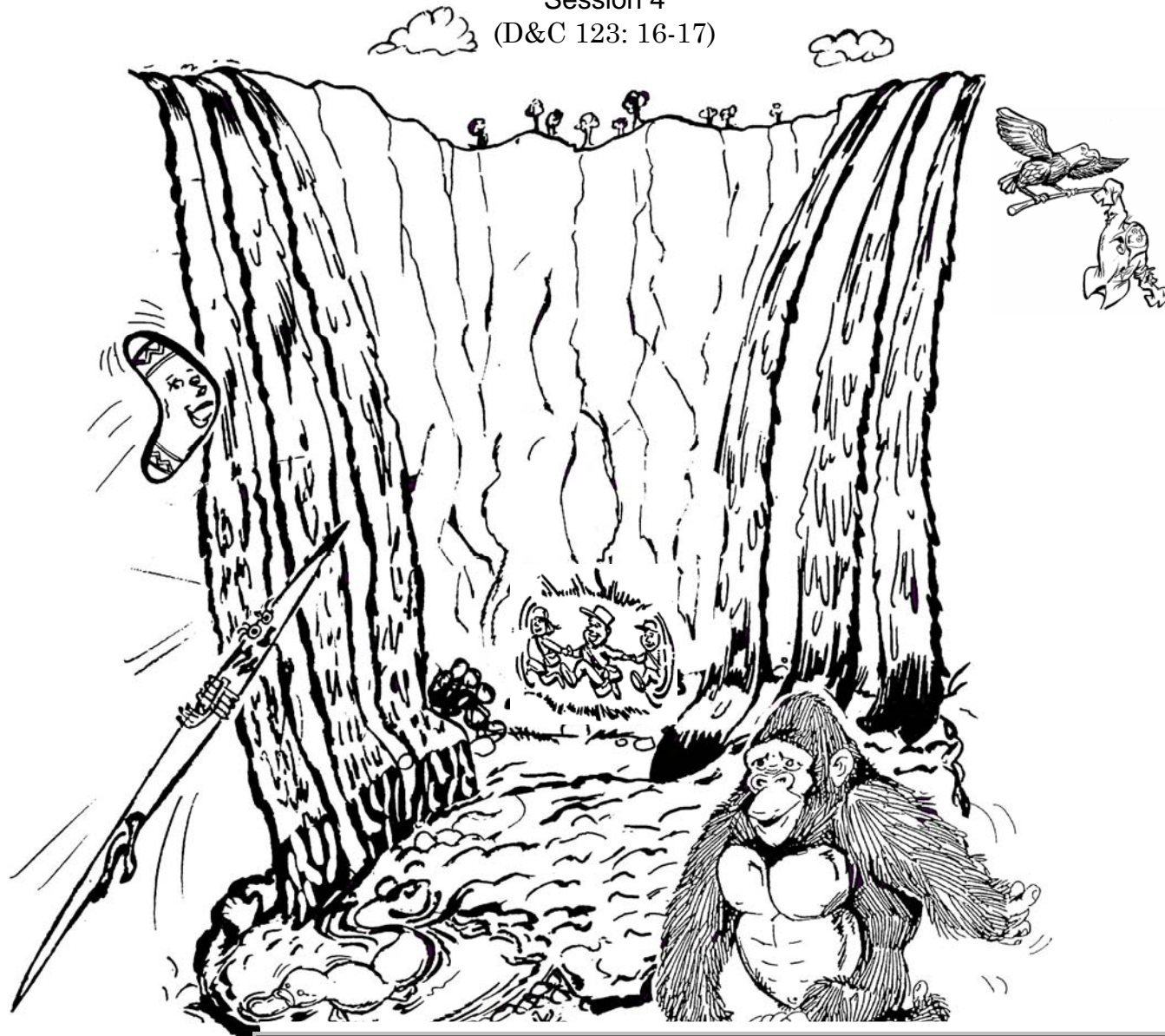


# That We Might Have Joy, No Matter What

Session 4

(D&C 123: 16-17)



## *The Pathway of Mastery*©

**Level 1** Openness requiring Humility

**Level 2** Awareness requiring Knowledge

**Level 3** Commitment requiring Courage

**Level 4** Implementation requiring Self Discipline

**Level 5** Monitoring requiring Flexibility

**Level 6** Persistence requiring Strength of Character to:

- Maintain Motivation and focus.
- Persist/hold firm to that which you believe is right.
- Overcome opposition.
- Inspire by your example all others involved.

*“Breakthroughs occur toward desired or greatest serendipitous outcomes”*

**Level 7** Mastery producing Integrity



1. **B** \_\_\_\_\_ (the gorilla) Be B \_\_\_ and P \_\_\_\_\_ (1 Nephi 15:24)

- **Think big.**
- **Hold firm to your dreams and aspirations.**
- **Don't give permission for anyone or anything to cause you to let go of what is right for you.**

**Develops** Assertiveness.

**Increases** SEPA (Self Esteem Positive Attitude)/Self Worth.

**Creates** abundance through achievement.

“Achieving Desired Outcomes Through Persistence”

2. **O** \_\_\_\_\_ (the boomerang) (Alma 41:13-15)

Whatever we give \_\_\_ comes \_\_\_ multiplied - whether it be positive or negative.

- **Give out only that which we want back.**

**The Law** of the harvest - we reap what we sow.

**Support** and encourage others and you will be supported and encouraged.

“Building Integrity Through Support And Encouragement”

3. **G** \_\_\_\_\_ (the javelin) (D&C 6:33, D&C 98:3)

ReG \_\_\_\_\_ to ProG \_\_\_\_\_. Going B \_\_\_ in O \_\_\_\_\_ That I may go F \_\_\_\_\_ with more A \_\_\_\_\_ and P \_\_\_\_\_, thus maintaining hope.

- **We learn from our “falls” or errors and thus develop wisdom and maintain hope.**

**Going** backwards (through my “falls”), learning from the **Experience**, in order that I may go forward with more **Accuracy** and power. **There** is never a need to lose hope or purpose toward life.

“Continuous Progression Through Constructive Regression”

4. **S** \_\_\_\_\_ (the platypus) What a Great S \_\_\_\_\_ !! (A Principle of Composure) (D&C 122:5-8)

- **Locating the good there is in every circumstance.**

**Use it when:**

1 **Unforeseens occur.** 2. **New pressures/deadlines are placed upon us.** 3. **Struggling with competing priorities.**

**Develops** an Opportunity Focused attitude. **Opens** the mind to new possibilities and options.

**Influences** others in a positive manner. **Reduces** the risk of being too serious and *stressed out*.

“Increased Creativity Through Focusing On Opportunity”

5. **G** \_\_\_\_\_ (the golden now people) Taking hold of the G \_\_den N \_\_ moments of time (Eccl. 3:1-12)

- **Respecting the value of every now moment.**
- **The past has gone. Learn from it.**
- **The future is yet to come. Prepare for it.**
- **The present is now. Act on it.**

**Prevents** past negative experiences or future concerns to waste or procrastinate time away.

**Helps** in seizing new opportunities. **Reduces** stress.

“Capitalising On Golden Opportunities Through Attention On The Now”

**Level 7 Mastery producing Integrity to:**

- Live in peace, happiness, and joy resulting in inner contentment
  - Conduct one's life under the inspiration of courage, confidence, and hope
  - Be prepared at all times to masterfully interact with life—NO MATTER WHAT!!
- “Self Mastery is attained enabling one to remain Open and Humble on a perpetual cycle towards higher and higher levels of Mastery”**