

# The SOURCE Sequence of Success

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## **1. Intelligently Directed Attention**

- Awareness is a life-long journey
- As we become more aware of what we are actually paying attention to, one moment at a time, we begin to experience greater freedom to choose the object of our attention
- Discernment is key when choosing the object of our attention
- If an object (thought, feeling, intention, or action) helps us to integrate or connect with others, it is more than likely the best option – in the moment!

## **2. Sustained Effort**

- Having turned our attention towards the most intelligent of objects we now need to stay focused through periods of discomfort and fatigue
- Sustained effort is directly related to our physiological and structural health

## **3. Discipline**

- Through the process of sustained effort, we will come to know moments when distractions become more powerful than ever
- Discomfort is obligatory during the process of growth – discipline allows us to continue turning our attention towards the most intelligent object available and to do so with sustained effort
- Discipline occurs where all things occur – in the here and now and it occurs when we turn our attention towards the empowering and away from the negative

## **4. Joy**

- Joy is the ultimate reward of following the Sequence
- Joy is the recognition of growth and positive change in the face of a life and a world that will sometimes not cooperate with our wishes
- Attention, discomfort, discipline, and joy travel together and each has its own merits BUT joy is a great deal more fun!