The Keys to Peace of Mind

Dr. Mark Skovron



- [ ] OUR NUMBER ONE PURSUIT AND EASILY THE MOST IMPORTANT INGREDIENT TO HAVE TO BE SUCCESSFUL IS PEACEFULNESS... Peacefulness is our highest human good. Without it, nothing else really matters or has much value. Because of this all other goals should be subjective to it's pursuit. It is the basic precondition for enjoying everything else in life. Peace of mind is your internal gyroscope. When you are living in harmony with your highest values and innermost convictions -- when you are perfectly balanced in life -- then you will enjoy peace of mind. If, for any reason, you compromise your values, or go against what you know to be right, your peace of mind is the first thing to suffer.
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- [ ] Achieving peace of mind must be the central and most important organizing principle of your entire life. If must always be the ultimate objective and goal to which all your other goals align. I will boldly assert that you can only be successful at business and life to the degree which you can achieve your own happiness, your own contentment, your own sense of personal well-being -- in short, your own peace of mind.
- [ ] The major obstacles to your peace of mind are defined below as emotions and mindsets. You will become more peaceful quite naturally to the extent that you address this list. I know you can do this. Be well.
- [ ] What are you FEARFUL OF?
- [ ] What are you ANGRY about?
- [ ] What DOUBTS plague your thinking?
- [ ] What do you experience GUILT over?
- [ ] Of what are you RESENTFUL?
- [ ] What do you WORRY about?
- [ ] In the absence of the above negative emotions peace of mind is your natural state. The key therefore to your success and happiness lies in eliminating or greatly reducing the noise and the impact of the above six negative stressful emotions.

- [ ] When you finally set peace of mind as your #1 goal in all situations and then plan everything in your life in terms of whether it helps or hinders your attainment of that goal, you'll find yourself operating from a higher set of principles, feel wonderful about yourself, and find that all other goals worth having will be drawn to you effortlessly.

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