

**CHAPTER 1**  
**PROLOGUE**

Oh, that final point of destination, supposedly predetermined by an out-of-this-world force that no one has any hope of developing. You know what I am talking about, right? That is what this book is written about. Our uncontrollable, unwavering, and set in stone destiny. But is it really set in stone? Could we actually have an influence on our destiny? Let me delve into my “professional” tone and further explain.

Destiny, or fate as it is sometimes referred to, is the consequential path to an arranged end based on numerous decisions we make throughout our life. The key takeaway here are

the two words “we make.” “We make” indicates influence, an influence we have over our lives.

Do you make decisions? Of course you do. Do you make choices? Absolutely. Do you “make up your mind”? Oftentimes, I’m sure we all do. If so, then we have something in common: “We make.” And you have made a great choice today by reading this book; because you made the decision to better your tomorrow. As one person wisely said, “The best preparation for tomorrow is doing your best today.”<sup>2</sup>

Now, the five traits that will be discussed in this book are not only unique to themselves, but they are intrinsically woven together to create the whole—the whole that has the ability and power to mold our destiny.

The traits listed in this book are, in my opinion, sometimes dangerously neglected in most people’s lives—something that, until the preparation and writing of this book, I now knew was neglected in mine. It is through the understanding of each trait, and of the power

## PROLOGUE

we hold by making the decision to change our lives to better these traits, that we increase our chances to live a healthier and more joyous and productive life.

For me, the personal discovery of how powerful these traits are and how they work together began years ago in a business meeting. My business partner and I were associates of the organization that was hosting these meetings. This organization helped people and businesses organize and formulate their ideas, or “dreams,” into written plans called “Master Plans.” The organization, with the help of associates, also helped create videos and photos for the client’s “Master Plan” as well as fundraising banquets to begin, or in some cases continue, their work. We had the privilege to meet so many unique people—successful and what the world would consider unsuccessful—happy, sad, stressed, joyful, accomplished, and striving individuals. There were some topics discussed at a few of these meetings that really stuck with me and started my thinking and research in this area.

The discussions we had, the points made, and the experiences and information we learned while helping clients were very intriguing and really made me think about my own situations and mindset in life.

*“Could we actually have an influence on our destiny?”*

It is amazing how difficult it can be to truly be completely honest with yourself, especially since we know when we are lying or “justifying” things to ourselves. I’ve always wondered why we think the easiest person to trick is ourselves. We never buy it; we always know, deep down, that we are not being honest. Anyway. It was not easy being honest with myself while digging deeper into these traits and remembering—and in some cases confronting—my memories and the doubt, negativity, and fear in some of these areas. I still have a long way to go, but the understanding I have learned from aspects of

## PROLOGUE

my past when analyzed with this information, and the utilization I have applied from this knowledge to certain areas of my life from the start of this writing, have helped me immensely and, I believe, helped redevelop the path of destiny I was on; the previous path was not one I liked or had much joy or hope in—it became bleak, dark, and, well, hopeless, which is very devastating. Without hope, what’s the point? The point is that there is hope.

In fact, this isn’t the only good book that I return to, but I have referred back to this very book in recent dark valleys and stormy seasons in my life. It has been and will continue to be an important reminder of how we can have an influence on our very destiny and how we can choose (“we make”) to change our lives from valleys to mountain tops, from failure to success, from darkness to light. It’s amazing to me how we—and it has happened to me many times—can get so wrapped up in the circumstances surrounding our lives that we can begin to lose focus and easily begin to reshape our destiny

from that of life to that of death. In these times, there is a big lesson that I have learned: that no matter how strong, intelligent, wise, or secure we think we are, we will all need help from time to time to remind us of the powerful message in those two words, “We make,” and to encourage us to not willingly relinquish the control we do have over these five traits. And the time will come in each of our lives where our strength, our faith, and our current understanding of that season will be tested and brought to light.

At one of these meetings, a gentleman said something that brought to my attention the one trait that has the most power and control over our lives when he made this comment: “If you truly want to see what is in someone’s heart, just watch what comes out when they get bumped hard and are not expecting it.”<sup>3</sup> This comment made me stop and really begin to think about this one trait that has the power to raise our lives to a better state or bury us six feet under.

*“Rich or Poor, Life or Death,  
you get to choose your  
destiny.”*

We will be discussing all five traits, but the one I speak of is, I believe, the root of the other four.

Before I continue, I want to let you know of two other really good resources written about the first trait, which is the root, and each book explains the importance and value of understanding and controlling this trait as best we can, but from two differing perspectives. They are not my books, but I do believe they can also be very helpful for you. But, please, finish this one first, because I know you will like this book, and I truly believe this book will be a valuable resource for you. The first one is Joyce Meyer’s book titled *Battlefield of the Mind*, which explains this trait from a religious viewpoint, explaining God’s wisdom as written in the Holy

Bible and the importance of our choice in this trait and the impact it will have on our lives. The second one is by Dr. Caroline Leaf, who writes about the very same trait, its importance, and how we have the choice to change it for the better, just like Joyce Meyer did, but from the viewpoint of science and verified scientific data, which is titled *Switch on Your Brain*. But I want to take us even further, looking a little more deeply into that first trait, exploring beyond just that first trait, and seeing how what sprouts from this root is also our choice, and how, together, all five of these traits can and will help determine our destiny.

My hope is that you will find this information as intriguing, powerful, and helpful as I have, and that you might find the power endowed upon us through our ability of choice; our freewill. I also hope that you will be able to find more joy, peace, and positivity in your life through this information. Because, through this information, you can improve your chances of success, find more joy in this journey, and



change your life.

I have a lot of hope for this book and for you.

Every person has these five traits, and every person has the power to reroute the direction their life is going and change their current place on this journey. In other words, each of us has the power and ability to help guide our destiny.

*“The point is that there is  
hope.”*

Thanks to the understanding I have gained, partly through the discussions I had with people at those meetings, the contemplation and reflection of past experiences, and the continued inspiration from the research involved in writing this book, I can bring this message to you.

That message is a better understanding of the power we have over our lives and the

world around us through choice, a better understanding of why positivity, generosity, and even servanthood are so important in creating our world, and how to become a person of better character so we might have a better destiny.

In short, the purpose of this book is to encourage the conversation and contemplation of the five traits that mold and create our destiny, because each of these five traits is completely controllable, but only if one first realizes the importance of and has the willingness and discipline to admit their power and attempt to mold their lives to better these traits. In other words, we hold the power of choice over our own lives, and that power comes from the personal decision to mold these traits in our favor—“we make.”

My hope, I told you I had a lot of hope for you, is that you will be able to learn from the stories and information in this book so that you will not continue to nourish negativity, have to

## PROLOGUE

repeat the same valleys that I've been in, or spend years learning the hard way, as I have in some of it.

In reality, you are in charge of the path your destiny takes: rich or poor, life or death.

As Frank Outlaw, the late President of the BI-LO stores, was attributed as stating:

“Watch your thoughts, they become words;  
Watch your words, they become actions;  
Watch your actions, they become habits;  
Watch your habits, they become character;  
Watch your character, for it becomes your  
destiny.”<sup>4</sup>