

*Timeless*  
**WISDOM**  
FROM THE  
*Traveler*

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*A Companion Guide*

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**ANDY ANDREWS**

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First Image, Inc.  
P.O. Box 17321  
Nashville, TN 37217

**TIMELESS WISDOM FROM THE TRAVELER**  
ANDY ANDREWS

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# TIMELESS WISDOM FROM THE TRAVELER

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Hello Friend,

At some level, we all identify with David Ponder. We've all found ourselves at an emotional and spiritual crossroads at times—in a place we wouldn't have chosen. Financial debt erupting like a rocket, our weight hitting new thresholds from our sedentary lifestyle, an overly routine life where we forget to feel gratitude for our family, emotional turmoil that teeters on insanity ... The fact is, these situations are a result of specific decisions we make, or rather, don't make.

The purpose of this program is to highlight the critical decisions you must make in order to transform your own life into a brilliant adventure. Do not be fooled by the brevity and clarity of these decisions. Their power lies in simplicity, as do the principles of all higher truths.

It's easy to read these decisions. The challenge is in living them daily. A person who positively impacts the world has mastered these simple decisions in everyday life. We each possess this God-given ability. It is our Divine gift. May you use it well ...

Persist!

*Andy Andrews*



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# INTRODUCTION

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This workbook highlights the seven decisions from *The Traveler's Gift*. Each decision is followed by specific exercises and a daily practice to help you apply them to your life. The seven decisions are:

1. The Responsible Decision: "The buck stops here."
2. The Guided Decision: "I will seek wisdom."
3. The Active Decision: "I am a person of action."
4. The Certain Decision: "I have a decided heart."
5. The Joyful Decision: "Today I will choose to be happy."
6. The Compassionate Decision: "I will greet this day with a forgiving spirit."
7. The Persistent Decision: "I will persist without exception."

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## BEFORE YOU BEGIN...

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When doing each exercise, here are a few helpful tips to get the best results:

- Find a quiet, comfortable place with minimal distractions (does such a place exist anymore?)
- Make sure to sit up straight (when you drop your shoulders, your diaphragm collapses, limiting the amount of oxygen flowing into your lungs)
- Keep reminding yourself to breathe (when we write, we have a tendency to hold our breath. Obviously, this will not be beneficial to our work.)
- If you hear a little voice in your head saying, "I don't know," to any of the questions, remind yourself that all the answers you need are within you. (Saying "I don't know," kills creative thinking by stopping your brain from going through the thought process. Take a deep breath and anticipate that the answer will come to you.)
- Put on inspiring music (Music can help stimulate creative thought. Music that is most conducive for writing is often instrumental without any lyrics—like a score from a movie soundtrack)
- Have fun with this! It's easy for us to take ourselves too seriously and miss out on all the fun. Smile often. Laugh. Play with these exercises as if you were a kid. Planning your life doesn't have to be boring—in fact, it better not be!

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# #1 – THE RESPONSIBLE DECISION

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*In David Ponder's first stop in time, we meet President Harry S. Truman who is about to announce one of the most influential decisions of human history. How appropriate that this steadfast president gives David his first affirmation...*

**“The buck stops here.”**

## **Here is President Harry S. Truman's message:**

The buck stops here.

From this moment forward, I will accept responsibility for my past. I understand that the beginning of wisdom is to accept the responsibility for my own problems and that by accepting responsibility for my past, I free myself to move into a bigger, brighter future of my own choosing.

Never again will I blame my parents, my spouse, my boss, or employees for my present situation. Neither my education or lack of one, my genetics, or the circumstantial ebb and flow of everyday life will affect my future in a negative way. If I allow myself to blame these uncontrollable forces for my lack of success, I will be forever caught in a web of the past. I will look forward. I will not let my history control my destiny.

The buck stops here. I accept responsibility for my past. I am responsible for my success.

I am where I am today—mentally, physically, spiritually, emotionally, and financially—because of decisions I have made. My decisions have always been governed by my thinking. Therefore, I am where I am today—mentally, physically, spiritually, emotionally, and financially—because of how I think. Today I will begin the process of changing where I am—mentally, physically, spiritually, emotionally, and financially—by changing the way I think.

My thoughts will be constructive, never destructive. My mind will live in the solutions of the future. It will not dwell in the problems of the past. I will seek the association of those who are working and striving to bring about positive changes in the world. I will never seek comfort by associating with those who have decided to be comfortable.

When faced with the opportunity to make a decision, I will make one. I understand that God did not put in me the ability to always make right decisions. He did, however, put in me the ability

**The words *It's not my fault* have been symbolically written on the gravestones of unsuccessful people ever since Eve took her first bite of the apple. Until a person takes responsibility for where he is, there is no basis for moving on.**

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to make a decision and then make it right. The rise and fall of my emotional tide will not deter me from my course. When I make a decision, I will stand behind it. My energy will go into making the decision.

I will waste none on second thoughts. My life will not be an apology. It will be a statement.

The buck stops here. I control my thoughts. I control my emotions.

In the future, when I am tempted to ask the question “Why me?”, I will immediately counter with the answer: “Why not me?” Challenges are a gift, an opportunity to learn. Problems are the common thread running through the lives of great men and women. In times of adversity, I will not have a problem to deal with, I will have a choice to make. My thoughts will be clear. I will make the right choice. Adversity is preparation for greatness. I will accept the preparation. Why me? Why not me? I will be prepared for something great!

I accept responsibility for my past. I control my thoughts. I control my emotions. I am responsible for my success.

The buck stops here.

## *Traveler’s Gift Quote*

*“If decisions are choices...and our thinking dictates our decisions—then we are where we are because of our thinking.”*

—President Harry S. Truman



## EXERCISES

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1) What in your past and present have you blamed on other people or other circumstances? List as many as you can think of.

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2) For each answer above, think about what might happen if you took responsibility for these events right now? Would you feel empowered? Motivated to change?

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3) What thoughts do you consistently have on a regular basis that may be leading you to a place you don't want to go? Very often these thoughts take the form of ill-conceived questions—what questions do you habitually ask that are hindering your growth?

*For example: "Why am I so fat?" is not a question that will lead you to desirable results. However, "How can I happily sculpt my ideal body and reclaim my energy?" will move you in the direction you want.*

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4) What declarations are you committed to making in each of the following areas?

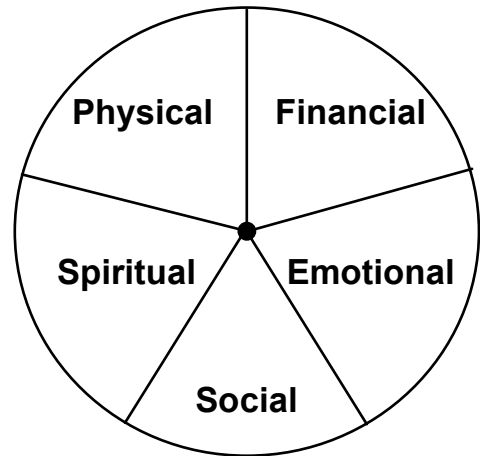
Emotional:

Physical:

Financial:

Spiritual:

Social:



## DAILY PRACTICE

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Read Decision #1 twice a day for twenty-one straight days. Read it when you first awake and again right before you go to sleep. As you read each word, emotionalize them so that they become a part of who you are.

List the top three decisions you made right here. After each reading of Decision #1, reaffirm your commitment to each decision.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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## #2 – THE GUIDED DECISION

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*In Ponder's second visit, he finds himself watching an ancient court trial as two women claim ownership of the same baby. The wise King Solomon gives David his next affirmation...*

**“I will seek wisdom.”**

### Here is King Solomon's message:

I will seek wisdom.

Knowing that wisdom waits to be gathered, I will actively search her out. My past can never be changed, but I can change the future by changing my actions today. I will change my actions today! I will train my eyes and ears to read and listen to books and recordings that bring about positive changes in my personal relationships and a greater understanding of my fellow man. No longer will I bombard my mind with materials that feed my doubts and fears. I will read and listen only to that which increases my belief in myself and my future.

I will seek wisdom. I will choose my friends with care.

I am who my friends are. I speak their language, and I wear their clothes. I share their opinions and their habits. From this moment forward, I will choose to associate with people whose lives and lifestyles I admire. If I associate with chickens, I will learn to scratch at the ground and squabble over crumbs. If I associate with eagles, I will learn to soar great heights. I am an eagle. It is my destiny to fly.

**I am who my friends are. If I associate with chickens, I will learn to scratch at the ground and squabble over crumbs. If I associate with eagles, I will learn to soar great heights. I am an eagle. It is my destiny to fly.**

I will seek wisdom. I will listen to the counsel of wise men.

The words of a wise man are like raindrops on dry ground. They are precious and quickly used for immediate results. Only the blade of grass that catches a raindrop will prosper and grow. The person who ignores wise counsel is like the blade of grass untouched by the rain—soon to wither and die. When I counsel with myself, I can only make decisions according to what I already know. By counseling with a wise man, I add his knowledge and experience to my own and dramatically increase my success.

I will seek wisdom. I will be a servant to others.

A wise man will cultivate a servant's spirit, for that particular attribute attracts people like no other. As I humbly serve others, their wisdom will be freely shared with me. Often, the person who develops a servant's spirit becomes wealthy beyond measure. Many times, a servant has the



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ear of the king, and a humble servant becomes king for he is the popular choice of the people. He who serves the most grows the fastest.

I will become a humble servant. I will not look for someone to open my door—I will look to open the door for someone. I will not be distressed when no one is available to help me—I will be excited when I am available to help.

I will be a servant to others. I will listen to the counsel of wise men. I will choose my friends with care.

I will seek wisdom.

## *Traveler's Gift Quote*

*"God moves mountains to create the opportunity of His choosing. It is up to you to be ready to move yourself."*

—King Solomon

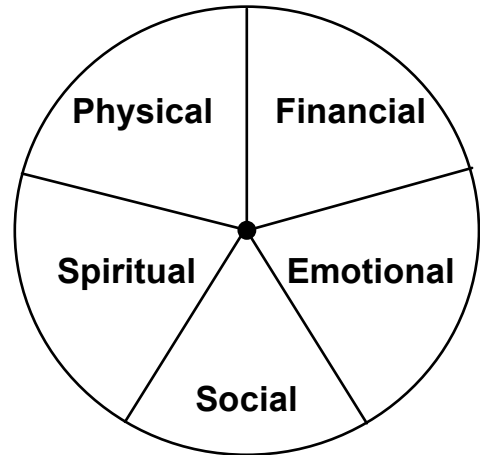


## EXERCISES

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1) In what areas of your life can you seek counsel within the next ten days?

- Emotional
- Physical
- Financial
- Spiritual
- Social



2) What untapped resources do you have available to you?

*(For example: friends, colleagues, a neighbor, a bank manager, the Internet, the library, Chamber of Commerce, various associations, programs)*

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3) What areas of interest are you going to focus on first? What programs or books will you commit to listening to or reading?

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## Additional resources include:

Nightingale-Conant (leader in audio development programs)	<a href="http://www.nightingale.com">www.nightingale.com</a>
Learning Strategies Corp. (programs on learning techniques, etc.)	<a href="http://www.learningstrategies.com">www.learningstrategies.com</a>
Amazon.com (leading online bookseller)	<a href="http://www.amazon.com">www.amazon.com</a>
Barnes & Noble (online bookseller)	<a href="http://www.bn.com">www.bn.com</a>
Bartelby (terrific online resource for quotes, fiction, nonfiction, etc.)	<a href="http://www.bartleby.com">www.bartleby.com</a>
Google (top search engine)	<a href="http://www.google.com">www.google.com</a>
Wikipedia (free online encyclopedia)	<a href="http://www.wikipedia.com">www.wikipedia.com</a>
@Brint.com (“business technology knowledge portal)	<a href="http://www.brint.com">www.brint.com</a>



## DAILY PRACTICE

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After completing the daily practice for Decision #1, complete the same process with Decision #2. Read Decision #2 two times per day for twenty-one straight days. Read it when you first awake and again right before you go to sleep. As you read each word, emotionalize them so that they become a part of who you are.

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## #3 – THE ACTIVE DECISION

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*Ponder's third visit lands him on a battlefield. It's the Civil War and Colonel Joshua Lawrence Chamberlain of the Twentieth Maine is up against impossible odds, responsible for keeping the Confederate foes at bay while grossly outnumbered. Colonel Chamberlain gives David his third affirmation ...*

**“I am a person of action.”**

### **Here is Joshua Chamberlain's message:**

I am a person of action.

Beginning today, I will create a new future by creating a new me. No longer will I dwell in a pit of despair, moaning over squandered time and lost opportunity. I can do nothing about the past. My future is immediate. I will grasp it in both hands and carry it with running feet. When I am faced with the choice of doing nothing or doing something, I will always choose to act! I seize this moment. I choose now.

I am a person of action. I am energetic. I move quickly.

Knowing that laziness is a sin, I will create a habit of lively behavior. I will walk with a spring in my step and a smile on my face. The lifeblood rushing through my veins is urging me upward and forward into activity and accomplishment. Wealth and prosperity hide from the sluggard, but rich rewards come to the person who moves quickly.

I am a person of action. I inspire others with my activity. I am a leader.

Leading is doing. To lead, I must move forward. Many people move out of the way for a person on the run; others are caught up in his wake. My activity will create a wave of success for the people who follow. My activity will be consistent. This will instill confidence in my leadership. As a leader, I have the ability to encourage and inspire others to greatness. It is true: An army of sheep led by a lion would defeat an army of lions led by a sheep!

**Many people move out of the way for a person on the run; others are caught up in his wake. My activity will create a wave of success for the people who follow. As a leader, I have the ability to encourage and inspire others to greatness.**

I am a person of action. I can make a decision. I can make it now.

A person who moves neither left nor right is destined for mediocrity. When faced with a decision, many people say they are waiting for God. But I understand, in most cases, God is waiting for me! He has given me a healthy mind to gather and sort information and the courage

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to come to a conclusion. I am not a quivering dog, indecisive and fearful. My constitution is strong and my pathway clear. Successful people make their decisions quickly and change their mind slowly. Failures make their decisions slowly and change their mind quickly. My decisions come quickly, and they lead to victory.

I am a person of action. I am daring. I am courageous.

Fear no longer has a place in my life. For too long, fear has outweighed my desire to make things better for my family. Never again! I have exposed fear as a vapor, an impostor who never had any power over me in the first place! I do not fear opinion, gossip, or the idle chatter of monkeys for all are the same to me. I do not fear failure, for in my life, failure is a myth. Failure only exists for the person who quits. I do not quit.

I am courageous. I am a leader. I seize this moment. I choose now.

## ***Traveler's Gift Quote***

*"My future is immediate. I will grasp it in both hands and carry it with running feet. When I am faced with the choice of doing nothing or doing something, I will always choose to act!"*

— Colonel Joshua Lawrence Chamberlain



## **EXERCISES**

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1) The hardest part of a new venture is the first step. In what areas of your life are you in a holding pattern? What massive action is needed today?

*Is there a book you've always wanted to write? A business you've always wanted to start? An idea at work you always wanted to try? A new recipe? An adventurous trip? A special meeting? Learn to play a musical instrument? Become fluent in a foreign language? What country have you always wanted to explore? What new skill must you master?*

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2) From the above list, check the items you are committed to starting. Next, list below something you will do in the next 24 hours to begin the process.

*For example: Is there a phone call you can make or a meeting you can book? Perhaps you can schedule an hour to research something on the Internet.*

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## DAILY PRACTICE

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After completing the daily practice for Decision #2, complete the same process: Read Decision #3 two times per day for twenty-one straight days. Read it when you first awake and again right before you go to sleep. As you read each word, emotionalize them so that they become a part of who you are.

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## #4 – THE CERTAIN DECISION

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*Traveling back to 1492 David finds himself sailing the open seas on the Santa Maria--the flagship of Christopher Columbus. With the odds grossly stacked against him, Columbus imparts the fourth key insight to Ponder...*

**“I have a decided heart.”**

### Here is Christopher Columbus’ message:

I have a decided heart.

A wise man once said, “A journey of a thousand miles begins with a single step.” Knowing this to be true, I am taking my first step today. For too long my feet have been tentative, shuffling left and right, more backward than forward as my heart gauged the direction of the wind. Criticism, condemnation, and complaint are creatures of the wind. They come and go on the wasted breath of lesser beings and have no power over me. The power to control direction belongs to me. Today I will begin to exercise that power.

My course has been charted. My destiny is assured.

I have a decided heart. I am passionate about my vision for the future.

I will awaken every morning with an excitement about the new day and its opportunity for growth and change. My thoughts and actions will work in a forward motion, never sliding into the dark forest of doubt or the muddy quicksand of self-pity. I will freely give my vision for the future to others, and as they see the belief in my eyes, they will follow me.

I will lay my head on my pillow at night happily exhausted, knowing that I have done everything within my power to move the mountains in my path. As I sleep, the same dream that dominates my waking hours will be with me in the dark. Yes, I have a dream. It is a great dream, and I will never apologize for it. Neither will I ever let it go, for if I did, my life would be finished. My hopes, my passions, my vision for the future is my very existence. A person without a dream never had a dream come true.

I have a decided heart. I will not wait.

I know that the purpose of analysis is to come to a conclusion. I have tested the angles. I have measured the probabilities. And now I have made a decision with my heart. I am not timid. I

**Criticism, condemnation, and complaint are creatures of the wind. They come and go on the wasted breath of lesser beings and have no power over me. The power to control direction belongs to me. Today I will begin to exercise that power.**

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will move now and not look back. What I put off until tomorrow, I will put off until the next day as well. I do not procrastinate. All my problems become smaller when I confront them. If I touch a thistle with caution, it will prick me, but if I grasp it boldly, its spines crumble into dust.

I will not wait. I am passionate about my vision for the future. My course has been charted. My destiny is assured.

I have a decided heart.

I am a person of action.

## *Traveler's Gift Quote*

*"Truth is truth. If a thousand people believe something foolish, it is still foolish! Truth is never dependent upon consensus of opinion. I have found that it is better to be alone and acting upon the truth in my heart than to follow a gaggle of silly geese doomed to mediocrity."*

—Christopher Columbus



## EXERCISES

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1) Define three specific decisions you have made in the course of this program. (Write one sentence for each.)

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2) For each decision, write all the reasons why you made this decision—why it is something you must do. What will following through on this decision give you? How will your life change? (Remember to keep your pen moving and keep breathing!)

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## #5 – THE JOYFUL DECISION

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*Hidden behind a simple bookshelf, up an old set of stairs Ponder finds himself in the company of Anne Frank. While hiding quietly in the annex, Anne shares with David the fifth affirmation for fulfillment...*

**“Today I will choose to be happy.”**

### **Here is Anne Frank’s message:**

Today I will choose to be happy.

Beginning this very moment, I am a happy person, for I now truly understand the concept of happiness. Few others before me have been able to grasp the truth of the physical law that enables one to live happily every day. I know now that happiness is not an emotional phantom floating in and out of my life. Happiness is a choice. Happiness is the end result of certain thoughts and activities, which actually bring about a chemical reaction in my body. This reaction results in a euphoria, which, while elusive to some, is totally under my control.

Today I will choose to be happy. I will greet each day with laughter.

Within moments of awakening, I will laugh for seven seconds. After even such a small period of time, excitement has begun to flow through my bloodstream. I feel different. I am different! I am enthusiastic about the day. I am alert to its possibilities. I am happy!

Laughter is an outward expression of enthusiasm, and I know that enthusiasm is the fuel that moves the world. I laugh throughout the day. I laugh while I am alone, and I laugh in conversation with others. People are drawn to me because I have laughter in my heart. The world belongs to the enthusiastic for people will follow them anywhere!

Today I will choose to be happy. I will smile at every person I meet.

My smile has become my calling card. It is, after all, the most potent weapon I possess. My smile has the strength to forge bonds, break ice, and calm storms. I will use my smile constantly. Because of my smile, the people with whom I come in contact on a daily basis will choose to further my causes and follow my leadership. I will always smile first. That particular display of a good attitude will tell others what I expect in return.

**My smile is the key to my emotional make up. A wise man once said, “I do not sing because I am happy; I am happy because I sing!” When I choose to smile, I become the master of my emotions.**

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My smile is the key to my emotional make up. A wise man once said, “I do not sing because I am happy; I am happy because I sing!” When I choose to smile, I become the master of my emotions.

Discouragement, despair, frustration, and fear will always wither when confronted by my smile. The power of who I am is displayed when I smile.

Today I will choose to be happy. I am the possessor of a grateful spirit.

In the past, I have found discouragement in particular situations, until I compared the condition of my life to others less fortunate. Just as a fresh breeze cleans smoke from the air, so does a grateful spirit remove the cloud of despair. It is impossible for the seeds of depression to take root in a thankful heart.

My God has bestowed upon me many gifts, and for these I will remember to be grateful. Too many times I have offered up the prayers of a beggar, always asking for more and forgetting my thanks. I do not wish to be seen as a greedy child, unappreciative, and disrespectful. I am grateful for sight and sound and breath. If ever in my life there is a pouring out of blessings beyond that, then I will be grateful for the miracle of abundance.

I will greet each day with laughter. I will smile at every person I meet. I am the possessor of a grateful spirit.

Today I will choose to be happy.

## ***Traveler’s Gift Quote***

*“Our very lives are fashioned by choice. First we make choices. Then our choices make us.”*

—Anne Frank



## **EXERCISES**

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1) Make a list of at least 50 things for which you are grateful.

*You can be truly grateful about anything— being alive, the ability to breathe, the trees, the air, the sun, the stars, your family, your friends, your pet, music, love, romance, a great movie, your favorite book, the clouds, the mountains, a flower, a child’s laugh, a puppy’s curiosity, a new idea, the telephone, the Internet, paintings, sculptures, plays—get the idea? Just be personal with your answers. Special credit for extending your list to 100!*

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2) List five things you can do each day to remind you to laugh and smile.

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



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**DAILY PRACTICE**

After completing the daily practice for Decision #4, complete the same process: Read Decision #5 two times per day for twenty-one straight days. Read it when you first awake and again right before you go to sleep. As you read each word, emotionalize them so that they become a part of who you are.

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## #6 - THE COMPASSIONATE DECISION

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*Shooting back to November 19, 1863, Ponder comes face to face with President Abraham Lincoln moments before his Gettysburg Address. On the grounds of that cemetery, President Lincoln bestowed upon David the sixth vital affirmation for success...*

**“I will greet this day with a forgiving spirit.”**

### Here is Abraham Lincoln’s message:

I will greet this day with a forgiving spirit.

For too long, every ounce of forgiveness I owned was locked away, hidden from view, waiting for me to bestow its precious presence upon some worthy person. Alas, I found most people to be singularly unworthy of my valuable forgiveness and, since they never asked for any, I kept it all for myself. Now, the forgiveness that I hoarded has sprouted inside my heart like a crippled seed yielding bitter fruit.

No more! At this moment, my life has taken on new hope and assurance. Of all the world’s population, I am one of the few possessors of the secret to dissipating anger and resentment. I now understand that forgiveness only has value when it is given away. By the simple act of granting forgiveness, I release the demons of the past about which I can do nothing and create in myself a new heart, a new beginning.

I will greet this day with a forgiving spirit. I will forgive even those who do not ask for forgiveness.

Many are the times when I have seethed in anger at a word or deed thrown into my life by an unthinking or uncaring person. Valuable hours have been wasted imagining revenge or confrontation. Now I see the truth revealed about this psychological rock inside my shoe. The rage I nurture is often one-sided, for my offender seldom gives thought to his offense!

I will now and forevermore silently offer my forgiveness even to those who do not see that they need it. By the act of forgiving, I am no longer consumed by unproductive thoughts. My bitterness is given up. I am contented in my soul and effective again with my fellow man.

I will greet this day with a forgiving spirit. I will forgive those who criticize me unjustly.

**I now understand that forgiveness only has value when it is given away. By the simple act of granting forgiveness, I release the demons of the past about which I can do nothing and create in myself a new heart, a new beginning.**

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Knowing that slavery, in any form, is wrong, I also know that the person who lives a life according to the opinion of others is a slave. I am not a slave. I have chosen my own counsel. I know the difference between right and wrong. I know what is best for the future of my family, and neither misguided opinion nor unjust criticism will alter my course.

Those who are critical of my goals and dreams simply do not understand the higher purpose to which I have been called. Therefore, their scorn does not affect my attitude or action. I forgive their lack of vision and forge ahead. I now know that criticism is part of the price paid for leaping past mediocrity.

I will greet this day with a forgiving spirit. I will forgive myself.

For many years, my greatest enemy has been myself. Every mistake, every miscalculation, every stumble I made has been replayed over and over in my mind. Every broken promise, every day wasted, every goal not reached has compounded the disgust I feel for the lack of achievement in my life. My dismay has developed a paralyzing grip. When I disappoint myself, I respond with inaction and become more disappointed.

I realize today that it is impossible to fight an enemy living in my head. By forgiving myself, I erase the doubts, fears, and frustration that have kept my past in the present. From this day forward, my history will cease to control my destiny. I have forgiven myself. My life has just begun.

I will forgive even those who do not ask for forgiveness. I will forgive those who criticize me unjustly. I will forgive myself.

I will greet this day with a forgiving spirit.

## ***Traveler's Gift Quote***

*"Forgiveness is a secret that is hidden in plain sight. It costs nothing and is worth millions. It is available to everyone and used by few. If you harness the power of forgiveness, you will be sought after and regarded highly. And not coincidentally, you will also be forgiven by others!"*

—Abraham Lincoln



## **EXERCISES**

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1) We tend to be our own worst critic. In order to liberate yourself from your mental stranglehold, you must first forgive yourself. To help facilitate the healing process, list all the ways you've been hard on yourself in the past.

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Commit from this day forth to be kinder and gentler on yourself. Hey, you may even want to have a good laugh with yourself from time to time! (People will either think you're crazy or wonder what you're thinking about... Who cares!)

2) With whom have you been maintaining resentment? Think all the way back to when you were a teenager and progress forward in your mind—who are the people who have imprisoned you through your resentment toward them?

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3) Go through your list and quietly forgive each one. (You may wish to express your feelings in written form—draft a letter that you don't have to mail.)



## DAILY PRACTICE

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After completing the daily practice for Decision #5, complete the same process: Read Decision #6 two times per day for twenty-one straight days. Read it when you first awake and again right before you go to sleep. As you read each word, emotionalize them so that they become a part of who you are.

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## #7 – THE PERSISTENT DECISION

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*A final visit to the “place that never was” with the Archangel Gabriel illuminates all the missed opportunities that happen each day because of man’s unwillingness to follow through. The angel shares with David the last critical affirmation...*

**“I will persist without exception.”**

### Here is Archangel Gabriel’s message:

I will persist without exception.

Knowing that I have already made changes in my life that will last forever, today I insert the final piece of the puzzle. I possess the greatest power ever bestowed upon mankind, the power of choice. Today, I choose to persist without exception. No longer will I live in a dimension of distraction, my focus blown hither and yon like a leaf on a blustery day. I know the outcome I desire. I hold fast to my dreams. I stay the course. I do not quit.

I will persist without exception. I will continue despite exhaustion.

I acknowledge the fact that most people quit when exhaustion sets in. I am not “most people.” I am stronger than most people. Average people accept exhaustion as a matter of course. I do not. Average people compare themselves with other people. That is why they are average. I compare myself to my potential. I am not average. I see exhaustion as a precursor to victory.

How long must a child try to walk before he actually does so? Do I not have more strength than a child? More understanding? More desire? How long must I work to succeed before I actually do so? A child would never ask the question, for the answer does not matter. By persisting without exception, my outcome—my success—is assured.

I will persist without exception. I focus on results.

To achieve the results I desire, it is not even necessary that I enjoy the process. It is only important that I continue the process with my eyes on the outcome. An athlete does not enjoy the pain of training; an athlete enjoys the results of having trained. A young falcon is pushed from the nest, afraid and tumbling from the cliff. The pain of learning to fly cannot be an enjoyable experience, but the anguish of learning to fly is quickly forgotten as the falcon soars to the heavens.

**Faith has no limits. I will expect miracles in my life because faith produces them every day. I will believe in the future that I do not see. That is faith. And the reward of this faith is to see the future that I believed.**

# TIMELESS WISDOM FROM THE TRAVELER

ANDY ANDREWS

A sailor who fearfully watches stormy seas lash his vessel will always steer an unproductive course. But a wise and experienced captain keeps his eye firmly fixed upon the lighthouse. He knows that by guiding his ship directly to a specific point, the time spent in discomfort is lessened. And by keeping his eye on the light, there never exists one second of discouragement. My light, my harbor, my future is within sight!

I will persist without exception. I am a person of great faith.

In Jeremiah, my Creator declares, “For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future.” From this day forward, I will claim a faith in the certainty of my future. Too much of my life has been spent doubting my beliefs and believing my doubts. No more! I have faith in my future. I do not look left or right. I look forward. I can only persist.

For me, faith will always be a sounder guide than reason because reason can only go so far—faith has no limits. I will expect miracles in my life because faith produces them every day. I will believe in the future that I do not see. That is faith. And the reward of this faith is to see the future that I believed.

I will continue despite exhaustion. I focus on results. I am a person of great faith.

I will persist without exception.

## *Traveler’s Gift Quote*

*“Great leaders—great achievers—are rarely realistic by other people's standards. Somehow, these successful people, often considered strange, pick their way through life ignoring or not hearing negative expectations and emotions. Consequently, they accomplish one great thing after another, never having heard what cannot be done. That is precisely why one should never tell a young person that something cannot be done. God may have been waiting centuries for someone ignorant enough of the impossible to do that very thing!”*

—Archangel Gabriel



## EXERCISES

1) The past is in the past. It is unnecessary to wallow in what “could have been.” Today you can create a new destiny. Start right now: Decide what future you want to see. Write it down in as much detail as possible.

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# TIMELESS WISDOM FROM THE TRAVELER

ANDY ANDREWS

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2) Does this vision excite you? Excitement and enthusiasm are the key building blocks to creating your vision. Once you have your vision on paper, work with it for a while. Come back to it over the course of several days; continue to refine what your vision looks like.

If you're having difficulty defining a clear vision, it may help to break it down to each component of daily life. Clarify your vision for each area.

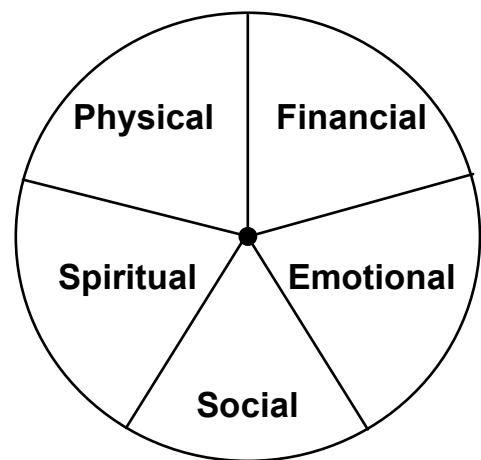
Emotional:

Physical:

Financial:

Spiritual:

Social:



## DAILY PRACTICE

After completing the daily practice for Decision #6, complete the same process: Read Decision #7 two times per day for twenty-one straight days. Read it when you first awake and again right before you go to sleep. As you read each word, emotionalize them so that they become a part of who you are. Once you have a vision written down that excites you, copy it onto a postcard and keep it by your bedside. After you read Decision #7, read your vision.

How badly do you want to create your vision? It's easy to get knocked off course with an infinite number of distractions attacking you from every angle. The more focused and committed you are to your vision, the less likely you are to get thrown off course. To this end, keep your vision card with you after you've completed your twenty-one days with Decision #7. If you've made it to this point, your daily reading has become a habit—why stop now? Read your vision everyday, as often as possible. In time, you'll begin to see the miraculous manifest in your life as your vision becomes a physical reality.