

*“Hi Chris, my name is Jill, I'm 45, I am not married, never married, no kids and have found myself in a situation where I am not working, I've been looking for a job since November, I moved across the country two years ago and still am not connected at all. I did that because I felt that's what the Lord was asking me to do, but I know that I'm extremely closed down and I have a business, I'm an AdvoCare independent distributor, have been since 2002 and can't seem to get myself to do that business and it's all about not having a belief in myself. I hear on your podcasts about life plan and agree that that's exactly what I need to do but I found myself having zero money, no ability to get to it and honestly I don't know what to do anymore. I'm extremely unhappy and that's not the kind of person I am, so any hope as far as advice or action plan would be very, very welcome. Thanks Chris, I love everything you do.”*

Chris LoCurto: Wow, Jill first let me say how proud I am of you for being brave enough to come and ask that question and for trusting me with it, so thank you for that. There are a lot of people who are listening to this right now that can relate and that would love to know exactly how to move forward with their life as well and all of that. You hit a bunch of stuff and I'm going to try and tackle every single bit of it. Let me first start off with yes, you do need what we call a next level life, what we used to call life plan, we've actually changed the event. We've gone in and taken this process of transformation that I've been doing for a very long time, all built around our root system, all of that fun stuff and created a new event called Next-Level Life. It is incredibly powerful, everything that we do here is life changing and that's what we love about it.

Yes you do need that but you have no money so no you don't need that, not right now. I'm going to give you everything I possibly can to help you in this walk right now. Again, thank you for asking that question and I'm proud of you for getting some place where you can get the answer to this. Let me start off with the God factor, this is by far the most important part and a lot of people are probably thinking of course. No, you need to really listen; you really need to get this. The God factor is by far the most important because it is in God that we get the answers. It is in God that we get the direction. Jeremiah 29:11 says, he's got a plan for us. Like you said you believed he asked you to move across country, there is no way God's asking you to move across country unless he has a plan for you.

May not have heard it yet, but he has that plan. A plan for a hope, a plan for a future, a plan to prosper you, not to harm you, he has the right plan for your life but here's what I have discovered in my walk and many people are not willing to do this. Many people give God five minutes a day, many people give God prayer over food, they do not dig deep and when I say dig deep I am talking about heavy focus prayer, heavy prayer time, lots of prayer time, digging in there, praising him, telling him how amazing he is, telling him that he promised you that he has this plan and this purpose and that he needs to reveal this to you and continuing to push, push,

push, push. This isn't going to happen in one day, in fact there's a great book that says, the title, gosh this was well over a decade ago, it was *If You Want to Walk on Water You Got to Get Out of the Boat*.

Sometimes you've got to push, push, push. One of the things they talked about on there was to give it 60 days. If you want an answer to anything in your life focus heavily on it for 60 days, he'll probably answer it in 30. I think it was focus on 90 days; he'll probably answer it in 30. He has the answer, he has the thing that he wants to give to you but he wants all of you. Now that sounds like a no duh, but trust me, the amount of time we're giving him is not enough. On top of that, what does Jesus say? Jesus says he declared that some things can only be moved by prayer and fasting.

Now, girl I'm going to tell you, I am one of those dudes I love food, I don't like to fast, I hate fasting, it's not my thing but what I have discovered in my life is how powerful it is. He said that for a reason, sometimes taking that fasting and by the way don't tell anybody you're doing it, don't rob yourself of the blessing, nobody needs to know that you're on a fast. When you do it, unless you're married then your spouse probably needs to know this, when you do this that is your opportunity every single time pour into him more through this process and he reveals himself in this. I'm going to start with that right here, the first part is so much dedication to him in this process, there's more.

The next thing you have to know, isolation, now one of the things that you had said is that you are extremely shut down, you're not connected...I'm going to assume that you're a high I with some S by the way that you've said certain things in your message and that was a short message so that's again just a large assumption but I'm going to assume that, and being not connected and extremely shut down and then saying that's not the kind of person you are, that tells me a lot about you. I can tell you this, isolation is one of the worst things you can ever experience in your life and the reason why I say that ... People say oh Chris, isolation is as bad as, oh my gosh, it is amazing what happens when you are isolated and you're left to your own thoughts which tend to contain some level of lies or some broken belief systems. There's all this junk that you start telling yourself, you tell yourself lies that you are trained to believe, you tell yourself lies that you come up with, there's all kinds of junk that happens.

God looked down and he said listen, it's not good that man is alone; it's just not a good thing. You need community, you have to have community. Also knowing that we were going to separate ourselves from him, obviously, we need community, it is powerful for us. When we have community an amazing thing happens. We make better decisions, we make better choices, the Bible says that we sin less, well in the Hebrew. These are things that we do because we are being around each other, we're in that communion, it's keeping us safer from self-sabotage and our own thoughts, we're not stuck to our own thoughts, we're able to ask people opinions, we're able to get input on stuff, we're able to find people we can trust and have them pour into us and push back on us. Those are powerful, powerful things.

If you listen to Rabbi Lapin, one of the things he talks about is people are ... Now this is not every single person, but in general people are able to make more money when they live around larger communities because there's more happening, there's more going on, there's all kinds of stuff that happens in community. One of the best things is it keeps us from being alone with our own thoughts and anybody out there who can relate to that knows exactly what I'm talking about.

Some of the greatest self-sabotage you can possibly do in your life is to isolate yourself. If we take a look at abusive people, if we take a look at abusers, one of the greatest ways to know if somebody is abusive is do they isolate their victims? Why do they isolate their victims? Because they completely understand the power that comes from community, the power that comes from other people. That is the last thing that an abuser wants. They do the one thing they know that they can do and that is isolate their victim. The sooner you isolate your victim, the sooner you have all of the input into that person. Here's the thing, control is an illusion, we think that we can control other people and unless we're physically controlling them we can't, we're being allowed in.

Even somebody who's abusive, unless they can physically overpower you, they can't control you unless you let them, you let them in, you allow it. The only way they can get you there is if they can get you to be alone, get you to be isolated. If it works for them, how much more does it work for ourselves when we are isolating ourselves? I can tell you, I've been helping people with this stuff for so long and I can tell you with folks, myself I can tell you, some of the biggest issues, some of the biggest damage that you can cause in your life is when you're isolated because your decision making process is not so good, it's not good.

The other thing about not being isolated is you need to make sure that you have healthy people in your life, not toxic people. We can have a tendency and all of this stuff by the way Jill, I don't know if these are pieces but I got a lot I'm going to share with you. I don't know if these are pieces but at least you can take a look at these and go oh crud, that is happening. If you have toxic people in your life, people who are takers, people who are getting their needs fulfilled by demeaning you, putting you down, treating you like crap, whatever it is, they have got to go period. One of the things you said is you're not connected but I'm sure you're running into people somewhere and maybe it is if you're having phone calls with family members who are toxic well guess what, that's not helping the process.

If you're communicating with anybody who's toxic it's not helping at all. You need to put healthy people in your life, people who care about you, for you, support you, are willing to push you in areas that they can see. Another thing you got to do is shoot your TV, now don't literally go shoot your TV, do not go around that thing. Why, because the idiot box that does nothing but put terrible, negative messages into our minds is not helping a person who's isolated. If you're isolated, if you're not connected and you've got bad influences whether it be TV, whether it be Instagram, Facebook, Twitter, I don't care what it is, you have to take a look, a hard

look, a deep look at the messages and where they're coming from. Any message that is coming your way that is negative, get rid of it.

You know what I can't do? I cannot watch all of the news about the elections, I can't, it just gets me frustrated, can't do it. I can't watch these whiners on TV that have these reality shows and it's beyond ridiculous, can't do it, I can't. I don't need that negative junk in my life. Instead I need to be focused on God's word, I need to be focused on pouring through the message that he gave us, or good books, quality stuff, focusing on ... Anytime you want to watch TV open up your Bible. Crack that thing open, pour through it, gain information, and pour into yourself God's word. You'll be amazed at the positive messages that come out of it.

As we do these types of things he starts to open up other areas of our life, but staying on that focus of not being isolated and having healthy people around you, the next piece of that is gaining that community. Again, isolation rots a mind and a soul. Make sure that you surround yourself with healthy people who can contribute to your health. That right there is something that I put in my 18 Habits of Mentally Strong People and so we're going to send that to you by the way to make sure you've got that Jill, so we'll be emailing that to you. Anybody else if you want that go to [chrislocurto.com/downloads](http://chrislocurto.com/downloads) or text the one word 18habits, the number 18 and the word habits, put it all together, text that to the number 33444 and we'll send that to you as well.

The thing you have to understand is that there are a couple of aspects of community. When you have good community, when you have people find and women's group, find a women's Bible study, find a place for you to go and connect with people who are willing to be real. Don't go find a place where people can't talk through stuff, can't share. Now listen, I'm not talking about a place for you to do and create a dumping ground, that is not what I mean whatsoever. What you're looking for in community is you're looking for people that when you are around them you are ready to take on the world, you are ready ... When you go to a great women's Bible study and you leave because you have real people, you have people that are being honest and vulnerable and helping and pushing and guiding and directing that are there for you, you leave that and you want to go tackle the world.

Having that type of community around you, having friends, having people, we're not even looking for your greatest friends in life right now, we are looking for you to surround yourself with people who can absolutely pour into you, that can stand with you, holding your arms up, praying with you. These are the kind of folks you need, go and get them. If you are an I and S then the S side might tell you from time to time no that's conflict, don't go do that. This is so not the time to listen to that S. Have to be careful how I say that. Listen to your I, go get around people, don't go and control conversations, don't go and try and show them how great you are. None of that and I really don't think that's something you're seeking but go find good friendships that help you to feel amazing when you leave.

When you go and do your thing have them praying for you, seek that kind of

community. God has created that for a reason. I can't tell you how many people that come through our Next Level Life event that are like Chris I don't have community, I'm not that kind of person. Become that person; make that happen, be that kind of person. That is literally how God created us, you will have a ton of people out there that say well that's just not who you are, don't be that way. Don't listen to that lie, don't listen to that crap. You were created for communion, literally you were created to commune, so don't miss out on the blessing. Go surround yourself with healthy people, go get in a Bible study or two or three, I don't care but get solid people around you who believe in you, who are willing to push you, who are willing to back you up, who are willing to pray for you. Go get around a bunch of people that may know opportunities that are out there.

By the way, this isn't the place to go sell stuff. I know, some people are going wow; she should go there and sell AdvoCare. No, that's not what we're looking for, we're looking for support system. They may have opportunities; you mentioned that you're not working yet. They may have an opportunity for you but go get around great community so that you have strength. Here's what I'm telling you, there's a twofold piece of this, the pouring into God is the number one piece, the more you do that the more power you get in your life, the more wisdom you get in your life, the more of him focusing on giving you that plan that he has for you. He wants you to seek him; he wants you to come to him for the answers even if it takes prayer and fasting to make it happen. The second part pouring into his kids. Get around his kids, get community with his kids, do not let yourself be cut off any longer, there's no reason for you to be cut off anymore. You are in an area, go get around people, go do what you need to do.

The next piece in this is understanding and some day when we can get you into Next Level Life we will spend hours on this, but the next piece I want you to understand is the elements of your root system and go back and listen to the podcasts How Your Life is Like Wine, Is Your Root System Holding you Back, all of that stuff help to gain information on the root system. We believe that people are the sum of their past and their influences and particularly in which you've allowed to influence you in your life. What that means is whatever is happened to you and whatever you've allowed to influence you, those are the two things where you base your decision making process. Now again, discovering all of that stuff takes us hours to do so, but we believe those are the areas that you make decisions, you base your decisions on those things. Decisions to have friends, not have friends, get isolated, not be isolated, whatever it is you make your decisions based on that.

A lot of stuff, sometimes we come from some families, sometimes we come from some influences, whatever it is that has helped us to believe that we're not worthy, that we're not good enough, that we're not healthy, that we're never going to be successful. The enemies of success are broken belief systems that say I'm not good enough, I'm not talented enough, I'm a failure, I'm afraid of failing, those are some of the things that we live in, that's some of the stuff that we experience from our root system. I want you to hear this, I don't care what anybody else on this planet things, you are absolutely enough for God. He absolutely believe in you so much

that he did the greatest act of love by sending his son to the cross saying Jill I want forever with you. Not just this teeny tiny life that we as humans think is the thing because guys this life isn't it, it's the one after this, but instead of just this, I want you for eternity.

That guy is so much in love with you and believes in you so much that he's had a plan for you for thousands of years. He knew thousands of years ago that you were going to be on this show. He knew thousands of years ago that this would be one of the questions that we would add to the show so that we can talk through this and get you help. You have to start putting correct belief systems in place, belief systems that stop the self-sabotage because that's what the lies are. Believing in the lies, that's what that is, it's self-sabotage. You'll never success, you're a failure, you don't deserve fill in the blank, that's all bull. Do you know what it's all based on? Somebody else's belief, somebody else who's helped you to believe that.

Now all you're doing is lying to yourself. Put good belief systems in place. He loves me, He's crazy about me, He wants the best for me, and He has my best interest at heart. If we go back to the Garden of Eden what was the problem there? The problem comes down to this; they didn't believe God had their best interest at heart. Guess who else sucks at understanding that he does? Me, I do, there are many times in my life that I did not believe God had my best interest at heart and so now I'm choosing to believe the good stuff. I'm choosing to believe that I am good enough. My self-worth no longer comes from people or things that I accomplish. I always say that, I like to say 75% doesn't, I'm still going to get some self-worth from things, but I'm seeking Him and the good belief system that tells me I am good enough for Him.

That's not a license to do stupid so don't mishear me there, but you must know, you must, must, must know that you're good enough for Him. As you do this, this will help you to believe in yourself, which is one of the things that you were sharing. It's so difficult to believe in you right now, that tells me where that's coming from. Anybody who's been through our events here knows exactly what you're talking about, you don't believe in you because all the crap that's been dumped in your root system. That causes you to not be emotionally strong which is again, another thing that is absolutely holding you back.

Next thing I want to talk about, I don't know if you're experiencing this but I can tell you in those times in my life where I felt so isolated, so alone, things weren't working, one of the pieces that I felt was depression. A lot of people go through this and I didn't even know I had experienced it until I had learned about it later on in life. I was like wow; those are feelings that I had back then. One of the best ways to keep yourself from being depressed is you have to refuel yourself with the things that absolutely refuel you. Think about this, you've got to do the stuff that charges you up and helps you to want to go face the world, to go tackle the world, whatever that is. For some people it's going for a long walk, for some people it's a drive in the country, for some people it's exercise, for some people it's incredible conversations with friends, whatever that stuff is I want you to sit down and write

out a list of the things that when you're doing them or they're happening you're feeling incredible, you feel great about you.

I can tell you one thing that is absolutely refueling to me. I know, because of how hard I run, that if I do not stop at some point and get my backside away and go sit for a couple of days and it's not even sitting, I have a tendency, I discovered that if I go home to Tahoe for four days by myself I don't book anything, I don't set anything up because vacations for me, by the way, aren't vacations, they are a lot of work and I need a vacation from my vacation. This is the kind of thing where I take some books with me and I do not plan a single thing and I know that I am going to spend time in the woods that I grew up in, I'm going to spend time talking with God and reading, sitting out by a pool or something somewhere. I'm going to do the things that help me to refuel.

This is the thing that I discovered; this is why I do this once in a while. The thing I discovered is after about two days my creativity goes ballistic, it goes nuts, all of the tiredness, all of the stuff that's been wearing me down starts to clear out and it takes about two days for this to happen. All of a sudden for another day or two I am doing nothing but focusing on continuing to refuel, refuel, refuel and on my flight home I am ready to tackle the world.

I'm not telling you you got to go to Tahoe, that's probably not a good idea right now. Find those things, whatever it is, if it is ... Another thing for me is great conversations with a great friend. Literally this past weekend Joel and I, we met for breakfast and we walked a couple of miles, we did two and a half miles, I checked it on my phone, we walked this crazy path just walking and talking. It wasn't about the walk, we started walking and two and a half miles later we'd been talking for this long period of time over some thing that we needed to discuss. We were both so amped and it was like man that was great and we happened to get a little bit of exercise in. That wasn't even the intent; it was doing something that we both know charges us both. In a time when we're running like crazy we needed that guy time, we needed that time away to talk and enjoy each other's company. That is the kind of thing that refuels me. Those are just a couple of things; there are a lot of things that refuels me.

Exercise refuels me when I'm exercising consistently; let me put that caveat in there. If I'm not exercising consistently it doesn't refuel me, it's a pain but walking, running, doing whatever, those are things. You need to make the list of things that you can do right now that absolutely refuel you and make you want to go tackle the world. When you have that and you put that stuff in place you feel better. It changes your outlook on life, it changes your expectations, it changes how you feel so you've got to put those things in place and it keeps you, it's a big deterrent to depression, and you want that.

Another thing, diet and exercise. Now I don't know, you may be somebody who works out a lot, you may be somebody who doesn't, but I, with all of our leaders, with all of our leaders this is one of the things that I push for everybody who's

coming through our Next Level Mastermind, for anybody who's coming through our Next Level Leadership Live event stuff, any of that stuff, our coaching program, whatever it is they are always hearing me talk about the importance of a correct diet and exercise. Now you may eat fantastically well but let me throw this out to you. Get sugar as far away from you as you possibly can, all of it, all of it out, out, out, get that crap out. Get that sugar out, if you drink a decent amount of caffeine get that out, get the bad fats out, get the processed foods out, get the junk out period.

People think well whenever I'm depressed or I'm down, whatever sugar makes me happy. It literally does, it literally does, it actually acts inside of your pleasure center and tells you this is a good thing and then it adds to the depression afterwards. You have this high with bad sugars, with bad fats, with bad processed foods, caffeine, the fake caffeine drinks, all of that stuff builds you up to a place and then drops you like crazy, you tank in this process. That type of blood sugar response, that type of brain activity leads to depression, leads to being in a bad place, leads to not wanting to go out and be a part of things, it leads to all aspects of you not getting you in a great place. Get healthy fats in your body, good quality stuff, a lot of coconut oil, you hear me talk about that, grass fed animals, the saturated fat in grass fed, not the ones with all the chemicals and junk get that in you, get healthy nuts in you. Do the things that get good quality things in you that support your brain function.

I've gone through horrible times in my life, I've had some very traumatic times in my life and I can tell you in my worst one the only thing that helped me to get through it was having healthy fats because it helped my brain to process better. Didn't take anything away, didn't take the stress away, didn't do any of that but it helped me to not be so low. I can tell you, as I have helped person after person in this process they experience the same exact thing.

Jill, hopefully all of that helps. The biggest pieces in there are not the things that you would think. It's not the oh you just got to go find a job and everything's going to be all right. Listen, I think you need to bust it to find a job, you need to go take and if you've got great money, if you have plenty of money then I still think you need to go work because working keeps your hands moving, keeps you from being isolated. I'm assuming that that's actually a problem so go find something, I don't care what it is. Get yourself back in the act of working to get you out of the isolation, to get you out of not being connected. Is it going to be your perfect job, probably not. If it is the AdvoCare then the thing that's going to hold you back from going out and doing ... Now I don't know a ton about AdvoCare but I believe that's a get out and sell people on products, so the thing that is going to absolutely fail you in this process is isolation.

You're going to have sales reluctance, you're not going to want to go out and sell AdvoCare if you don't have any community, if you don't feel worth yourself. If you're not connected with God and connected with community you're not going to have much worth so you're definitely not going to want to go put yourself in a

situation that's going to cause more conflict or more rejection or fill in the blank. Some of the greatest salespeople are folks who are so well connected that when they are rejected it's not a big pain; it's not something that shuts them down.

If one of the things that is your focus, if you believe that your focus is to go sell AdvoCare then go get around people, get as much community as you can and have them pray for you and help them push you up so that you can get out, hold your arms up so you can get out and sell like mad. Keep in mind, when it comes to any work whatsoever, again I'm going to come back to the God factor, my goal is to worship him by taking care of his kids. Take care of his kids, everything else will come. Help enough people, the two people you will hear me quote and I've been doing so for a very long time is when I learned from Zig if you help enough people the money will come and then when I learned from Rabbi Lapin how spiritual money is. Those two impacts for me were huge along my desire, my decision to worship God in my process, by helping out his kids.

When you do that all of it comes together, all of it comes together. Help his kids he promises he'll take care of the money part. He'll do it, he'll get it there, go and do, go and do, get out go and do, get community, get out from being isolated. Believe in yourself because this is why and again, it's difficult without going through everything with root system all that kind of fun stuff, so just understand this, if there's only one thing you understand when it comes to believing in you, somebody way greater than any human being on this planet believes in you. Somebody way greater than any human being on this planet is crazy in love with you and wants the best for you. He believes in you so you believe in you. He's not wrong, He never is so believe, get your worth from Him, and get your value and your worth from the cross and that incredible act of love. Make sure that you are pouring that into yourself. That will help you to believe in you.

Take all of the broken belief systems and chuck them to the side. Take all of the lies and combat them with the truths. Every time you tell yourself a lie, tell yourself the truth. You got to go to battle with that truth. I'm not worthy, bull, I absolutely am worthy and I can point to the cross right now to see that I am. He thinks I am worthy so I am worthy. I'm going to screw everything up, no that's not truth. That is going off of bad input or bad influence by people in the past. Have I screwed every single thing up I've done in my life? No of course not. Are there successful things? Of course there are. If I've got a God who absolutely believe in me and is pushing for me and has a plan for me then that means that I follow him I'm not going to screw everything up. By the way, go and learn from your failures, it's okay.

The last thing I want to hit on is the I'm extremely unhappy and it's not the kind of person I want to be or it's not the kind of person I am I believe that's how you said that. Here's the one thing, happiness is not every promised to us. There's no place I can ever see where happiness is promised. I do see a lot of blessings, I do see a lot of gifts, I do see a lot of stuff that is absolutely promised to us. The one thing that's never promised to us that I have ever seen is the happiness factor, but here is what I do know. There are two ways to be happy. The first is do all of the stuff I've said

about focusing in on God.

The second I learned from the great Zig Ziglar, choose happiness everyday. Choose it, make it something that is going to happen and at every time you feel unhappy or every time you feel doom and gloom start asking yourself this question, what am I doing to cause that? Am I eating badly, am I drinking badly, am I pouring bad stuff into my brain? Whatever all of that junk is go through those things and then say am I choosing to be happy right now? How am I ever going to be happy if I don't do the things and choose the things that make me happy?

We can get caught up in the if then theory. If I get friends then I'll be happy. If I can sell some stuff then I'll be happy. If I can get a job then I'll be happy. The if then has got to go, that is basing worth on a future that does not exist yet. Chuck it, I'm sorry but throw it out the window. Do not focus on that, choose happiness, choose it right now, choose it today, choose it five minutes from now, choose it two hours from now, you have to choose it. There isn't anything that's going to all of a sudden make you happy. We can experience happy situations, we can be a part of the happiness, but nothing's going to, as I do my air quotes, make us happy. We have to choose and choose to be a part of it.

Again Jill, I hope that helps out. I would love to hear from you, I would love to know what you think and again I hope that really does help in this walk, in this process know that we are here praying for you, we are here believing in you. We know that this is not something that is something you can't overcome, this is something you can overcome right now, this is something you can do right now. Get to work to make it happen, get great quality people around you to make it happen.

Everybody else listening to this who's experienced this or can relate with this you got to do the same thing. This is as much for you as it is for Jill, this is for everybody. The guy who is teaching this is the guy who's had to walk ... How do you think I know how to teach this stuff? How do you think I know where this stuff comes from? I've experienced it way too many times in my life and I have helped a ton of people with it. If it didn't succeed, if it didn't work I wouldn't be here telling you about it so put these things in place today.