



Opening Monologue:

You're Gonna Die (soon)!

Well isn't that a pleasant way to begin this issue together?

Before I go into the opening monologue for this month's issue of Good Life Monthly, let me issue a warning.

***Warning:** What you are about to read is disturbing, counter-intuitive, thought provoking, anger inducing, and ... **required** - in order to live the Good Life.

Let's start with the moribund reality - you will be dead soon.

During Christmas break last year I was watching one of my favorite shows, The Last Alaskans. My favorite Alaskan, Bob Harte, dies in season four. Cancer. He was 66 years old.

The same age my mother-in-law was when she died of cancer in 2009. My father-in-law was 54 when he died. A best friend of a friend just died, he was 48.

At the end of the Adam Sandler Netflix comedy special (highly recommended), Adam sings a tribute to his good friend Chris Farley... who died at 32.

Now before you throw this newsletter in the trash and reach for a kleenex, let's cut to the chase. The reality is, you've been living your life (up until this point) as if you're gonna live forever.

Breaking news: You're not!

Look around, most ALL people you know zombie around without any real purpose or mission in life. And then complain about how their life is miserable.

Do not spend one more second volunteering for HELL.

If you read last month's newsletter (you better have!), you know my definition of hell. Getting to the end of your life - Lying there on your deathbed - And in walks the person you could've been. The person you should've been.

In walks the person you were born to be.
Stop living as if you've got forever. YOU DO NOT!

Which brings me to the next point:

Total Transformation.

You have to be willing to kill off (murdered in cold premeditated blood) who you are today in order to become who you want to be tomorrow.

As Henry Louis Mencken wrote: "Every man must be tempted at times to spit on his hands, hoist the black flag, and begin slitting throats."

Sometimes (often) that throat is yours.

Freedom and Personal Greatness.

If you understand the truth (and accept it) that Freedom is Everything - then, this path to the Good Life can be clearly defined.

The first step to freedom is financial freedom.

The first step to financial freedom is debt-freedom.

The first step to debt-freedom is determining (to the penny) how much debt you have.

In order to break the tight seal of your lips from the suckeled teat of the life-long programming of debt... requires **Total Transformation**.

Just ask GLIC Member Ryan McClure. Ryan is in his early thirties and has no credit card debt, no student loans, no car payments, and now - NO HOME MORTGAGE!

Remember the 8 Words mentioned in last month's newsletter that will change your financial mindset forever:

The borrower is the SLAVE to the lender.

Personal Greatness:

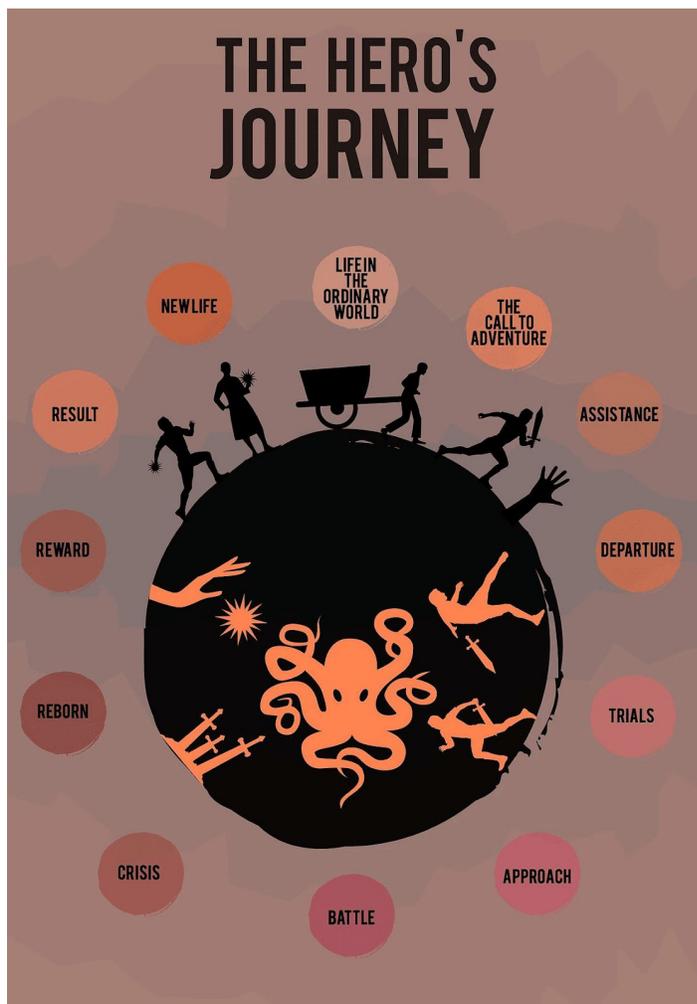
In order to avoid hell you must pursue your personal greatness.

Your personal greatness. NOT anyone else's definition of personal greatness.

Your personal greatness begins by accepting and understanding that we are all on a journey. In order to achieve personal greatness, your journey must be the Hero's Journey.

Every great personal greatness story includes the Hero's Journey.

Every great movie, includes the Hero's Journey.



Think about all your favorite movies: Star Wars, Rocky, The Matrix, The Pursuit of Happiness (that's how it's spelled), Hunger Games, etc, etc.

They all begin with an ordinary person living an ordinary life. Then a call to action and adventure. Assistance from a mentor, guide, or Jedi. And so on.

In Rocky, Balboa had his trainer Mickey. Until Mickey died, and then Apollo Creed coached him to fight super villain Clubber Lang in Rocky III (best one).

The other day I watched the movie Creed. In it, Apollo's illegitimate son Adonis Johnson discovers his dad is the late great boxer Apollo Creed. Adonis seeks out the guidance of Rocky Balboa who reluctantly agrees to train and mentor Adonis.

Hero's Journey.

Luke Skywalker and Obi Wan Kenobi, and then, Yoda.

Neo and Morpheus.

Katniss Everdeen and Haymitch Abernathy.

Once you decide to take the Hero's Journey you may as well think big and decide to also become a SuperHero.

The first step in becoming a SuperHero is to develop SuperPowers.

The first superpower to develop is self-possession. (aka Self-Mastery)

During our last trip to Mexico I read the book: The Good Neighbor: The Life and Work of Fred Rogers.

The book was mediocre. However, for some reason (The Force, we'll get to that later) I read the book in its entirety. And what I read on page 349 - changed the degree of magnification - that is the definition of the Good Life.

Here's what I read on page 349:

Eliot Daly, Fred Rogers's old friend and former executive at Small World Enterprises, says,

"I would describe him as the ultimate what you see is what you get, with one exception.

What most people couldn't see in Fred was his enormous power. **Power**. Capital P. Fred is the most powerful person I have ever known in my entire life... I've dealt with a lot of people whom the world regards as powerful. None of them could hold a candle to Fred's power...

His power derived from a really unique place. It was his **absolute self-possession**, which is different from self-interest or self-satisfaction, or selfishness. **He didn't need anything from you** or from me. He welcomed it, but he didn't need it."

Whoa, whoa, and wow. If that doesn't make you stop and listen, take note, and reevaluate your life, nothing will, nothing can.

The foundation of Fred's superpower is Absolute Self-Possession.

In order to travel the Hero's Journey, in order to develop SuperPowers as you become a SuperHero you **MUST** attain absolute Self-Possession.

Inside self-possession are two crucial elements:

Self-awareness and Self-discipline.

Without BOTH you cannot have self-possession. Without self-possession your utility belt is missing the most important superpower. And without the most important superpower you cannot become a SuperHero.

Self-awareness is understanding and completely accepting that THIS is all up to you.

Self-discipline is doing something about it, NOW.

Like “slitting some throats.”

Discipline is the bridge between Mission and accomplishment.

Speaking of Mission...

Time to get one.

Before we define Mission, let me tell you something funny I overheard in a recent conversation. Bride and Kid1 were talking about a boy. A boy that is pursuing Kid1, trying to date her. Real nice boy, good looking, successful family. But Kid1 only likes him as a friend.

“Why is that?” Bride inquires.

“I don’t know... he just doesn’t have the mojo, I guess.” Kid1 replies.

“Mojo, huh? We called that game back in the day. You know who has game?”

“Who?”

“Your father!”

Overhearing this conversation made laugh and stroked my ego a bit. It also reminded me of a time several years ago. I was showing Madison (Kid1)

pictures from our honeymoon. She was probably seven or eight years old at the time.

She was studying the pictures carefully as I turned the pages in the album. She then looked up at me and asked with as genuine and innocent a question as possible,

“Dad, how did you get mom?”

I remember laughing so hard. I was also proud of her mental reasoning. Looking at the two of us, Beauty and the Beast, a natural question would be, “How was I able to land such a super hot lady friend?”

Now, I guess the answer is clear... I had (hopefully still have) game.

Do you want to know a surefire way to get Game?

Choose Your Mission

I'm always at my best when pursuing a Mission.

Current Mission: Change the World.

How? Convince one person to change *their* world. And then convince another.

Last year my mission was visible abs. Not only for the obvious reason (all men want six pack abs). But for many related, much bigger, and more powerful reasons. Like self-possession, self-discipline, self-awareness. Continuing my Hero's Journey. Developing superpowers in order to become a SuperHero.

More mission examples:

Freedom. You know how I feel about freedom (this will be an entire newsletter issue).

Autonomy: freedom from outside control or influence (so many layers and levels to this).

Debt-Freedom: I have zero personal debt (no car loans, credit card debt, or home mortgage). However, I do have over \$1.2 Million in real estate investment debt. Bride and I own 36 rental units. Twelve of which are completely paid off. By September 15th 2022, all 36 will be paid off and I will be COMPLETELY DEBT FREE!!

You MUST (always) have a Mission.

In order to experience Total Transformation, Freedom, and Personal Greatness you must be pursuing a mission.

(FYI, the word mission is a fancier word for goal. The word goal is too often abused by the GooRoo Coaches and OG Brokers... so, mission.)

When you cross paths with a man on a mission - you instantly know it. You see it in their eyes. You'll hear it in his voice. You'll "feel" it in his energy just by being in his presence.

A man on a mission has game.

A man or woman on a mission doesn't care about what others think about his or her mission. He only cares about the mission. Thus becoming impervious to outside influence (autonomy).

For instance, during the abs mission I had to endure mountains of mopishness from outside influence and the mediocre masses. "Peer"

pressure, skinny shaming, behind my back talking, and other forms of tomfoolery - all designed to derail my mission. No avail. A mission targeted and committed to provides you with a power few ever possess.

Which Mission will you choose?

This choice must be your choice. Entirely up to you. I will give you suggestions. But you will have to choose for you.

Simple rules to follow for Mission selection:

1. Your Mission must be in alignment with your core beliefs (both consciously and subconsciously).
2. Your Mission needs to be either Freedom or Personal Greatness based.
3. Your Mission must be purpose based (for instance, an abs mission purely for vanity sake does not qualify).
4. Your Mission cannot be malicious.
5. Your Mission cannot be materialistic (much more on this in future issues).

You can pursue multiple missions simultaneously. As long as no conflict exists.

Example: your mission can be debt freedom. And your mission can also be: pay off the \$11,232 balance on the Visa card.

These two missions can also exist with this mission: Develop and implement a newsletter into the business. Which will require a monthly expense of say \$300 monthly. You may think that these two missions conflict. However, the investment in your business will pay off (big-time) over time. Therefore, you can be paying off credit card debt while

simultaneously investing money into your business. If this does not make sense, reach out to me directly for a one on one conversation.

In fact, I will be reaching out to each GLIC Member individually to find out which Mission(s) you have chosen. I'm very excited to hear about this specific topic from you ASAP. So feel free to call, text, or email me with your Mission. (Cell: 219-405-3768).

Mission provides focus. Focus enables clarity (Or maybe the other way around, lol). Focus and clarity are required for the Good Life.

Non-negotiable Missions:

- You must have an organized "list" (SOI/Database).
- You must communicate consistently with this list.
- You must have a newsletter in your business (not a canned or boring one).
- You must become debt-free.
- You must prioritize health and fitness. (without health nothing matters, nothing).
- You must create semi-passive cash flow outside of your agent "job".

The list can and will go on.

You must have a Mission.

A man or woman without a mission is like teats on a bull. Once you have a mission - you must protect, nurture, and ruthlessly pursue it. Your mission must be the first thing you think about in the morning and the last thing you think about before counting sheep.

Defining your mission and putting plans in motion (alone) will trigger The Force (more on this in the next issue) which will bring opportunities,

advantages, and people into your life that will assist you in accomplishing your mission.

Your life WILL change, and so will the lives of your closest loved ones.

Together we can change the world.
Together we WILL change the world.

Final thought...

How to Live the Good Life

“It is one thing to study war and another to live the warrior’s life.” - Telamon of Arcadia

It is one thing to study the Good Life and another to live the Good Life.

I find that people like to study and talk about things. Things they want. Things they want in their life. They, however, do not like to DO things. Things required to do in order to get the things they want in their life.

They are unwilling to live the lives of those they study. They want what they see, hear, and read about - but they are unwilling to do what’s necessary to get what they want.

Agents want a no cold call, no trespass, no booty-smooching, and no pussyfooting based business - but they’re unwilling to build a list, write a newsletter, develop a business referral network, write client based Facebook stories, implement a Shock & Awe direct mail campaign, or even a Buy-Sell-Give affinity group.

Agents want semi-passive income but don’t want rental properties.

People want to live debt-free but spend more than they earn.

The reality is everything we want in life requires a choice. A tradeoff. Maybe even some form of sacrifice. Some amount of work we don't want to do. Some level of discipline.

Today, it seems like everyone wants to avoid sacrifice. Avoid discipline. These same people (most everyone) have yet to figure out that on the other side of sacrifice, struggle, consistency, patience, and discipline is ANYTHING they want. (not everything).

In the book, *The Subtle Art of Not Giving a F@ck*, by Mark Manson, he writes:

“Who you are is defined by what you're willing to struggle for. People who enjoy the struggles of the gym are the ones who run triathlons and have chiseled abs and can bench press a small house. This is the most simple and basic component of life. Our struggles determine our successes. Our problems birth our happiness, along with slightly better, slightly upgraded problems.”

In order to live the Good Life, you must be willing to cross the chasm. The chasm bridged by discipline. The chasm between Mission and accomplished.

The best part is that most people are NOT willing to do what's necessary to cross the chasm. So you literally have little to no competition. Most people are weak. Most people avoid the struggle. Most people are quitters. Most people watch... make excuses... shun responsibility... blame others... drool... and breathe (open mouthed)...

While... WE... DO!

Thanks for reading. See you next month.

Faithfully yours,

Bart "Mission Man" Vickrey

P.S. Email me right away with your Mission and reasons for your mission.