have to worry about are spiders, which are easily defeated by repellents. No more walking to the nearest river for water, risking the possibility of becoming crocodile lunch. The only risk we face is having too much fluoride in our tap water! Food is also in great abundance, our version of the great famine is waiting a few months for KFC to release their infamous 'Double Down' burger. Clearly this is a hyperbole of the facts, however we cannot possibly say that the standard of the average humans life hasn't improved drastically over the past few hundred years, can we?

So why do we still Fear?

You would assume that since our living standards have improved, and many dangers have been removed that our fear would have also dissipated with them, however this is obviously not the case. It's the twenty first century and people are still scared shitless, we must come to understand that the base emotion will never go away, it will just adapt to the new circumstances, and take up new forms. Instead of fearing Saber toothed cats we fear asking for a pay rise, or any form of confrontation in general. In some cases neurotic individuals get immobilised by trivial matters, who would have known that social media posts could be like Medusa to some?

Fear is the test

One of the greatest fears is fear of the unknown, it is this fear that we must overcome if we are to have lasting success in our lives. This is the fear you feel when you are about to approach that girl, and are not sure about the outcome. You think to yourself 'will she blow me out?, will people laugh?', and all kinds of other discouraging mental talk. It is the fear you feel when you are about to quit your job and spend 10 years' worth of savings on a new start up company that you strongly believe in. This fear is the fear we must embrace and become comfortable with, because it is the fear that reminds you that you are moving in the right direction, kicking some ass man!, pushing it to new levels. Grant Cardone Author of one of my favourite books 'The 10X rule', says that; "*Sooner or later, you will experience fear when you start taking new actions at new levels. In fact, if you aren't, then you're probably not doing enough of the right things*".

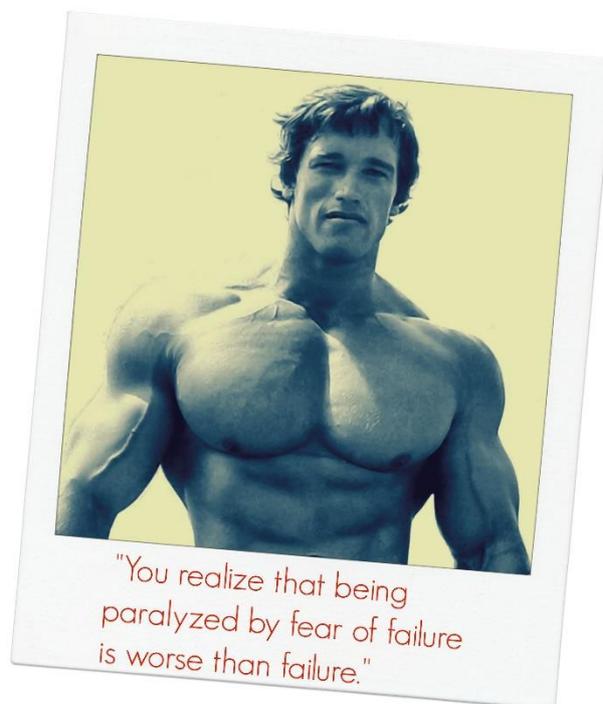
Are you scared? Good

If you are taking action and improving every day in every aspect of your life there will be no time for comfort zones, period! Forget the dogma of 'slow and steady', it's time for top speed. Feel the fear and completely embrace that shit. Push forward when you feel the fear coming in, it speaks to you letting you know that you are moving in the right direction. Obviously I am not telling you to charge at a gunman or go toe to toe with a Grizzly the next time you go hiking, (you might end up worse off than half of the characters on GOT). I am simply telling you to push through the fear that arises when progression is imminent.

Think of anyone who has made it, and try imagine the amount of fear they would have had to overcome to get to where they are at. Imagine Arnold Schwarzenegger leaving his small Village of Thal to:

- Enrol into the Austrian army
- Escape training to compete in the Mr Universe bodybuilding competition
- Move to the US at age 21 with limited English
- Compete with world class athletes at the Olympia
- Embark on an acting career
- Embark on a political career

You need to take page from the governors book, and terminate your fears.



Part 2 | Assume Boldness

LAW 28: Enter action with BOLDNESS

These are some of the opening words of Law 28: *Enter action with Boldness* from Robert Greene's notorious classic 'The 48 Laws of Power'. It is a fundamental law of life that those who are bold tend to be more successful, and attain more attention during the process. The legends of most fields share a common quality of boldness when it comes to achieving what they want. Boldness is a trait that allows you to be distinguished from the crowd easily, and to impose your will in many circumstances.

What is Boldness?

Boldness is not only fearlessness it is quintessentially supreme confidence. It is a rarely seen in people because of its implications; being bold entails putting yourself on the line. Boldness can also be seen as being too confrontational, people rarely act this way out of fear of being impolite, and facing judgement. People tend to admire the bold, because they see the quality of confidence in bold people that they wish they could cultivate in themselves. Boldness is not being afraid to stand out, it is the difference between; the sheep's and the wolves, the consumers and the producers, the winners and the losers.

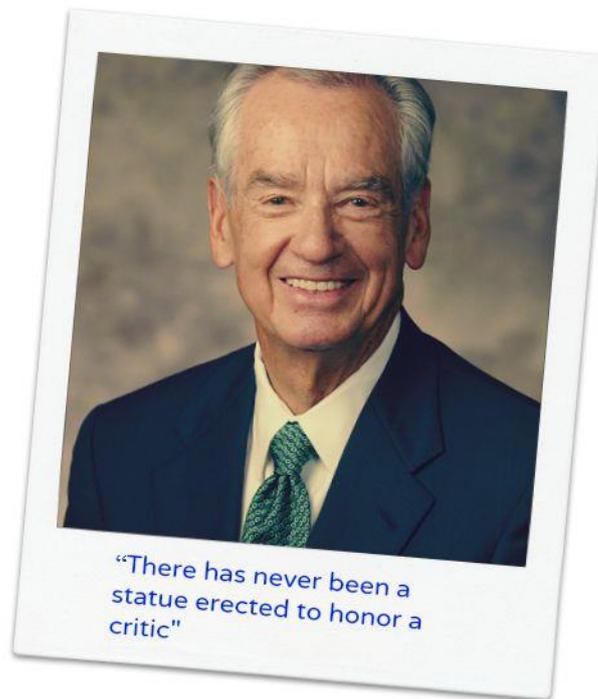
No one honours the timid because timidity is synonymous with weakness. Timid people have low self-esteem and do not feel that they are worthy of good things. These people tend to self-sabotage themselves, and then blame it on others. Timidity is common, and is found in much greater abundance than boldness. For every 10 anime nerds there will be one bold guy busy imposing his will on the world. This is a tough world, it is not a fair world, and no one ever makes it to the top silently.

The Bold always Win

Have you ever seen a small bird chasing after a larger bird that was three times its size? This happens often, what the bird lacks in size it makes up for in boldness. There is something intimidating about someone who refuses to back down. These people make us second guess ourselves, we wonder 'what is the source of their power?' It is not only the animal kingdom that awards boldness, business, and politics are greatly influenced by bold moves. Sometimes audacious actions that might disappoint some are needed to attain your goals. Remember you will never be able to please everybody regardless of what you do. Zig Ziglar famously said "*There has never been a statue erected to honor a critic*", so why would you bother to try please them? Assume Boldness instead.

The timid are left behind

A classic case of the timid being left behind is the case of the dreaded 'friend zone'. Many males who have chosen the path of timidity make the mistake of choosing to be nice, and never taking any risks in regards to flirting with their crush. The result is always disastrous as the timid male's beloved can always sense the weakness in him. She never rejects him because he is too nice, she rejects him because he does not have the backbone to make bold moves. To add insult to injury the timid males crush generally ends up with some bold "asshole", who was willing to go after what he wanted fearlessly.



Part 3 | Assume the tribe

What is a Mastermind?

The Mastermind Group/Alliance was a concept made popular by Napoleon Hill. Students of Hill's philosophy are taught that a Mastermind is "*A friendly alliance with one or more persons who will encourage one to follow through with both plan and purpose.*". The premise of the group is to allow members to experience accelerated success in their goals through the use of the collective resources of the group. The group allows people to experience greater commitment in their projects due to being held accountable by the collective whole.

Birds of the same feather flock together

The idiom has been repeated over centuries but holds true. Jim Rohn famously called it in his law of averages, "we are the averages of the 5 people we spend the most time with". Consider the idea; that perhaps you are influenced by your friends, co-workers and family more than you would think. We live our lives believing we have autonomy to do what we want, the free will to fulfil our hearts desires but at the end of the day how many of us are truly fulfilled? Could it be possible that you could be doing better than what you are currently doing? Look at the people you surround yourself with, what type of energy do they radiate? Do they elevate each other to greater success or do you find yourself facing negativity whenever you try step up?

Unfortunately due to the human condition whenever one member of a group elevates themselves they become a threat to the status quo of the group, and will generally face some negativity. The outlier's presence will be a reminder to the others that they are not taking action at the level that they could be. Since humans generally favour the path of least resistance, the group will usually deal with the threat through alienation. It is much easier to alienate the high achiever than it is to step up and try and be like them. Look at any success story, generally the person who rose to ascension associates with a completely different group of people to the ones they initially surrounded themselves with. You almost never hear of beggars hanging out with millionaires, or fitness models grabbing some Mc Donald's with their obese friends, the saying is true that 'your vibe attracts your tribe'.

Now that you understand the influence your circle of friends has on you, you need to evaluate your situation. Do you have different; goals, standards, and values to the people that you have been hanging out with?

Why you should join a Mastermind

Obviously if you want to take things to another level and much quicker you must hang out with people on the same path as you, or mentors that you can learn from at the level you are trying to reach. Through the law of averages you will almost always end up like the people your surround yourself with. Imagine if you could hang out with Kobe, LeBron, Magic, and MJ for a couple of years, by default you would be able to play basketball at a higher level than the average player, dunking? No problem. If you hang out with these boys you could be a 5'7 thin white boy and will still be smashing buckets. It would be difficult to befriend such high end players, however you could start at a smaller level by playing with ballers that are better than you, and you will still get some benefits.

The problem most people face is that they stay in their comfort zones with the same old people and are often ignorant about their own potential or what is possible due to never going out and seeing the world. I am not saying to get rid of your current friends, I am telling you that you don't have to be limited in your success because of your current group's limitations. Hang out with them on weekends and have a beer, hit the clubs (or whatever your group does), but make sure you spend as much, if not more time with your Mastermind group.

Some other benefits of these groups include:

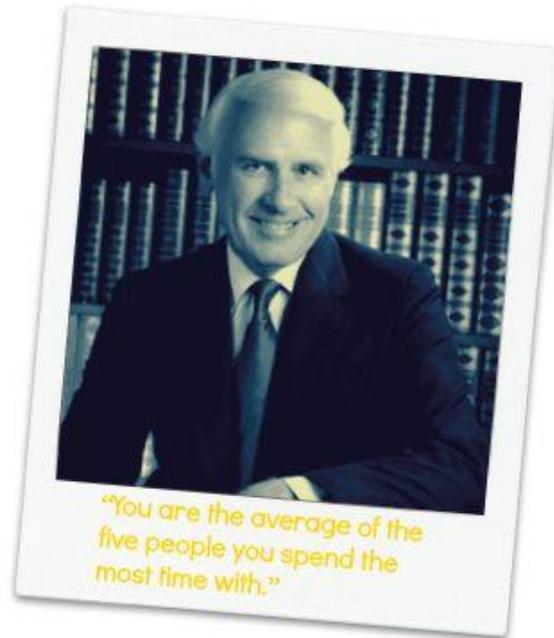
- Networking (you might meet your business partner in one of these groups)
- Cross promoting (these groups could prove to be very lucrative in your ventures)
- Mentoring (get advice from those that have already done what you want to do)
- Innovative ideas (a group of minds is always more powerful than one)

Where can I find my Mastermind?

We are living in the digital world, we have opportunities that our grandparents could have never of dreamt of in terms of connectivity. Finding your Mastermind Group can be done in a few minutes, get your ass on google and hit the forums of the topics you're interested in. Many forums and social media sites have groups of people who are joined in a common cause. To find the right one look for the following conditions:

- The group that share the same common goal/values as you
- The group is positive and everyone is held accountable for their success
- People post often or have meetings in real life
- People in the group are actually adhering to the plan and taking action

If the group has all these elements, it will most likely be a quality group. Make sure you post often helping others, as well as showing your progress for the group's motivation, if the group has real life meetings or seminars attend them. The amount of value you will receive through actual interactions with group members could be tremendous. No great success is every completed alone, find your team and stay loyal to them. Amazing things happens when a group of people unite with a common cause.



Part 4 | Assume the Genius

A word to the wise is sufficient

When Bill Gates and Warren Buffet were asked "If you could have one super power what would it be?" they answered with "being able to read super-fast". If you were to study many of the world's greatest entrepreneurs you will inevitably find one common trait between all of them, they all read habitually. It has been repeated in the idiom that 'knowledge is power', but how many of us actively pursue knowledge?

You have been tricked

Reading books that have not been assigned to us by teachers or lecturers seems so foreign to many of us, it seems like an unnecessary self-punishment for the common man. What you need to understand is that we have been programmed to fall into the trap of instant gratification. Society tricks you into investing time into lower consciousness media. Through watching brainless shows such as 'Keeping up with the Kardashians', or logging in thousands of hours onto your level 90 Blood Elf Mage, you slowly become a shell of your potential.

Reading for many seems like the pass time for nerds or geeks, this belief stems from ignorance. Generally people who hold these beliefs do not understand what there is to be gained from reading, so they dismiss it and choose to get numbed by dumbed- down media.

Ways in which reading improves your life

1. Build a Beautiful Mind

Before you can become great you must learn to invest in yourself. Over the past few years people have learned the importance of investing in their health. Millions of people have joined gyms, have taken up diets, joined yoga classes and become more health conscious. It is not uncommon to find people jogging in the morning or exercising in the park. What is becoming uncommon is people training their minds, perhaps this is due to a beautiful mind not being as easy to see as a beautiful body.

Just like your body your mind needs training, and reading is perhaps one of the best ways to do this. Reading a good book activates your brain in a variety of ways that other media cannot. When reading non-fiction your brain is checking the validity of each claim, processing the information being read and comparing it with your current reality within seconds. MRI tests have shown that reading activates certain areas of the brain that are generally not activated through everyday activities.

2. Learn from the best

Have you ever wanted to learn something but didn't know where to start? Did you ever consider reading a book about it? Many people miss out on learning new skills because they never think about reading about it. Let us say that you wanted to be a great bodybuilder, don't you think that reading Arnold Schwarzenegger's 'Encyclopaedia of Bodybuilding' would be of some assistance to your goals? Maybe you wanted to learn about the stock market, perhaps some books on Warren Buffet one of the greatest investors of all times will give you some insight.

In any field you can think of, someone who has attained mastery has written about it sharing their secrets. They have put years of experience and insight into a book that will cost you a fraction of the value it is giving you. You could essentially buy a book for \$20 and read it within a week, and have some insights that might change your life.

3. Be inspired

One of the best reasons to read is to become inspired. It is not uncommon for people who have been depressed to pick up an inspirational book, and change their view on life. If you are lacking in motivation, one of the best ways to gain it is to read about people who have triumphed over adversity. You can learn how Steve Jobs revolutionised Apple or about how Nelson Mandela helped overcome apartheid while you drink your coffee.

But I have no time to read!

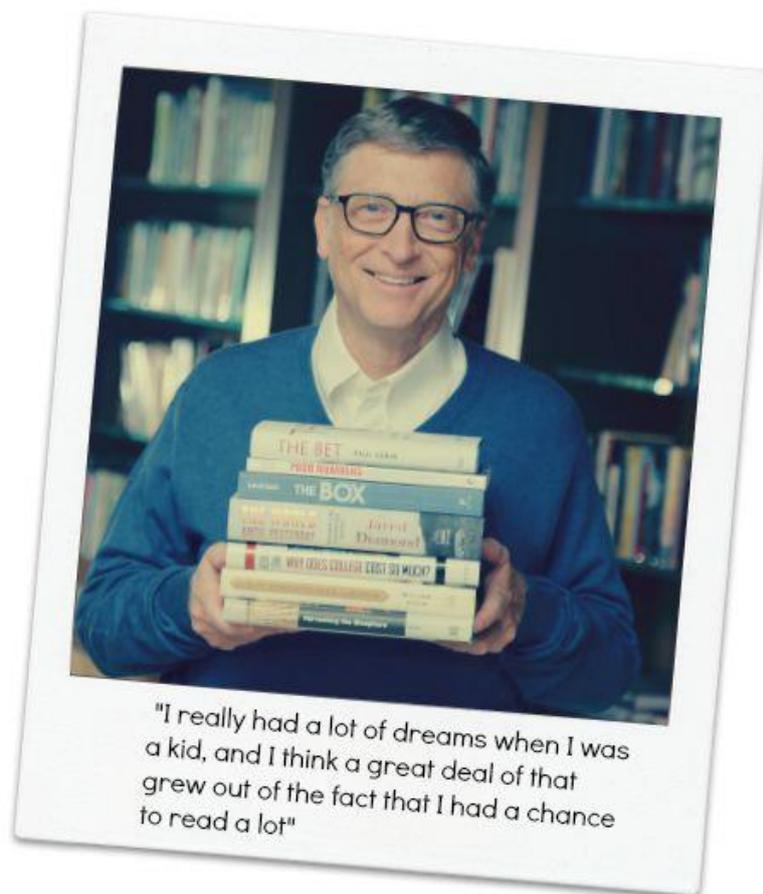
Bullshit! If you have time to watch 6 seasons of 'The Walking Dead', you can make the time to educate yourself. When you wake up or before you go to bed you can make it a habit to read for 20-30 minutes. At the beginning reading seems boring and you literally might start falling asleep as you read the words, this is normal your brain is just not used to work. Over 2 to 3 weeks reading will become enjoyable and you will look forward to it.

On your commute to work if you are catching the train you can read an E-Book on your phone. If you drive to work you can listen to an audio book, anything is better than the radio anyway. When you go for a jog or do the dishes play that audio book and train your mind. They say that the average person spends 1 hour and 45 minutes on the toilet every week, you are on your phone anyway might as well put the time to good use and read an E-book. The average person is said to spend up to 40 minutes browsing Facebook, why don't you spend as much time empowering yourself with knowledge?

What should I read?

Well that's up to you. I highly recommend you spend most your time reading non-fiction if you really want to get the most out of your reading. While fiction is beneficial in its own ways, you will not conquer the world reading 'Harry Potter', pick up 'Meditations', or 'The 48 Laws of Power'. I also recommend you read auto-biographies from time to time, this way you will ensure you get the word from the horse's mouth. What you read and how you read is ultimately your decision.

Some people like to read books entirely, some people like to skip to the bits that will benefit them the most. You will need to get a feel of the process, after reading lots of books you will know which books require studying and which ones require scheming. Remember that not all books are created equally, with time you will find the type of books you really resonate with. Now go liberate yourself with knowledge and read something.



Part 5 | Assume Fulfilment

Pleasure V Fulfilment

What ethos do you applaud? Which path do you follow? These are the questions you must ask yourself frequently, and must answer honestly if you wish to be great. Sadly many people do not see the value embedded in the constant evaluation of where one's life is headed. Although the future is a mystery, we can make it a pleasant one through the actions we choose to make today in the now.

Pleasure

Pleasure is a good thing if you embrace it accordingly. Many people have fallen into the trap of living a life where they primarily pursue pleasure. I say this is a trap because chasing pleasure by itself can counter intuitively lead you to pain. The pain from pleasure comes after the act, upon realising that you have wasted your potential on this planet. Pleasure once it has become the main motivation for living can become like a succubus that sucks your energy forcing you to relinquish your potential as a being.

Pleasure is enjoyable in the moment, however is transient in nature. Pleasure is eating junk food at your favourite fast food outlet, but never remembering the meal. Pleasure is climax during sex it's intensity fleeting through time. Pleasure is playing video games for hours at a time, not concerned about where your life is heading. Pleasure seeking can become addictive, making you abhor anything that does not lead to instant gratification, and that is the trap. Instant gratification is the mechanism by which pleasure can operate. Generally pleasurable things give us instant gratification, they give us those quick dopamine rushes that our body craves. Through our biology we have been designed to follow the path of least resistance.

Do not be fooled by the tricks that your mind plays on you, every time you indulge in pleasurable things your mind says 'this feels soooo goood, how can this be bad for you?' The mind is bad at perceiving the effects of small actions in the long term, no obese person ever wanted to be overweight, it's just that their mind failed to pick up on the compounding effect of their small choices.

Fulfilment

Fulfilment can be just as stimulating as short term pleasure however does more for your life.

Fulfilment takes more work than short term pleasure, but its effects are not fleeting. By definition it means “satisfaction or happiness as a result of fully developing one's abilities or character”. The happiness that stems from fulfilment is derived from the process, it is through the journey that we realize our potential as human beings and attain fulfilment. When we are on our death beds at the end of our lives, we do not want to feel regret. We do not want to feel as if we wasted the precious gift of life. We want to die well knowing that we lived a life of fulfilment and actualized our potential.

Fulfilment demands sacrifice and faith, it asks you to put aside some of the pleasures that stem from instant gratification for an investment in the long term. It is a hard thing for the mind to grasp because the mind favours illusions over reality. Fulfilment is hard work it requires you to extend yourself and put in huge amounts of energy to create huge results.

Fulfilment comes in many forms it can be;

- Finishing a degree
- Investing in your relationship
- Working hard in your career
- Creating more value in your business
- Building a better body
- Becoming more spiritual
- Becoming better at your craft

Anything that takes time and investment that builds your character as a person is what makes you fulfilled. Do not chase illusions, choose the things that fulfil you if you want to live a happier life. There is room for fun of course, do not avoid things that give you pleasure just learn to balance them with fulfilment. You should be doing more things that bring you long term fulfilment in your live over things that give you short term pleasure.

About the Author | Isaac



I hope you got some value out of this E-Book, and I wish the best for you in your journey. The mindsets and ideas in this book have been attained through many years of trials and error in my own personal journey. I stumbled upon these ideas through researching many of the personal development greats, between the year 2012 and 2015 I experienced a huge transformation in terms of my approach to life. My overall success has increased through the implementation of the various practices taught in this short E-Book. I recommend you adhere to the 5 assumptions laid out here, apply them to your life and watch the transformation! Personal development is a journey and I suggest you persist with it.

More Resources

If you haven't already I suggest you follow my BLOG

@ <http://www.therealizedman.com/>

I post articles there weekly that will help you attain the right mindsets in your self-actualization journey, I also give out free content on a regular basis.

And for those that hate reading, I also post videos on You Tube about personal development topics, make sure to subscribe

@ <https://www.youtube.com/channel/UC6rV0GDL4Y6Uo1Vql6u56xw>

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