PRINCIPLES & THE POWER OF DECISION

How To Live Up To Your Own Expectations

Philip Vandermeer
Disclaimers

INCOME: This document contains life strategies as well as possible business strategies, methods and other advice that, regardless of my own results and experience, may not produce the same results (or any results) for you. I make absolutely no guarantee, expressed or implied, that by following any advice offered, that you will make money or improve your particular condition(s), as there are several factors and variables that come into play. Primarily, results will depend on the experience, work ethics, and particulars of the individual, and situations and elements that are either within or beyond your control.

As with any endeavor, you assume all risk related to any investment of time and money you might make, which you understand is based solely on your own discretion and at your own potential expense.

LIABILITY: By reading this document, you assume all risks associated with applying the advice offered, with a full understanding that you, solely, are responsible for anything that may occur as a result of putting this information into action in any way, regardless of your interpretation of it.

You further agree that neither Phil Vandermeer, nor any company associated with Phil Vandermeer will be held responsible in any way for the success or failure of your personal or public business as a result of anything you do with the information presented. As with any of life’s endeavors, it is your own responsibility to conduct your own due diligence.
Introduction

Research has already been done on the topic of decision-making and I’ve learned that humans make upwards of 30,000 decisions every single day. That probably is true on some infinitesimal scale. This report isn’t about how to make the best choice between colors of socks. There is a difference between trivial pursuits and life altering decisions.

We’re going to discuss the big stuff that matters here. The fun stuff! There are times in our lives that we need to make a decision that will impact our future and even the future of our loved ones. The trick is in how we go about making those decisions and how to keep from failing to follow through on them.

Far too many people allow their environment, family, friends and other external influences to make major decisions for them. Have you ever really thought about how you make major decisions? There are certainly many methods that people follow, like listing pros and the cons and “weighing in” on possible outcomes. There are lots more. Some are better than others.

In this publication I’m going to expose you to a power that already lies within you, and how to develop it: The Power Of Decision.

Learning to make decisions “on purpose” will empower you to achieve the dreams and goals you desire, and conquer obstacles that will absolutely try to get in your way. Having the power to overcome obstacles will keep you from falling into old, dismantling habits and routines.

Your relationships will improve because you will soon become the achiever everyone around you admires and wish they could be themselves. When people see others living their lives based on sound principles, they tend to perceive that individual as a leader.
If you already know about, and apply *the power of decision*, then my hat’s off to you. Everyone should understand the concept. Let this Ebook serve as a friendly reminder for you and maybe expand and confirm your knowledge about it. It’s for everyone.

Exercising *the power of decision* will help you gain control over areas of your life and help you discern the overwhelming number of things that bombard us and try to keep us from achievement.

Once you are able to discern and distinguish between what’s right for you and what’s not right for you, then your life will begin to take on a sense of meaning and purpose. Purpose isn’t some great big grand thing, either. It’s simply what is most important to you and your life and how you choose to live it *today*, with your future in mind.

I will offer the concept of living your life *On Purpose*. Armed with your own, personal set of principles, you’ll learn that some things, even though they may be great for someone else, may not be right for you.

Finally, I will share what I have come to believe is the missing ingredient in applying the *power of decision* and how to make sure you can follow through on the important decisions you’ll be making throughout your life.

Have you ever wondered why it is that you can make a great decision about something, maybe something big, just to find out later on that you forgot about it, or you were not strong-willed enough to follow through?

I hope to share as much as I possibly can with you today in this short report on this important subject.

So let’s get to it.

Philip Vandermeer

“The greatest virtue of our will is the ability to make decisions. It is a matter of honor to figure out how to assert ourselves enough to make great decisions and see them through.”
Is this how the concept of decision-making appears to you? If so, we’re about to change that forever...
# Table Of Contents

**Confessions of an Ex Smoker** ................................................................. 4
  What I Learned From Smoking – And Quitting .................................................. 4
  I Decided To Try And Quit ................................................................. 4
  I Made A Decision To Live Life “On Purpose” .................................................. 5
  Something Was Still Missing ................................................................. 6
  As Fate Would Have It ................................................................................. 7
  Finding What I Was Missing ........................................................................... 8

**A Foundation in Sound Principles** .......................................................... 9
  Change, Choice, and Principles ....................................................................... 9
  Develop Principles You Can Believe In ......................................................... 10

**The Missing Ingredient** ............................................................................ 11
  Accountability .............................................................................................. 11
  Get The Help You Need .................................................................................. 11

**In A Nutshell** .............................................................................................. 12
  My Discovery ................................................................................................. 12
  A Foundation In Sound Principles ............................................................... 12
  Why We Should Adopt Sound Principles ..................................................... 12
  The Missing Ingredient ................................................................................... 13
  Wrapping It All Up ......................................................................................... 13

**Resources** ................................................................................................. 14
Confessions of an Ex Smoker

What I Learned From Smoking – And Quitting

This is the true story of my own history of smoking and quitting again and again, and finally discovering what was missing and why I kept going back. It’s important to tell because it’s exactly how I discovered the missing ingredient that made the power of decision work for me.

I am not sharing my proudest moments here, but this story is critical to the life lessons I’ve learned. If I’m going to share those, I have to tell it.

From my early memories of growing up in Fairbanks, Alaska, I was drawn to the smell of cigarettes. My parents didn’t smoke, and no one in my family (that I knew of) smoked, either. Whenever I was out in public and someone was smoking near me, I would move closer and start taking deep breaths. That may sound odd in today’s world, but it was true for me as a kid. I liked the smell of cigarettes.

It was no surprise that I picked up the habit by age 14, having tried my first cigarette at the age of 12. By the time I was 16, I was a pack per day smoker, which continued throughout my young adult life.

I could have been in my twenties or perhaps my early thirties when I began to realize that being a committed smoker was probably not in my best interest. Thoughts I had about developing shortness of breath, cancer or the possibility of early death began to seem real to me.

I Decided To Try And Quit

Actually, I probably quit 5 or 6 times all together, but I always went back to smoking in times of weakness or careless behavior. Clearly, I didn’t know how to make a life decision and follow through on it.
Once, I even tried hypnosis. It turned out to be one of the longest non-smoking periods of my smoking life. I didn’t smoke for nearly 2 years. During that time, I was a happy go lucky non-smoker. Then one day at work, out of the blue, I was offered some chewing tobacco. And since almost everyone in the room was “dipping”, I decided to give it a try.

Suddenly, I was high on nicotine and the craving for a cigarette washed over me like a tidal wave. After only a couple of days of fighting those new and powerful cravings, I caved in and picked up smoking once again.

Years later, after living pretty much in a state of continual regret over my inability to stop smoking, I decided to try again. Only this time, it wasn’t going to be just about quitting smoking. This decision was going to be about becoming happy as an individual and living my life my own way. If I was going to smoke, then I was going to be okay with it regardless of the consequences. I was now making a choice about happiness.

I Made A Decision To Live Life “On Purpose”

I made a conscious effort to make a decision, once and for all, whether or not I was going to remain a smoker. I was determined to be “OK” with whatever I decided. I was going to fully enjoy the habit (and the consequences) once and for all, or quit for good. It was a sound idea.

I knew if being a non-smoker was for me, then there had to be something that would make my decision survive times of temptation. Whether I knew what it was or not, it didn’t matter at this stage of the game.

I actually thought about it for several days. I was afraid of failure after so many tries. I knew I possessed the power of decision but never gave it any of my time or mental energy. Through this process, I decided to become a non-smoker. I made a clear, conscious decision to quit, no matter how I had to do it. I balanced the pros and cons and argued both sides of the issue with myself. Silly? Maybe, but what I went through made up the first part of what I now refer to as the power of decision. I had it.
Once I decided that I was going to become a non-smoker, I then had to decide how I was going to go about it. I had several possible approaches I could take.

I could go cold turkey, taper off, use hypnosis again or even try the old “smoke 50 cigarettes in a row or until I get sick” method. (I never actually tried that, but I've heard it has worked for some people. Go figure.)

I decided “my way” was to taper off and quit at a certain point. I don’t remember how I determined the exact point, but the idea was to make it as easy as possible, with a definite goal date. For me, it made the best sense. On the day I had set to quit, I did. Plus, my will power was strong enough to keep me free of nicotine for a few years again.

I did it! I taught myself a way to make a life decision based on principles, and not on whim or circumstances or fear. I overcame a huge obstacle (addiction) and created my own path. I thought I’d found the answer. But I discovered that “deliberate choice” was only part of the answer…

Something Was Still Missing

One day I met a guy through work and we became fast friends. He loved to mix martinis and he taught me all about the finer nuances of making, sipping and enjoying martinis. He could talk about things like stirring vs. shaking, dry vs. wet and so on, for hours. He loved martinis.

I thought of him as a martini connoisseur, but it was mostly just a lot of fun and we enjoyed discussing martini making (and drinking), usually on Friday evenings on his back porch.

He also happened to love cigars…

Uh oh. I think you know where this is headed. Yes. It happened again. I got a little nicotine in my system and off I went, buying a pack of smokes and lighting up. It’s very sad, I know, but smoking is a powerful habit and one I battled with for a very long time.
This time it was slightly different. I didn’t go back to cigarettes. I limited myself to those little cigars. Of course, I was only kidding myself. I was still filling my lungs with smoke and getting high on nicotine.

Even though I understood the power of decision, I clearly needed something more.

Sadly, I had not discovered the missing ingredient. Not yet.

**As Fate Would Have It**

It so happened, I was either too weak or too dumb to follow through on my own. As usual, I would have to learn through experience. Outside influences that came to me as temptation were a stumbling block and failure to stick to my decision was becoming a life habit.

Thankfully, fate stepped in. I found the girl I wanted to marry and I fell deeply in love with her. When we met, I was still a smoker. At that point I had reduced my smoking to a handful of little cigars a day. She didn’t smoke. Even though she encouraged me to quit, she never made it so big an issue that it came between us. I was, after all, “only” smoking a few cigars a day…

Then we got married.

A couple of years into our relationship, our daughter was born. She was the most precious and beautiful baby girl I had ever seen! She instantly became the apple of my eye, my little sweetheart. Nothing in my life ever made me so proud as that little girl did in a moment’s time.

I was still smoking and thought about it regularly and the impact it might have on my baby as she began to grow. One thing I was sure of, I did not want my daughter to have a daddy that was a smoker.

No way.
Finding What I Was Missing

When my daughter was two, I came down with the flu. I was bedridden for 7 long days. My temperature would climb to 101 and even 102 and I could barely move. Then, it would drop to 99 or 100 and I would start to feel better. It went up and down like that for days. My mood, my ability to eat or stand up for any period of time was “touch and go”.

I didn’t smoke for most of that time. As I began to get better, I recalled how I could apply my decision making power to quit again. I was low on smokes anyway. So I just quit.

This time, something very important happened. I realized that the time had come to live up to my own expectations. My strongest and deepest desires about smoking and raising a child, were made manifest. I knew the time had come to become what I had already decided I was going to be; a non-smoker. I realized that I had quit for the last time and I knew it.

Why?

What made this time different?

I discovered the missing ingredient, and it had nothing to do with me.

I’m going to share the missing ingredient with you in plain language later on, if you haven’t figured out what it is already. It can be summed up in one single word.

Before I do, let me explain the power of decision itself, what it’s based on, how to apply it, and how to find the missing ingredient for yourself, so you don’t have to spend years figuring it out like I did.

I’m simply going to tell you.

Let’s move on…
A Foundation in Sound Principles

Change, Choice, and Principles

Stephen Covey is credited with the quote: “There are three constants in life…change, choice, and principles.”

We know that change is inevitable, and we have to be able to adapt to change in order to get along in life.

If this Ebook is about the power of decision, then we are already talking about choices and how to make the best ones that will last.

Sound decision-making starts with sound principles. Principles are kind of like ground rules for life. The dictionary definition reads like this:

*Principle* - a fundamental truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning.

In other words, it’s the set of beliefs we have that we filter everything through, so we can make sense of things and create a relationship towards people, attitudes and situations in a consistent way.

The principles we hold dear are really important in the decision-making process. Some people would call it our paradigm.

The point is simply that we should develop principles to live our lives by, in order to have a clear way to make the best choices for ourselves in life. They must be strong.
Develop Principles You Can Believe In

I’ve already created a list of principles that I personally strive to live by. I did it years ago. Here are just some of the principles I have adopted and continually work on. Some of your principles are probably at least somewhat similar to you. It’s not a complete list by any stretch, but it’s a good handful:

- Don’t be afraid to get help when you need it.
- Partner with people who know more than you do.
- Don’t be greedy.
- Increase your value to others daily.
- Honor God with the first fruits of your labor.
- Don’t hold back doing good to those that have earned it.
- Don’t be lazy.
- Be true to yourself.
- Love wisdom for the sake of wisdom.
- Avoid foolishness.
- Don’t say things you don’t understand.
- Work when it’s time to work, and rest when it’s time to rest.
- Work hard, strive for improvement and be content.
- Be strong and protect what you’ve earned.
- Accept constructive criticism.
- Make sure you deserve what you get.
- Don’t drink too much.
- Don’t sleep too much.

Not a bad list. Short. The point to including any list of principles is simply to get you thinking about your own foundation of principles, which are where we start when we choose to develop living on purpose, so we can develop the power of decision and live the life of our dreams.
The Missing Ingredient

Accountability

That’s it. It isn’t grand. It’s **Accountability**. When I quit smoking, I knew that my daughter would be watching me from that moment on. My 3 year old held me accountable, and she still does to this day!

Get The Help You Need

Having a daughter watch you and imitate you is pretty good incentive to help you follow through on your decisions. For me accountability came to me with no direct effort on my part.

But, some things aren’t so straightforward.

If I had been single, and understood the factor of accountability, perhaps I would start a face book group of committed non-smokers or find a willing co-worker going through the same thing to become an accountability partner with me, so I could tap into the power of accountability.

The reason companies like Jenny Craig are so successful is because they know how to leverage the accountability factor for their clients. There are many ways to get the help that you need to become accountable, once you’ve harnessed the power of decision.
In A Nutshell

My Discovery

In the story about my battle with an addiction to nicotine, I shared how I discovered that the power of decision is not in the decision itself, but rather in the ability to follow through.

Destinies are formed in decisions and destinies are manifest in the change that occurs. Sometimes, we need to rely on an outside influence to help make the change happen. Making a decision and making ourselves accountable can make big things happen in our lives.

The power of decision is a like a muscle that needs to be exercised.

A Foundation In Sound Principles

Our life principles are the foundation from which we make choices that shape our lives.

Why We Should Adopt Sound Principles

If we know where we’re headed, and what we want out of life, and pursue it, we are way ahead of the vast majority of the population. Most people don’t really know where they’re headed.

The Power Of Decision

It is a power that we can exercise and develop. Everyone makes decisions every day. Only a small percentage of people actually make decisions on purpose, and are able to follow through to lasting success.
The Missing Ingredient

The missing ingredient is accountability. When you have someone or something hold you accountable, even if it's you or an extension of yourself, you will succeed far easier than if you are not held accountable for your results.

Wrapping It All Up

I hope you got something out of what I just shared with you. The power of decision is as strong as you decide to make it. I hope you will learn to make the right choices.

We all have the power of decision, and it's not an easy concept to share or learn. For me it took a very long time to learn how to know that whatever I truly and actively decided, I could make it become real in my life.

Some decisions are easy to make and some decisions are difficult. Sometimes, we need help to make them come to pass.

Like any muscle that you build, start slow, start with something you can follow through on, but always remember that with help, we can all actually achieve a lot.

YOU have the power!
Resources

Visit http://personalfinanceliteracy.com for articles, videos and other helpful information on personal finance and the world of money.

If you are just getting started on the path to financial independence or you’d like to learn how to start a small, service-oriented business on a tiny budget that can generate a good income, you can download my free report at http://curbnumberpro.com

You are invited to follow us on Facebook! https://www.facebook.com/PersonalFinanceLiteracy/

Here’s our Youtube channel: https://www.youtube.com/channel/UCfsUg2uzupnFjxDIFO4xWzA

Brand New! Our Credit Score Master Key program will be available in December of 2016. Get on the early bird list for product launch details and get some great free credit training at: http://creditscoremasterkey.com