

YOUR RESCUE STARTS HERE

This advance sample of *Come to Your Own Rescue: The 7-Step Blueprint to Rebuild Your Life* includes:

- **Preface—You're Here for a Reason...**
- **Introduction—Coming to My Own Rescue**
- **Chapter 1—The Skill of Transformation**

Together, these sections introduce the story, message, and seven-step blueprint behind *Come to Your Own Rescue*.

This is not a book about waiting for the right moment, becoming perfect, or hoping someone else will change your life for you. It is about accepting responsibility for what happens next—and recognizing that you already possess more strength, possibility, and power than you may realize.

Read this sample at your own pace. Tell yourself the truth about where you are. Pay attention to the parts that challenge you, the parts that feel familiar, and the parts that remind you of who you are still capable of becoming.

The full book will ask more of you. It will guide you through the internal and external work of defining your Transformation Goal, removing the mental limits that are holding you back, taking grounded action, building momentum, releasing the old version of yourself, and building habits that support your new life.

For now, you only need to take one step:

Begin.

No one is coming to rescue you. You must rescue yourself—and you are fully capable of it.

F. John Gamez III

Author and Creator of **The Skill of Transformation™**

SET THE GOAL. REBUILD YOUR LIFE. **RISE UP.**



COME TO YOUR **OWN** **RESCUE**

**THE 7-STEP BLUEPRINT
TO REBUILD YOUR LIFE**

F. JOHN GAMEZ III

Preface

You're Here for a Reason . . .

If you are reading this, there is a good chance that some part of your life is no longer working for you. Maybe you know exactly what needs to change. Maybe you only know that you cannot keep living like this. Either way, something brought you here, and I want you to know that I understand.

I know what it feels like to handle your responsibilities while quietly knowing this is not the way you were meant to live—that you were meant for more. I know how frustrating it is to feel that truth deep in your soul while repeating the same patterns that keep you stuck. I also know what it's like to make promises to yourself, only to watch them disappear when life becomes uncomfortable again.

Maybe you're overwhelmed by debt, out of shape, dealing with addictions, been served divorce papers, stuck in a toxic relationship or dead-end career, or just uncomfortable with not living up to your true potential. Maybe you have tried to change before and somehow ended up right back where you started. Perhaps you've become so skilled at surviving that those around you have no idea how unhappy, exhausted, or lost you really feel. You might even look successful on the outside while being stuck in survival mode on the inside.

The truth is, only you know how hard it has been, the disappointments you have carried, the mistakes you still think about, and the parts of yourself you have learned to hide. Only you know how many times you have wondered if you waited too long, caused too much damage, or if you simply don't have what it takes to rebuild your life.

Let me answer that right now: *You have not waited too long. You are not defective.* You are not a diagnosis, someone else's expectation of you, too weak, too far gone, or any other damn label someone has put on you. Even if that someone is you.

What you *are* is fully capable of becoming who you choose to be. I don't just believe that. I know it.

There is a part of you that knows it too. It is the part that picked up this book. The part that is tired of settling for a mediocre life. The part that still believes your goals are possible, and that you have what it takes to reach them. That part of you still exists, and it's time to start listening to it.

Right here. Right now.

I won't promise you the road ahead will be easy. Rebuilding and transforming your life is difficult. Full stop. It requires honesty, focus, patience, responsibility, and the willingness to become uncomfortable. There will be moments when you question yourself. The life you are leaving

behind may suddenly feel safer than the one you are trying to create. You might even be challenged by people who were comfortable with the previous version of you.

And you know what? It's okay.

Come to grips with this now: When you challenge the status quo, the status quo will challenge you. It doesn't mean you're headed in the wrong direction. It's simply a reminder that discomfort is the price of breaking the chains that hold you down. Growth never requires perfection, but it will ask you to keep moving forward in spite of the pain.

I know because I have been there. I have felt stuck, ashamed, addicted, afraid, exhausted, and uncertain of what to do next. I have looked at my life and wondered how in the hell I ended up there. I have also learned that the lowest moments of our lives can become the strongest foundation for something greater—if we take responsibility for what happens next.

I am not here to judge your current situation, your past, or the life you want to create. I am also not here to tell you that you must do everything alone. There is strength in accepting help—like from this book, the methodology in it, and the community you will find here. You see, what coming to your own rescue really means is accepting that no one else can make your choices, face your fears, complete your work, or live your life for you.

That responsibility is yours. So is the power.

I wrote this book because I promised long ago that if it was ever within my power, I would be there for anyone brave enough to attempt a personal transformation. As you move forward, know that I am in your corner. I will share what I've learned, tell you the truth, and remind you of what you are capable of when the road becomes difficult.

The only thing I ask is that you tell yourself the truth about where you are, decide that your life is worth the effort, and take the next step by beginning the process in this book.

You are not too late.

You are not alone.

And you are fully capable of coming to your own rescue.

Now be honest with yourself—and begin the work.

F. John Gamez III

A handwritten signature in black ink, appearing to read 'F. John Gamez III', with a stylized, cursive script.

Dedicated to those brave enough to challenge the status quo and strong enough to see it through.

Introduction

Coming to My Own Rescue

“When you challenge the status quo, the status quo will challenge you.”

— F. John Gamez III

The problem with sleeping in a psychiatric facility is that you don’t really sleep. Not well, anyway. What you do get, though, is time. Lots of it. Time to think. Time to regret. Time to realize that you are sick and tired of repeating the same self-destructive patterns that have plagued you for years. Time to make a decision—the decision to come to your own rescue.

And I did make the decision. That hospital—and the battle to escape it—is also where I found the inspiration to compile my life’s worth of trials and errors in personal transformation into the method for coming to your own rescue set out in this book. It came to me at my lowest point, somewhere in the night in a half-lit room of buzzing fluorescent lights and the smell of bleach, while my life was falling apart, and I was powerless to stop it. I had been court-ordered for observation of my mental health. What the sheriff’s deputy told me as he handcuffed me and put me in the back of his cruiser was that I would be back home in a few hours after I cleared up this obvious confusion, and I believed him. At the time, I had no reason not to. Two of the most frustrating weeks of my life later, I was released by the slightly apologetic physician in charge with a note explaining my whereabouts during that time, a prescription for a nicotine patch, and a copy of the order of protection prohibiting me from being in the vicinity of my house, my now ex-wife, my five-year-old daughter, and, strangely, my dog. I was also pretty sure I was fired from my job as a bank manager.

I suppose you would like to know what in the hell happened, and what it has to do with the contents of this book. That’s fair. But to answer those questions, we need to go back in time. Way back. To age eight and the day I climbed a fifty-foot flagpole and learned the lesson that would shape the rest of my life. **No one is coming to rescue you.** You must rescue yourself, and you are fully capable of it. Our neighbors had erected the flagpole in their backyard to proudly fly the Stars and Stripes for our community. On this particular day, a discussion was being had among the grown-ups about how to rethread the halyard, the rope that holds the flag to the flagpole, through the pulley at the very top of the pole. It had somehow fallen and now lay coiled at the base. Before they had a chance to notice, I had the rope securely between my teeth and was ascending the pole.

I was already more than halfway up when I heard someone screaming my name. Startled, I did the worst thing you can do when you are twenty-five feet up with no safety equipment to speak of. I looked down. Fear gripped me as I realized the predicament that I was in. I was a dangerous twenty-something feet in the air, alone, with only two choices: give up and ease my way back down or continue on despite being absolutely terrified. I can only explain what happened next as divine intervention. Despite every fiber of my being begging me to carefully make my way back down, I did not. Something within me shifted. I could see it clearly. There was another possibility: block out all of the screams of the adults below and accept that I absolutely could do this. So, I shifted my attention back to the pulley at the top and carried on. It was then that the wind picked up and I began to sway slightly back and forth with the pole. I kept on anyway, focused on what I had set out to do. But I hadn't anticipated the final challenge that awaited me when I reached the top. Nearly fifty feet up at the top, I realized that in order to thread the rope through the truck, I would need both of my hands. Gripping the swaying flagpole hard with my legs, I took the rope from my teeth and used my now-free hands to thread it.

And that is not only the story of how the flag was raised that day, but also the moment I fully embraced the lesson that would come to define my life in ways that I still have not fully realized: **Sometimes, you must come to your own rescue, and you are fully capable of it**—but only if you are willing to clearly see that it's possible, transform your mindset, and complete every necessary step to make it happen. And if you do those things, your goal is not only possible; it's inevitable. That's exactly what I did up on that flagpole so many years ago. And that's exactly what this book, and the method delivered in it, is about.

That simple but hard-earned lesson has always been there for me, pushing me over and over again to take accountability for myself and my life, and to transcend whatever situation I was in. It was there for me at age twelve when my hands shook as I pleaded with my mom to put down the loaded shotgun she was pointing at my dad. It was there to help me save myself as I battled the alcoholism and addiction that began at thirteen. It was there reminding me that it wasn't the end every time I spent the night in the holding tank of the city jail. And the time my father looked straight at me and said, "You're never going to amount to anything," I wasn't even paying attention. In my mind, I was already halfway up that flagpole, ready to keep climbing on my own. Even when I stopped breathing from an overdose and somehow restarted again minutes later, I knew somewhere deep down that it wasn't over—that there was more to my story. A lot more. I *knew* I was more than capable of pulling myself up and achieving things others assured me were "impossible." So many times, I heard, "You can't do that. It's too late for you. You can't come back from this. Stay in your lane. Nobody in your situation has done that before. This is just the way it's going to be. You're aiming too high." And my favorite: "Not in your lifetime." They're all versions of the same lie, manufactured by those too scared to take on the responsibility and possibility of coming to their own rescue and transforming their lives.

Let me tell you something about the power of coming to your own rescue. The more you use it, the stronger it becomes, until it not only helps you overcome life's challenges but also brings your dreams to life. Sometime in my mid-twenties, after pulling myself far enough up from the depths of another self-imposed hell, I realized this. And when I did, I began to unlock its true potential by

using the same simple steps I had always relied on, but this time to consciously and intentionally create the life that only I could see. It was also my first indication that this hard-earned wisdom of mine could be used to create a blueprint to transform my situation, and ultimately my life. More specifically, it came to me during a lunch break on an average Thursday in 2005 at a dead-end job. I remember this so clearly because on that very same lunch break, after going home to calmly gather a few of my belongings, I pointed my car in a southwest direction on the highway, not wanting to waste another minute of possibility on the mediocre life I had been programmed to accept, and drove without looking back. I focused on my goal, which was getting as far away as possible from where so much pain and trauma had occurred, and I took it one calculated step and one minute at a time, despite having only a few dollars in my pocket and absolutely no idea where I would end up. I felt just fine sleeping under the desert stars, showering in rest stops, and one night barely escaping a burning motel, knowing that I possessed the power within myself to create whatever life I could dream of. Those challenges were just the pole swaying a bit as I moved upward, hand over hand.

I ran out of gas somewhere in the middle of Phoenix and leased an apartment the same day, first month free. You see, it was all possible, as long as I continued to take responsibility in the moment and put one foot in front of the other in the right direction. I landed on my feet just fine, using the momentum I had built and the skill that I was born with, sales. And as time went on, I began to develop a makeshift method for coming to my own rescue and transforming my situation when I needed to, sometimes creating opportunity from seemingly nowhere. I was a twenty-five-year-old with nothing to lose and a newfound confidence in myself, a thousand miles away from who they told me I should be, and I was living every bit of it as fast as I could. Sure, I created many more headaches for myself, still repeating old patterns that I thought I had outrun. Addiction. Bad choices. Abusive relationships. Immediate gratification. But it never changed the fact that now I knew I was fully capable of rescuing myself no matter how far I fell, as long as I was willing to take responsibility and take action. And I did it over and over again.

Before the crash of 2008, I had risen up the ranks to the top of a career in sales, living fast and spending my earnings even faster. Then the bottom fell out and my career toppled over like Jenga pieces. The Harleys and luxury cars in my driveway soon disappeared and I found myself once again with less than a hundred dollars in my bank account, this time in bankruptcy. Once again, I was at the bottom, and once again I was committed to coming to my own rescue. But I had learned a valuable lesson: I needed to create some sort of formal structure for the way I was going to need to come to my own rescue and transform my life this time, or I'd risk repeating it all over again. I suppose sometimes the blessing of knowing that no one is coming to save you is the awareness to develop a process that you can use again and again. And honestly, I was tired. Just flat-out tired of the constant roller coaster of rescuing myself and rebuilding my life just to watch it crumble again. So, I dealt with it one step at a time, starting out in a one-bedroom apartment again, formulating a rough outline of my method as I began rebuilding myself.

A year later, I wasn't rich, but I was stable, sober, safe, and sleeping peacefully. A victory in its own right. My goal had been clearer, my mind more focused, and I had even developed techniques to maintain the life I had rebuilt. I wasn't fighting for my life anymore, but because I had, I could

now fight for the life I wanted. I started at the bottom rung again, landing an interview after applying to an online ad for a personal banker at the bank across the street from my apartment, sales experience preferred. Life had already taught me so many times that when you are at your lowest point, you are also free to try a new approach. So, this time as I rebuilt my life, I used this principle to focus on my own peace and longer-term goals; goals that involved a life that I could be proud of in ways that are measured by more than the balance of my bank account.

But I knew I had to do something to really *feel* worthy of this new, stable life in order to create it and maintain it. Somewhere deep down inside, I still felt like a broken kid that only knew how to survive. I had already inadvertently developed mindfulness and visualization techniques as a kid to endure rounds of emotional and physical abuse. So, I adopted those same techniques, this time for a different purpose. Not to *feel* like I was somebody else, but to *become* somebody else from the inside out by first transforming myself internally. It was my first real experience with what I now know as personal transformation: the methodical reconstruction of my life *inside* and out.

It worked so well that if I had told any of my bank coworkers the story of my younger life, most of them would have had a hard time believing it. Because I spent time rebuilding who I believed myself to be internally, my external life began to reflect it. And as it did, it reinforced those new beliefs, creating what I now recognize as a hallmark of authentic transformation: a powerful, self-supporting feedback loop between one's internal and external self. Now, I was really embracing the notion that absolutely anything was possible, not just the external change of my situation, but also a complete rebirth, inside and out. I ran with it over the next few years, simultaneously rising up the corporate ladder and building a solid life for myself, getting married, buying a house in the suburbs, and feeling a kind of love that I never could have imagined with the birth of my daughter. I just kept rebuilding myself, redirecting negative thought patterns and speaking affirmations about the life I intended to create, then taking the same small and brave steps toward making it happen that had always served me so well. By the time my baby girl was four, I had built an impressive resume, complete with top awards and a vice president title. I had no idea all hell was about to break loose.

I felt like I was at the top of my game, and at the same time I felt like I was breaking down. Sure, I had transformed into what I thought was a safe, grounded existence, but at the same time my body was beginning to fail me, my anxiety was at an all-time high, I wasn't sleeping, and my marriage was crumbling in a way that felt strangely familiar. I felt that somehow, despite all my progress, I was falling yet again into a pattern of self-destruction. And that's how I was introduced to the metaphysical. It was rapidly becoming clear that my method of transformation had failed to account for the effects of transforming my life so dramatically without first dealing with the baggage of my past. No matter how much I transformed myself internally and externally, that baggage just kept showing up in different forms. Yes, my backdrop was changing. However, the place I was creating it from remained the same. I had rescued myself from my circumstances, but not from some deep, interior part of me that I had never truly confronted. So, when a ponytailed, self-professed "shaman" in a sleeveless T and sandals accidentally walked into my office, I was truly curious. I was only halfway pretending to join in with the fun my staff was having at his expense as he picked at what he said was my "energy field," claiming to be able to "set me free" by

removing what he called “blocks.” Quietly, I felt like there was some weird truth he was seeing, as though he could see past my expensive suit to the pain and anxiety that were becoming too hard for me to carry. I took his card and called him that same evening.

By the weekend, I was slightly amazed to find myself headed a couple hundred miles north into the mountains of Sedona with this modern-day shaman for a “guided healing journey.” Although I was highly skeptical, I was also sick and tired of feeling sick and tired, so I was willing to explore even the craziest ideas in search of help. What I found there was distance—distance from all the external things that fought for my attention on a daily basis. For the first time, maybe in my life, I was able to briefly see myself from another perspective and realize how my past was still very much having its way with my present. Mystical? Maybe so, maybe not. Important? Definitely. Whatever it was, it was what I needed to see when I needed to see it. Unable to sleep that night, I began vividly envisioning all of the people, places, and events of my past, good and bad, attempting to make peace with them so I could somehow release their influence on me.

A couple of emotional hours later, I slept more soundly than I ever had. And when I woke up, I felt an amazing relief, like a curtain had been pulled back. I could see all the possibility and power I had within my reach. I felt like I was that twenty-five-year-old kid again, on the highway somewhere flying through the granite cliffs of West Texas, heading out into the unknown, ready to create any life I could dream up. I also felt like I could now clearly see how some of the things that I had created had been unconsciously holding me back. My career, my marriage, and how I was living day to day really didn’t resonate with who I was at my core and who I wanted to become. Worse, I realized they might have even been built from the very patterns I thought I had outrun. What I really wanted was to explore everything I could about behavior, psychology, healing, transformation, and now the metaphysical, things that just did not align with the life I had created. So, I went to work transforming my life right away, just like I had before, but this time I was met with the final obstacle that would later become the catalyst for the creation of **The Skill of Transformation** (my personal transformation methodology) and ultimately this book: **When you challenge the status quo, the status quo will challenge you.**

In gloriously foolish fashion, I took on everything at once. And everything fought back at once. I used any free moment I had to take in as much information as I could about consciousness, from grounded science to far-out metaphysical concepts. It was going to be my way out of wearing a tie to a bank every day for the rest of my life, even if I didn’t know how at the time. And the more I took in, the more my transformation began to show, which was also not helping my career. At the same time, my new pursuits were creating distance in my marriage. At one point, I was attempting to “channel” my higher self while we watched the local news. I don’t think she was a fan, nor had she been witness to any of my previous personal transformations. But the more distance all of it created, the more I could see how I had sought out a relationship that my troubled past was comfortable with, not unlike the ones that had been modeled for me as a kid. And now that I had released my past, it was becoming clearer that I was in an unstable and potentially dangerous situation that was disintegrating quickly. Yes, I was transforming fast, but I was doing it without enough structure, and in front of people who may not have had a frame of reference for what they

were witnessing. I was about to find out the hard way just how dangerous a lack of clear structure could actually be.

Nine months later, I was on an agreed-upon leave from work, attempting to figure out exactly where all this was taking me. I was also now separated, living on the opposite side of the house. Until I wasn't. On April 2nd, 2018, I woke up to a banging on my front door. Two sheriff's deputies stood in my doorway, cautiously explaining that they had a "petition for observation of mental health" while they handcuffed me and escorted me out to their cruiser, as neighbors watched. They assured me I would be given a chance to explain this obvious misunderstanding and would be home in a few hours. Instead, without warning, my life became a mind-boggling, traumatic ordeal that lasted two weeks.

When I was finally released from my court-ordered stay in the psychiatric hospital, I stood on a corner in downtown Phoenix, stunned by what had just happened and looking at the base of the tallest flagpole I had seen yet, with a special kind of motivation that can only be obtained when everything is taken from you. Each move I made after was in the direction of my only goal: to get my baby back and rebuild my life the way I wanted to be living it, but carefully this time, now fully aware of the pushback people would inevitably give me. Beyond that, a personal mission had been born: I pledged to do everything I could to make sure this never happened to anyone else.

Using the same four tools that had never failed me—**A Strong Why, Consistency and Discipline, Honesty with Self, and A Higher Power**—I kept moving, step by step, hand over hand, second by second. Over time, the seven-step Skill of Transformation framework came into being, incorporating all of the hard-earned wisdom I had slowly and painfully accrued since the moment I started up a fifty-foot flagpole.

Step 1: Set the Goal and Feel It

It was already clear, and I had already spent weeks envisioning it coming to pass. Rebuild my life on a more solid foundation this time, one more clearly aligned with who I wanted to be: live authentically and healthier, be a present father, build a healthy relationship without sacrificing my identity, finally build my own business, remain a lifelong student of personal transformation, and become a guide for others determined to come to their own rescue.

Step 2: Remove the Limits

I had to remove every limitation of my own making that could get in the way of progress. Trust me, when your mind is all you have left, mindfulness becomes integral to your survival.

Step 3: Speak It into Existence

Although I had embraced the practice of spoken affirmation long before, there's nothing quite like waking up in a strange place with nothing but the clothes on your back and needing to immediately speak positivity and possibility to yourself to teach you its power.

Step 4: Take a Step

Methodically and carefully this time. Each step needed to be meticulously taken, and there were so many of them that I had to write them out in categories and begin executing them in small, manageable pieces.

Step 5: Use the Momentum

Each solid attempt at completing a step generated a little more energy to persevere. I created daily checklists to keep me focused and handled the very real roadblocks that came my way quickly and efficiently, much in the same way I had handled the life-or-death situations of my youth. I had challenged the status quo, and now it was challenging me, but it would not stop me.

Step 6: Release

It wouldn't matter how many steps I had taken, I knew that if I didn't let go of the traumatic events that had just happened, they would eventually come up to the surface and threaten everything I was doing. So, using equal parts grounded psychology and metaphysics, I created my own "releasing" method to fully embrace the new life I was building.

Step 7: Live the Goal

Even after I was reunited with my baby and the legal dust had settled, I still wasn't at the finish line. No amount of affirmation or steps in the right direction were going to prove who I was becoming to myself, my daughter, or anyone else. In order to reach the goal, I had to live it. And this time it would be strategic, relying on only myself for validation.

I didn't know it yet, but I was no longer just rescuing myself. By finally putting the four tools and seven steps in a cohesive order, I was building a real blueprint for personal transformation. Practiced over and over again, that blueprint would become a skill I would use to build a life I could not have previously thought possible. Much more powerful than "grinding" away, following the latest self-help trend, or relying on manifestation techniques without action, The Skill of Transformation became a rock-solid process for sculpting the life I truly wanted to live and reaching the goals I was fully committed to, no matter where I was starting from or what the odds were.

Months after my life was flipped upside down, when the chaos was finally behind me, I did hold my daughter in my arms again—this time as a single father, both of us starting out on a brand-new adventure with a brand-new flagpole to climb. And Max, our dog, came home too. But I still didn't sleep. Not well, anyway. This time, it wasn't because of buzzing lights or random screams from the hospital hallway. The trauma of having my life turned upside down in twenty-four hours didn't help, but mostly, it was because I couldn't stop thinking about a promise I had made to myself and my higher power in the middle of it all. I promised that I would be there in any way I

could for anyone brave enough to attempt to rescue themselves. I promised to do my best to make sure no one—including me—would feel alone or judged for attempting personal transformation, no matter how profound the goal.

So, I started in the only way I could: with myself, my tools, and the blueprint that almost cost me everything to build. A little more than a year later, using *The Skill of Transformation*, I reentered the behavioral health system, this time without the handcuffs. I opened my first private counseling practice with my partner—who would later become my fiancée and one of the great blessings of my life—specializing in helping survivors of abusive relationships and trauma rebuild their lives. By building our practice on the solid foundation of our “Standard of Care,” I set out to create as much change as I could in the very system where I once felt powerless.

Since then, thousands of people in need have found the help they needed when they needed it most, and I have been blessed with the ability to share my ideas and experiences with many of the most talented clinicians in the field as a behavioral health consultant, bringing a perspective few others could offer. Along the way, I raised an amazing young woman, forged my body and mind back into shape, healed from my own traumatic experiences, began healthy new relationships, and finally put *The Skill of Transformation*—my method for coming to your own rescue and rebuilding your life—into writing.

Now, my goal is to deliver this method to you—and to build a community around the only part of my story worth carrying forward: It doesn’t matter where you come from, what you’ve been through, or what your current situation looks like. What matters is what you do now, how you get back up, and how determined you are to go after the life you were meant to live. When you make the decision to come to your own rescue, you can rise from the ashes like the phoenix, rebuild your life on your own terms, and become someone stronger in the process.

Make no mistake: it will not be easy. You will face resistance from people who do not understand your vision and from the voice inside your own head that questions whether you can actually pull it off. But with grit, determination, and the blueprint you are about to learn, you can push through that resistance, rise higher than your circumstances, and absolutely crush your goal.

Let’s get it.

Chapter 1

The Skill of Transformation

“Get busy with life’s purpose, toss aside empty hopes, get active in your own rescue—if you care for yourself at all—and do it while you can.”

— Marcus Aurelius

No one is coming to rescue you. You must rescue yourself, and you are fully capable of it. This is the harsh truth that most spend a lifetime avoiding. Ignore it and never live up to your full potential. Fully embrace it and unlock its true power; the power to live life on your own terms, becoming the best version of yourself, achieving absolutely anything you choose. By “rescue yourself,” I mean consciously choosing to take control of your life, your situation, or your circumstances by methodically rebuilding, or “transforming,” yourself inside and out. No one else is going to make you fix the things that need fixing, start the things that need starting, and see them through to completion. Only *you* can. And you can do it all efficiently, successfully, and as many times as you see fit with The Skill of Transformation.

The Skill of Transformation

A seven-step blueprint for coming to your own rescue through personal transformation.

No matter who you are, what your situation is, or whatever you have been previously told, you absolutely *can* transform your life right now. You *can* become more socially confident. You *can* build that business or work in a career that inspires you. You *can* end that addiction. You *can* forge your body and mind into the best shape. You *can* attract healthy relationships. You absolutely *can* come to your own rescue, pulling yourself out of any circumstance you are facing and transforming so radically in the process that you will become unrecognizable, even to yourself.

Your **Transformation Goal**—the desired result of your completed personal transformation, or what your successful “rescue” looks like—is entirely up to you. And you can take the first step to reaching it right now. All you have to do is decide to take action, decide that you have had enough of the status quo and are ready to transform your life and live the best version of it yet. And the

way you're going to do it is by learning the most valuable skill, the skill that I believe everyone should learn, yet only the brave few seek. The skill of coming to your own rescue. The Skill of Transformation. And if you do decide, I promise you that the life you wish you were living is not only possible, it's *inevitable*, and it's only seven steps away.

Your goal is personal. Your possibilities are endless. Whether you're rebuilding one part of your life or starting over entirely, The Skill of Transformation gives you a blueprint for taking control and creating a life worthy of your true potential.

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|---|---|
| — Renew your social life | — Forge your body and take back your health |
| — End harmful relationships and attract healthy ones | — Live more authentically |
| — Overcome harmful behaviors and addictions | — Become a better parent |
| — Navigate difficult life situations with confidence | — Develop mindfulness, set meaningful goals, and build effective plans |
| — Build a more rewarding career | — Smash through roadblocks standing between you and success |
| — Bring your business ideas to life | |

The Personal Transformation Readiness Check

But how do you know if you're truly ready for transformation? What if you begin and fail? Being ready does not mean being fearless, completely confident, or certain of every step. It simply means that some part of you knows you can no longer remain where you are. And if you're reading this book, you are likely more ready than you realize.

That said, transformation is a major commitment. So, take a moment to answer the following questions honestly and confirm what you may already know.

- Do you want to identify a real goal for your life and reach it?
- Are you tired of your current situation controlling you?
- Do you need help ending harmful habits and limiting behaviors?
- Are you ready to end unhealthy relationships and attract healthy ones?
- Are you ready to take back your health?
- Are you ready for a better career?
- Are you ready to fix the parts of yourself that are no longer working for you?
- Are you tired of making small changes that don't last?
- Have you lost hope that your goals and dreams are possible?
- Have you been criticized for attempting to better yourself?
- Do you want more than just a mediocre life?
- Have you attempted self-improvement or personal development and failed?
- Do you need a solid plan to take your life to the next level?
- Are you searching for a mentor that believes in you?
- Are you uncomfortable with just being comfortable?

If you answered **yes to any of these questions, you are ready. Your rescue begins now.**

So, you've decided. That means you've already taken the most important step in transformation. It also means you are now part of a select group of individuals that are ready to take action and come to their own rescue. Take a moment to recognize the gravity of your decision. Only those brave enough to face themselves make it this far.

What Exactly Is “Personal Transformation”?

Besides being the only way to truly come to your own rescue, personal transformation, or simply “transformation,” is the methodical reconstruction of yourself and your life, inside and out. It is not to be mistaken for “change,” or the *temporary* altering of your circumstances. It is also not a quick fix, helpful advice, life hack, or a “manifestation” practice. Transformation is much more powerful, as it begins with *internal* work, with the complete rebuilding of the core of you, or who you believe yourself to be. From there, it kicks into high gear, asking you to take each of the grounded *external* steps necessary to create the reality you desire, and culminates with the letting go, or “releasing,” of the old version of you, pushing you into a rebirth that will see you authentically living your Transformation Goal more and more each day.

The challenge before you is not trivial: **Change is temporary. Transformation is forever.**

Personal Transformation

The methodical reconstruction of yourself and your life, inside and out. *Also referred to as “transformation.”*

The Internal/External Loop

Our internal beliefs shape our external reality, and our external reality reinforces our internal beliefs. This is the **Internal/External Loop**, and it is the fundamental concept at the core of authentic personal transformation.

Your Internal/External Loop may be endlessly reinforcing self-defeating thought patterns and behaviors—and you may not even be fully aware of this dynamic. But here's the good news: This loop is also your biggest asset. Once you understand how the loop works, you can rebuild both your internal beliefs and your external actions so that they reinforce each other, moving you

toward your goal. Make no mistake, to transform your life, you must seize command of both sides of the loop: your internal beliefs and the external actions and conditions that reinforce those beliefs.

For example, let's say I have set a goal to transform my life by forging my body into shape and building my own business. If I wasn't aware of the Internal/External Loop working within me, and I did not first eradicate the negative self-talk and limiting beliefs about what I am capable of, it won't matter how many times I force myself to go to the gym or work on my new business. I will be destined for failure, my self-defeating internal beliefs slowly and surely hijacking my progress and pulling me right back into a negative feedback loop I hadn't realized existed. Or, let's say I did do the internal work of recalibrating how I feel about myself internally through mindfulness practices and motivational techniques, but I didn't have a clear plan to take the appropriate *external* steps to reach my goal. Eventually, the lack of evidence of any kind of structured external progress would pave the way for the same limiting thoughts I had worked so hard to eradicate to creep back in, ultimately derailing my attempt at rescuing myself and locking me back into a negative Internal/External Loop.

The Internal/External Loop

Our internal beliefs shape our external reality, and our external reality reinforces our internal beliefs. *The core concept of personal transformation.*

Standard forms of personal development might only address either internal or external change, but true personal transformation requires a head-on embrace of the concept of the Internal/External Loop, rebuilding both the internal and external aspects that make up this version of you and your current life. Can *you* break your own loop, rebuild it, and be transformed to the best version of yourself? Yes, I know you can. I know you can because what is possible for me is possible for you. Plain and simple. I have spent my life studying and refining The Skill of Transformation, and this simple fact has always held true: **anyone who is ready for transformation is capable of transformation.**

How Does The Skill of Transformation Work?

The Skill of Transformation is the powerful blueprint for personal transformation specifically designed to break and rebuild your Internal/External Loop through a simple and easy-to-understand seven-step process. With the help of four powerful psychological tools that I call your Transformation Toolkit, I will guide you through the seven steps of your transformation,

explaining each step in detail and how they came to be. Then I will walk you through each of the corresponding exercises you will be asked to perform, exercises that have been specifically crafted with proven, result-driven methods for personal transformation. I'll offer plenty of helpful hints and tips along the way, derived from a lifetime of personal transformation trial and error. A Measure of Accomplishment awaits you at the end of each step, acting as a progress check and ensuring that you're ready to move forward to the next. Let's take a closer look.

The Transformation Toolkit

Before we begin learning and taking the steps, we will craft and equip your Transformation Toolkit. Consisting of four powerful tools, your Toolkit will keep you focused, motivated, and smashing through the inevitable challenges, both internal and external, you'll face on the way to reaching, and ultimately living, your Transformation Goal. Your Toolkit will consist of:

1. **A Strong Why:** You need a strong reason to begin a personal transformation, and it must be valid enough to see you through the finish line. So, we'll explore your motivations and drill them down until we find your strongest, and interestingly enough, most selfish *Why*. Once you have discovered yours, you won't need to look to anyone or anything else for validation, making you impervious to that which does not truly matter.
2. **Honesty with Self:** The ability to be honest with yourself at any given time during your transformation is the key to keeping you on track and out of the hands of temptation, of which there will be a great deal of. You will learn how to call upon, and use in real-time, this powerful tool to refine your decision-making process, keeping you focused when you need it most.
3. **Consistency and Discipline:** Consistency is the ability to regularly show up to the process of your transformation even when you aren't seeing immediate results, and Discipline is the grit to continue working through the necessary exercises even when you may not want to. These two are inseparable, so they are equipped in tandem as one tool, empowering you to both show up to the party and get the work done when needed.
4. **A Higher Power:** Because personal transformation is an extraordinary experience that can bring about extraordinary challenges, the belief in something greater than yourself is required. You will need a power, or form of motivation that exists in a nonphysical form, that can step in when you have exhausted every other tool in your Toolkit. Bring your own, or let me help you choose one for the first time, using a set of basic characteristics that your Higher Power must possess to be effective.

The Seven Steps of Personal Transformation

After equipping your Toolkit, you're ready to begin rebuilding your Internal/External Loop by learning and completing each of the seven meticulously crafted and independently powerful steps in The Skill of Transformation:

Step 1: Set the Goal and Feel It (internal and external)

Begin your transformation by learning to identify and set a clear, comprehensible, and appropriate Transformation Goal. Once your goal is established, you will be guided through a powerful visualization, feeling the emotion of reaching your goal before you have even started and in turn recruiting your subconscious mind to be your biggest ally as you work through each step. We'll also begin crafting your Transformation Plan, a living document that will be the visual road map to your goal.

Step 2: Remove the Limits (internal)

Take the crucial step of removing the internal "limits" that stand in the way of your Transformation Goal by learning the Transformation Mindfulness Method, a powerful practice for taking control of limiting conscious and unconscious thoughts, words, and choices by identifying, interrupting, and replacing them in real time. Once you remove the limits, anything is possible.

Step 3: Speak It into Existence (internal)

Learn the practice of crafting and effectively using targeted affirmations to rebuild your subconscious mind to align with your Transformation Goal. Then, begin speaking your transformation into existence as if it is complete. If done correctly, your subconscious won't know the difference. If you speak it, then so it shall be.

Step 4: Take a Step (external)

Come to your own rescue in physical reality by identifying the external areas of your life that need transforming. Then take your first small and calculated external steps toward your goal using your Transformation Plan. Learn to use the ABC External Transformation Method to methodically complete each step, consistently taking on additional external transformation steps as you make progress. As a safety measure, we will also recruit a Transformation Confidant, a trusted person to confide in while you bravely transform your external world.

Step 5: Use the Momentum (external)

The deliberate external actions you've been taking should be building real momentum; we'll use it to kick your transformation into overdrive. We'll implement a daily

Momentum Checklist to keep you focused and organized while you work your way through more external steps from your Transformation Plan. We will also learn to identify the inevitable Transformation Roadblocks that come with challenging the status quo, and how to use the S.I.R.S. Method to navigate them logically and effectively, keeping you focused and on track to reach your goal.

Step 6: Release (internal)

Letting go of the old version of you and embracing the new is the crucial internal work that makes true personal transformation last. We'll learn about the pitfall of Fragmented Transformation, the failure to let go of your pre-transformation identity. Prepare to let go of yours and be reborn by formulating a visual Releasing Plan and setting a Release Date for this pivotal moment in your transformation. Then, fully commit to living your Transformation Goal by releasing the old version of you for good through a powerful guided visualization and the use of a Releasing Totem.

Step 7: Live the Goal (internal and external)

Reach your goal by living it through the completion of your Transformation Plan, implementing a Transformation Totem, and immersing yourself in new situations, places, and people that close your Internal/External Loop around your new life. Then, anchor in your transformation by challenging yourself to be an example to others of the transformation skills you've learned and build a safeguard against post-transformation doubts and anxiety with the Transformation Reinforcement Tool. Finally, learn to maintain your transformation and live the greatest version of your goal with appropriate self-care and best practices drawn from years of my own experiences with personal transformation and what it takes to fully *live it*.

A glossary of the terms, definitions, and result-driven methods that you will have learned throughout the process awaits you at the conclusion of your transformation. Refer to it from time to time for reference, or as a well-deserved affirmation that you have indeed acquired the invaluable skill of coming to your own rescue.

Why Do I Need The Skill of Transformation?

Why can't I just give personal transformation a try on my own?

You absolutely can. But if you read about some of the challenges I faced in the introduction, you might realize the important lesson learned by me and countless others is that authentic and lasting personal transformation is extremely hard, and those who lack direction from a solid plan are likely to either give up during the process or simply become too discouraged by its difficulty to even begin. Even the rare individuals who somehow *will* their way through the process with no clear direction usually end up with but a small, typically short-lived improvement to their circumstances.

And that “change” is usually accompanied by a host of chaos left in the wake of their effort (a fact I know all too well now). And in extreme cases, a hasty or uninformed attempt at significantly shaking up your life through personal transformation can even be dangerous to yourself or those around you. It’s simply one of the most difficult journeys you can embark on, and is not to be underestimated.

You see, the road to transformation is paved with adversity, and if you are brave enough to walk it you will be tested to your very core. You will be uncomfortable. You will be tired and frustrated. You will want to give up. You will feel like your world is falling apart, because, as your old world gives way to the new, it will be. And, if you stay the course long enough, you will face this harsh reality I mentioned in the introduction: **When you challenge the status quo, the status quo will challenge you.**

But if you *do* have the right plan to navigate your transformation skillfully, this discomfort is temporary, and on the other side of it is a reward that is difficult to comprehend if you have not experienced it for yourself. It is the ability to live life on your own terms, dictating its course at will while simultaneously freeing yourself from the things that do not serve you and becoming an inspiration to others. The Skill of Transformation is that solid plan, blueprint, and directional compass, forged from real-life experience and specifically designed to ensure your personal transformation success and safety. And once you have learned it, it is a skill that you can use for the rest of your life, transforming yourself as many times as needed, thriving while others merely survive, and becoming your own personal hero over and over again.

How Long Does Transformation Take?

“How long does transformation take?” is a great question, with an answer that is unique to everyone. Personal transformation is just that, personal. However, I can say from experience, the less complex goals can be reached in as little as six to eight weeks, while more ambitious goals can take several months to reach. Personally, I’ve transformed my entire career in weeks, on multiple occasions. I’ve also taken on Transformation Goals that saw me rebuilding my health, releasing addictions, and removing myself from toxic relationships that took several months to reach and required the better part of a year to fully anchor in (time well-spent).

Ultimately, three variables determine the overall length of time needed to reach your Transformation Goal:

- 1. The complexity of your goal**
- 2. Your current situation**
- 3. How much focus you are willing to give The Skill of Transformation.**

For example, if your Transformation Goal is only to become more sociable, this can be achieved rather quickly. On the other hand, if your goal includes several challenging components, such as overcoming an addiction, regaining your health, and leaving an abusive relationship, it might take several months before finally seeing the finish line. Everyone's transformation timeline is unique, but I can promise you, it's always worth it.

That being said, the *process* of transformation begins immediately. From the moment you begin equipping your Transformation Toolkit, you will see results, as The Skill of Transformation is constantly challenging you to step outside of your comfort zone, pushing you to think, act, and behave in ways that are more aligned with your goal. Simply put, if you begin, you will never be the same. You might even fall in love with the process. I did.

The Skill of Transformation Promise

I developed, wrote, and teach The Skill of Transformation because I made a promise long ago. As a lifelong seeker of personal transformation, I have felt alone for most of my life, destined to never “fit in,” be part of a group or even my own family. I've also been relentlessly judged for my consistent challenge of the status quo, and I've lost so many friends in my relentless pursuit of living and learning personal transformation; some simply didn't agree with my point of view, while others were just plain uncomfortable with the idea of someone close to them completely transforming their life at will. I have also felt alone in the grips of addiction, helpless in the cycle of physical and emotional abuse, powerlessly shackled to work I hated, terrified as a single parent, and at the mercy of situations that I still cannot comprehend. Yet my faith and belief that true personal transformation is possible has kept me focused, even in the darkest of times, and my methods have been proven many times over, even if I was the only one left at the finish line to witness the outcome.

More times than I can recall, during the most difficult and lonely challenges, I cried out a promise to myself and my higher power, a promise that if it was ever in my power someday, I would see to it that I would be there in any way I could for anyone who is brave enough to attempt to rescue themselves. I promised that I would do my best to make sure no one, including myself, feels alone or judged for attempting personal transformation, no matter how profound or minor the goal. And now I get to make good on my words through The Skill of Transformation Promise.

I believe in you. I believe in you because I believed in me when there was no foreseeable reason to. When no one else did. I believe in you because, sometimes, when the odds are stacked against you, you need someone else, anyone else, to believe in you. I also realize that, as much as I would like to, I cannot rescue you by myself—but I *can* share with you the blueprint to get it done, and I *can* promise you that The Skill of Transformation, and all who attempt it, will now forever be here for you. Thus, you will never be alone, and neither will I.

The Skill of Transformation Promise

- ◆ **All who are ready are welcome.**
- ◆ **You will never be judged for your current situation or your Transformation Goal.**
- ◆ **Anyone who is attempting or has attempted The Skill of Transformation is your family.**
- ◆ **You will never be looked down on or told you are defective in any way for attempting a personal transformation.**
- ◆ **If you successfully complete the steps in The Skill of Transformation to the absolute best of your ability, your Transformation Goal is not only possible, it is inevitable.**

It's Time

It's time. There is no more explaining to do. Just make your commitment to begin right now. Do it because you've had enough of ordinary and you refuse to live one more moment of unrealized potential. Then, go all in because you deserve to do it right. This is your time to rise. *Come to Your Own Rescue* is not filled with amazing or dazzling stories for the simple reason that I want *you* to be the amazing story in this book. I know you are capable of living up to the challenge. It's no longer "one day," it's now "day one" of your own rescue. Let's begin.

THE BOOK IS COMING.

YOUR RESCUE CAN BEGIN NOW.

You have read the story behind the blueprint.

You have seen how temporary change differs from true personal transformation.

And you have been introduced to the seven steps designed to help you rebuild yourself and your life from the inside out.

The full journey continues in:

COME TO YOUR OWN RESCUE

The 7-Step Blueprint to Rebuild Your Life

Inside the complete book, you will learn how to:

- **Equip your Transformation Toolkit**
- **Define and visualize your Transformation Goal**
- **Remove limiting thoughts, words, and choices**
- **Rebuild your self-image**
- **Create a grounded Transformation Plan**
- **Take small, calculated external steps**
- **Build momentum and overcome roadblocks**
- **Release your previous identity**

Be the first to receive official book release updates, early access announcements, free transformation resources, upcoming event information, and new tools from:

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Come to Your Own Rescue

The 7-Step Blueprint to Rebuild Your Life

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Personal transformation may involve emotional discomfort, uncertainty, and difficult reflection. If any part of this material feels overwhelming, unsafe, or emotionally unmanageable, pause immediately and seek support from a trusted professional, counselor, appropriate crisis resource, or another qualified source of assistance.

If you are in immediate danger or experiencing a medical or mental-health emergency, contact emergency services in your area. In the United States, call or text **988** for the Suicide & Crisis Lifeline. If you are experiencing abuse, threats, stalking, coercion, control, or danger in a relationship, contact the National Domestic Violence Hotline at **1-800-799-7233** or visit **thehotline.org**.

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The Skill of Transformation is a personal development framework—not clinical treatment.