

GENIUS NETWORK™ HOT TIPS SHEET

- **The Victim Mentality** is “things happen to me outside of my control.” **The Victor Mentality** is “I’m in control of my mind, so therefore I’m in control of my world.”
- **THE Question:** “Sean, is this going to be a gift or a burden in your life?”
- The good thing about pain is it brings us to the present moment. Everyone who’s unhappy is living in the future, or they’re living in the past – but right now is where life exists. Suffering is in the future and the past, in your mind.
- You didn’t get more or less than someone else, you just got different stuff. How you use the stuff you were given determines whether you’re really enjoying your life.
- The victor falls down just like the victim. The victor figures out where are they stumbling and they just get faster at popping back up.
- Your problems are perplexing - but with simple solutions.
- Nothing happened to you as a punishment. Everything happened as a lesson.
- The second you hate someone, dislike someone, hold a disdain towards them, they own you and you become their puppet. Hating somebody is a waste of time: either they don’t care or they don’t know.
- As long as you are hurt, everybody that comes into contact with you will hurt, even if they don’t want to, even if you aren’t intending to.
- **Fulfillment** comes from **growth** (*learning, giving to yourself, stretching your body, stretching out your life*) and **contribution** (*giving to others, helping others grow*).
- You either live at Cause or you live at Effect.
 - **The Effect Lifestyle:** “It’s not my fault, it’s somebody else’s fault.”
 - **The Cause Lifestyle:** “I take ownership for everything that happens to me. I don’t know why it’s happened to me yet, but I will find out.”
- Dealing with Fear – Three Things:
 1. **Physiology:** Take care of yourself physically.
 2. Master your **Internal Dialogue** and your **External Dialogue:** the words that you use when you talk to yourself and you talk to others.
 3. **Control Your Focus.**



“Pain is inevitable. Suffering is optional.”
- Sean Stevenson

BIG IDEAS/INSIGHTS I gained from this interview:

IDEA	How can I leverage this idea to my benefit?

ACTIONS I want to take based on these ideas:

ACTION/GOAL	Steps I can take right away to move on this?
Deadline: _____	
Deadline: _____	
Deadline: _____	

Recommended Resources:

- **Books:** A Man's Search For Meaning, by *Viktor Frankl*, Wisdom From The Bat Cave, by *Cary A, Friedman*, Get Off Your Butts: How To End Self-Sabotage and Stand Up For Yourself, by *Sean Stevenson*

Other Recommended GN Interviews with Joe Polish:

- Dr. Janice Dorn (*Psychiatrist/Brain Specialist*) "The Truth Within: Insights on Behavior, Addiction, Success & Life"
- Dave Kekich (*Founder of Maximum Life Foundation*) "The Secrets to Longevity"



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