

# Are You Happy?

By Paul A. Akers

## Important concepts that you must remember

**WORDS:** Your words are the most powerful and influential tool in the world. If you can clearly and effectively express ideas, you will have no limits. Master this and make it your strength.

**PASSION:** Bill Prymack, Doug Mockett, and my Dad had a passion for life that makes most people feel uncomfortable. Don't feel uncomfortable with your passion. Let it energize you to pursue your dreams. Many will misunderstand you. Press on and let your passion and desire to learn everything in life burn intensely.

**WISDOM:** Don't throw your pearls to swine (Matt 7:6). Your advice and wisdom is the result of the intense pursuit of continuous improvement and learning. Give your counsel freely to the curious and humble. The giving of your advice should be done judiciously. Do not disseminate your knowledge to those people who don't want to learn. This is the equivalent of shooting bullets without hitting the target, it's pointless. Choose with great care where you aim. It is critical you hit good targets!

## Daily steps on life's wonderful journey

1. Exercise and build muscle for 5 minutes every day.
2. Answer all emails by 10 am. Answer all phone calls by 12 noon. [have moved from email to Voxer and WhatsApp to eliminate waste. I get very few emails.]
3. Make a list for all task management. Check 5 things off your task list by 5 pm.
4. Plan your day the night before.
5. Always remain positive and never give up

## Life Defining Goals

Have a clear plan to significantly improve my life in the following areas:

1. Be highly respected intellectually by my peers.
2. Be extremely healthy.
3. Be continuously improving.
4. Have lots of fun.
5. Live by a checklist of daily habits.
6. Tolerate absolutely zero bullshit! Walk away the second someone pulls this. On second thought, run and never look back!
7. Create a clear mental vision of who I want to be.

8. Live to improve other peoples' lives. Change the world. Think crazy big thoughts. Teach Lean.
9. Be slow to speak. Two eyes one mouth.
10. Be curious and ask questions.
11. Be positive.
12. Treat mistakes as opportunities to learn.
13. Limit responses to 15 seconds. The 1-minute zone is no man's land. Nobody will be listening.
14. Increase my vocabulary by learning one word a week. Write and utilize those words. It's a powerful reflection tool.
15. Read one book a week. Take notes. Stop being a mental lightweight. Know history. It answers the why of the past and brings clarity for the future.
16. Listen to an audiobook every night before I go to bed.
17. Write one chapter a month for my newest book.
18. Never stop asking "Why" about everything.

## Two Sides of Paul

Remember, inside of my mind there are 2 entirely different people:

FIT PAUL loves the adrenaline rush he gets from exercising daily. He skis without being winded. He has a clear image of a ripped body...like the cover of men's health magazines. He intensely pursues healthy food choices (2,200 calories a day): salads, fresh fish, and always a piece of fruit in his hand.

FAT PAUL is lazy and undisciplined. He eats without thinking about the long-term consequence. He has no plan, no goal, and no satisfying results. He spends his life wondering why he's overweight and looks bad.

## My Health Plan

Here is the plan I developed in writing Lean Health. This is one area I struggled with for years. In my original plan when I wrote Lean Health I wanted to weigh 185 pounds, down from 218 pounds, but I never got below 205 pounds. Then, in 9 months with Lean Health, I went from 218 pounds to 169 pounds. I am in the best shape of my life...the power of a thoughtful plan! If what you're doing is not working, take an honest look at it.

## The Plan

- 80% of my food is fruits and vegetables.
- 20% of my food is fish, chicken, and nuts.
- No sugar or no artificial sweeteners.
- No packaged food.

- 2,200 calories a day.
- Log everything in MyFitnessPal App.
- More than 10,000 steps a day.
- 100 push-ups and 200 sit-ups.

### Life Action Plan

- Delegate like a wild man (stop resisting because you think they are too busy...give it to them and watch them rise).
- Stay on top of projects.
- Stay hyper-organized.
- Have a perfect yard.
- Have a clean shop.
- Have an organized and well-maintained home and office (3S everything).

### Fun Action Plan

- Ski four times in 2006-2007: Bachelor, Aspen, and Park City.
- Go back to Pittstown, New Jersey.
- Attend Porsche racing school in 2007 and 2008: Porsche Masters.
- Walk the Great Wall of China.
- Attend concerts: James Taylor, Sugarland, Taylor Swift, Rascal Flatts, Carrie Underwood, and Sara Evans.
- Fly to Bahía de Los Ángeles, dad's favorite place.
- Hike in Aspen with Bill.
- Take a glider class.
- Learn to kitesurf.
- Have lunch with Bob Taylor.
- Play golf once a week with Leanne.
- Learn 'Sweet Baby James,' 'Can't Help Falling in Love' and 'Up on the Roof'.
- Buy a hot sports car and enjoy the hell out of it.
- Spend a week touring Germany in a Porsche with Michael.
- Climb Mt. Whitney and the Matterhorn.
- Pilot a plane to Rome.
- Pilot a plane around the world.

### Zero Tolerances Action Plan

- Have a great relationship with Leanne.
- Stop denying myself of attaining what I want in life...don't put up with bullshit excuses.
- Embrace relentless improvements. It is a way of life and worth every effort. Dismiss anyone who doesn't understand this.
- Be excellent and you will attract people of excellence.

- Welcome to constructive criticism. Listen carefully to the words people say because they can provide deep insights. Seek out people's opinions, but never let them put you down.
- Kick-Ass from here on out...NO EXCEPTIONS!

### Stop Doing Action Plan

- Stop eating white bread.
- Stop rationalizing why you can't lose weight.
- Stop interrupting people.
- Stop avoiding your email.
- Stop buying anything unless it is the highest quality.
- Stop using so much hyperbole.
- Stop getting angry. It's an emotion that belittles you and does not help you achieve your goal of garnering respect.

### Start Doing Action Plan

- Being tender with Leanne, God's gift, and the most beautiful flower to me.
- Smile more and get everyone you meet to smile.
- Bring out the best in everyone you meet.
- Love every second of life...it's the seconds that add up to days of joy.

### What I want my Dream Life to look like by December 2008

- Easily maintain 185 pounds.
- Own a state-of-the-art plane.
- Maintain a spectacular garden.
- FastCap LLC is in a new building and is getting recognition for its deep commitment to growing people.
- Be recognized and highly regarded for my intellect.
- Be cutting edge and full of adventure.
- Impact and inspire others.
- Be creative. Be in an environment that facilitates explosive creativity.
- Make people smile!