

Hi, this is Keely. I just wanted to say thank you again for the Q&A session and I just wanted to share my biggest takeaway from that time. I asked about vision and you talked about ... the one thing that ... the one question you kept trying to find vision was the question, "What do you want to do?" And for me, I just never thought to ask that and so that was just like, "Oh, my goodness." Basically, I just feel so free, just like I've been given permission to pursue those things that are in my heart and I don't know why I didn't think to ask that. I just feel like my world's has been opened up so much bigger and I just ... yeah, that was just awesome.

Thank you so much and there are other takeaways, as well, as far as like relationships and relating to people and overcoming and maturing in my own personality. Thank you so much for your time and yeah, I appreciate it.

It's just I love me some Keely. What a great gal. We had a great time. We did a Q&A thing where we gave away the opportunity to have a 30-minute Q&A with me asking anything that you wanted to and I absolutely loved having that time with her. Great gal. Phenomenal potential in her life. There's so much that she has got, that she can do and so much that she has in front of her.

Thank you, Keely, for leaving that. We really appreciate that. If you guys want to leave a comment or a question, if you'd like to be on possibly one of the podcasts on one of the episodes, go to [ChrisLoCurto.com](http://ChrisLoCurto.com). On the right-hand side, this little microphone, just click that thing. You can do it on your phone, your tablet; you can do it on your computer. It doesn't matter; you've got the mic already there, click that bad boy and leave a comment or a question. We would love to hear from you.

Also, coming up, we've got our next level leadership live event. You need to get to this event. This is going to be a powerful event if you are in leadership, if you are an entrepreneur, either one; you need to be at this event. This is for you. Do not miss out on the VIP experience, as well. We've got this incredible event three days, and then on top of it, we've got this VIP experience where your food's

taken care of, we've got this time with me, time with Rabbi Lapin, time with our mentoring group, our next level mastermind group, the guys and gals that are absolutely killing it in their business. We've got leaders in there, we've got entrepreneurs in there; these are folks that are absolutely killing it. In this process, we want you to be able to experience that as well.

Do not miss out on that. Go to [ChrisLoCurto.com](http://ChrisLoCurto.com), click on the big banner, click on live events, either one, and that event is in this area, in the National area, May 2nd to the 4th. And I tell you; not coming to that event will keep you in the same place you are so make sure that you are here.

Keeping in line with something that Keely said on her fantastic message there was that she felt like I gave her permission. And so, today, what I'm talking about is that, is having permission, is the feeling that you don't have permission and where that's coming from and why that's happening. And I'm heading on this because this is something that we hear a lot here. In our events, in our next level leadership events, in our next level life events, we hear that a lot, lot people come through and they get this information. They learn, they discover, they go through this process and what they come at with is, "Oh, my gosh. I feel like I have permission to do fill in the blank."

It is so powerful for them that not only do they now feel like they have that permission, but that they experienced it in a way that showed them why they didn't have it in the first place what they have been experiencing their whole life. One of our clients that was in here just the other day, both Mike and Cathy were in here, and I got to tell you, we absolutely love these guys. We love their family. They have come to our events. They're in our next level mastermind group as well, and they are just incredible people. We had that great opportunity to meet their family; they came through on their way to a vacation, spent time with us here at the office. We're so glad ... shout out to Tina, my girl, who is very young listening to this show and that excites me whenever I've got somebody who's young who's listening to this information and putting it in place.

I thank you, all of you guys that are listening to me that are in your 20s, 30s, 40s, 50s, 60s, but I really love it when somebody young is going, "I want to learn so

that I'm not figuring this stuff out when I'm 40, so that I'm not figuring this stuff out when I'm 60. I want to get this information now." Just so proud of her, proud of the other kids that are learning so much through personality styles, learning so much from their parents going through this information. So glad, but one of the great things that came up was, as we were talking, Mike was sharing about things from his past and things that he experienced and things that he tried. "I tried this and I tried this."

If you think about it, you have tried a lot of stuff in your life. There's probably plenty of you out there that have tried dating the wrong people, that have tried going into bad places, doing drugs, doing whatever it is that you've tried these things in your life and looking back, going, "What a colossal mistake." And knowing that it impacted you negatively and knowing that you did something that hurt and knowing that some of those things are still hurting you to this day.

As we were talking through this, Mike says, "I just felt like that you guys gave me the permission and Joel." Joel has walked him through a bunch of stuff that ... "I fell like Joel gave me the permission." One of the things I helped him to see is, "We're actually not the ones giving you the permission. We're not the ones that are giving it to you. We're helping you to see what locked you down. We're helping you to see the decisions that you made and why you made them that way. We're helping you to see how to make phenomenal decisions." And the thing that I said to Michael was, I said, "Mike, the keyword in everything that you're saying is 'tried'. 'I tried that. I tried that. I tried that. I tried that.'"

And that's when I asked him the question, "Why were you trying all those things? Why did they not work out?" And he said, "Because I was trying to fill void. My whole life I have been trying to fill this void and praise God, now I know. Now I know what it is and I know how to fill it. I know how to get rid of that. But back in those days, man, I tried a lot of stuff and none of it was working." They key, folks that you have to hear in that is that trying is the problem. You're trying to fill a void, you're trying to numb from experiences in your past that you don't understand, you're trying to shove things under the rag that you don't want to face or you don't want to experience, you're trying to do things that you think are going to find you happiness. And so, with trying comes the "If then Theory".

If I do this, then I'm going to be happy. If I experience this, then I'm going to be happy. If I can get my team to do this, then I'm going to be happy. If I can make my business do this and get to these numbers, then I'm going to be happy. That type mentality, that type of thought process does nothing but hold you back. You cannot get your self-worth from things that don't exist yet. Let me say that again, you cannot get your self-worth from things that don't exist yet. And if you're trying to get your self-worth from things that don't exist, from things that you are assuming are going to be great, from things that you believe are going to make you happy, then you're absolutely wasting your time. You're wasting your time. You are choosing to go down a path that is going to do nothing but hurt you and leave you empty over and over and over again. You have to know that what you're trying to do is you're trying to get something out of something that doesn't exist.

You cannot get your self-worth from the future. You cannot get your self-worth from the things you haven't done yet. You cannot get your self-worth by numbing yourself on the process. You cannot get your self-worth from things that do not give you worth, from things that do not give you value. You're not going to find your self-worth consistently in a spouse. You're not going to find your self-worth in your identity in being a leader, in being an entrepreneur, in being a soccer mom, in being whatever. Are you going to get some? Yes, absolutely, but you have to realize, how long does it last? How long does that last, when you get your self-worth from others? If you're a people-pleaser, how long does it last? About five minutes? And then you got to go please somebody else, right? And God-forbid, if ever you fail at something and you really don't please that person, because then, it's going to knock you backwards.

How long does it last getting your self-worth? It doesn't. There's one place that you can consistently get your self-worth and that's from God. There's one place that you can consistently get your self-worth and that's from God, period. That's the only. That's the only place you can consistently get it.

You have to understand, all the things you're trying to do to fill that void, to make yourself feel better, to make yourself feel worthy, to make yourself feel valued, they don't work. Or they work for 5 minutes, and I can tell you this, riding

that train is a lonely train. Actually, there's a lot of people on it but ... there's actually a ton of people riding that train, but being on that train, trying to make that happiness happen, 5 minutes at a time, is wasting your life. It's wasting you away. It's a waste of process.

Do not try to fill that void with stuff that doesn't fill the void. Every single day, every day when you wake up, you have to choose worth, you have to choose value, and you have to choose God. If you don't, don't be surprised that you don't have worth. Don't be surprised that you're constantly trying to fill that void. You've got to make the decision every single day that you are worthy. You have the permission to be worthy because you already are. Why? How do you know? Simple. Let me ask this question: what is your value? I can tell you this; I ask this question all the time and people always give an answer that is not the one that I believe. A lot of times, people say, "Well, it's the things that I can produce." And I will agree that for a lot of people in the past, that's exactly what their value was, it was something that they can produce.

"What I can do for God's kids, the fact that I'm God's child." I'll even hear that once in a while. Let me tell you what your value is. Your value is the act of love that happened with the cross. Your value is that somebody is so crazy in love with you that they took on the world's worst beating so you could spend everlasting life with Him. That's your value. That somebody loves you that much, that's your value, not what you can produce and well below that so that's a way up here. Tons of value, non-stop, consistent value, that you are loved that much. We think this is the life. This isn't the life; it's the next one. The next one's the important one. Be prepared for it. Understand that that's where your worth is. Understand your self-worth comes in being somebody that He loves so much that He took on all of that ... having His flesh ripped off his body for you.

You have permission to feel worthy today. Choose it because He chose you. He's already chosen you. So you can be worthy or you can tell yourself and believe the lies from all the people in your past that have influenced you and told you that you're not worthy. If you want to choose to believe them, feel free. That's going to keep you trying to fill void again and put those things in place. That's going to keep you on that train, that lonely train that happens to be full of a lot of people going after the same junk.

It's not going to work. Understand you already have permission to be worthy. You already have permission to be valuable. If no person on this planet values you, there's one who thinks you're so valuable that you are worth the world's worst beating. If your parents don't think you're valuable, if your spouse doesn't think you're valuable, if your brother, sister, friends, neighbors, boss, team members don't think you're valuable, so what? So what? There's somebody who thinks you are absolutely valuable.

Let me ask you, of those people around you that don't think you're valuable, how many of them have ever taken a punch for you? How many of them have ever had their arm broken for you? How many of them have ever jumped in front of a car for you? Have many of them have ever taken a bullet for you? There's one person who had the flesh literally ripped off his back for you, who was beaten so badly that if his mother didn't know it was him, she would never have recognized him. That's a lot of love, folks. That is a lot. So if nobody else thinks you're valuable, so what? Quit seeking man for your value. Quit seeking man for approval of you. Quit seeking man for worth. Quit seeking drugs to fill the void. Quit seeking sex to fill the void. Quit seeking control to fill the void. Quit seeking submissiveness to fill the void. Quit seeking all of that junk. Quit seeking any of that stuff.

Don't try to make people feel bad about themselves so you feel good about you. Don't try and please people so you feel good about you. That stuff doesn't last and it sure as heck doesn't fill that void. You have permission today. You are worthy. You are valuable. Another key to this that you have to get, I heard a pastor say, "Whatever you eagerly wait for is what controls your heart." Let me say that again, "Whatever you eagerly wait for controls your heart."

What are you waiting for? What are you waiting for? We have people that do not get in here for a year. When they come to our next level live event, and if you heard me say on the last podcast, we have actually created a powerful event, the transformational journey that we have helped people to experience. We have created a new powerful event "Next Level Life" that has replaced our Life Plan event. This is so crazy powerful and we have people that will come in here and do that event and we ask them, "When did you decide you wanted to

do this?" "Oh, I've been wanting to get in here for at least a year." We hear that all the time. All the time we hear that.

"What took you so long?" "Well, I just didn't make the decision well. I wasn't able to ... " You know what they're saying and the thing that we have heard people say is, "I didn't feel I was worthy of this event." Oh, my gosh! That breaks my heart to hear people say, "I didn't think I was worthy of this event."

Folks, you are so worthy of discovering the stuff that we help you to discover. You're so worthy of discovering the one who's so crazy about you and loves you so much. We have people come through that don't believe in God and have a very powerful, powerful event. Trust me, it will change your life forever. But what are you waiting for? The thing that you eagerly wait for is the thing that controls your heart. If you are waiting to get your self-worth from people, guess what? You're going to keep pleasing people for a living. You're going to keep trying to please others. If you are waiting for a job or a title or if you are on of those leaders or entrepreneurs that finds their identity in their business because they've been doing it for 40 years, guess what? That is what's going to control your heart. You keep trying or eagerly waiting to get fulfillment from something that can only fulfill you 5 minutes at a time and it sure as heck doesn't happen everyday, does it?

You have permission. You have permission to move on from that. You have permission to feel worthy. You have permission to know that you are valued by somebody who is way more important than somebody else on this planet. You have permission, so make the decision right now. Make the decision right now. Choose. Choose happiness everyday. When you wake up in the morning, choose it.

Now, how? How do you get to that place? I'm going to tell you. One of the most powerful things you can do to get rid of all the of the junk, to be content in your life, what you need to be content with what's happening today, one of the ways to do that, one of the greatest ways to do that is to be thankful. Zig used to say all the time how powerful it is to be thankful. I was blessed to be able to spend time with him a few different times in my life and just behind the scenes

watching this man be just a beacon of light. The way he treated people, the way he loved on people, and I am blessed to be friends with his son, Tom, and the apple does not fall far from the tree. I can tell you, when you see Tom Ziegler, you see a man who's thankful, who loves on people well and all of that comes from his fulfillment from God. And so, watching the man be so thankful, look at how incredible he was. Look at how happy he was. And you could ask, because I've done it.

I remember years ago, saying, "Was dad that always this ... is dad always happy on the back?" "Oh, of course. Yup, dad always chose happiness." Everyday I get up and the first thing that I do, you want to know what I do first thing in the morning? Everyday, the first thing I do, thank God, praise God, tell Him how thankful I am, praise him for how amazing and how awesome He is. That is the start of my day everyday. Do I get in to ask Him a whole bunch of stuff for me? Oh, yeah. I do, ask for a lot and guess what? He expects that, He knows that. He's not surprised at where I am in life but I thank Him and I praise Him.

When you become thankful, go to your team members. You don't have to be the leader. You don't have to be the entrepreneur. Thank your team members for experiences. Thank your team members for things that they're doing on a daily basis. Thank your family. Thank your spouse. Thank your kids. Find people doing things right and an amazing thing will happen. You will find it is much more difficult to focus on the things that are going wrong in your life. Be thankful. Be thankful. Praise people. Tell people how thankful you are. As you do that, you put yourself in a much better place to be happy. Don't do it so that you can get response back, by the way. Don't try to people-please, because once again, that's going to be an empty place. It's not going to fill the void. But instead, spend time doing it for them.

Choose thankfulness. Choose happiness. Everyday, you've got to get up and choose happiness. Write it on your mirror, I don't care. Put it on the dashboard of your car. Put it on the screen of your computer. Choose to be happy. Choose to be thankful and understand that you are the only one who can impact your soul. Nobody else. Nobody but you and God. No other human being can impact your soul. You could only allow their incredible suggestion to impact your soul, but you are the one who is responsible for you. So choose. Choose happiness.



You have the permission. You have the permission to focus on you. There's a lot of bad teaching out there that says, "If you focus on you, that's just selfish and that's anti-Christian." Oh, my gosh! Go away. Get away from me.

Focus on taking care of God's kids as much as you can. Do it as much as you possibly can but understand this, you also have to be healthy. If you're not healthy, how healthy can you be for others? You have the permission to take care of yourself. You have the permission to get you healthy. All of those folks that don't come in for Next Level Life, that takes them a year to get here, it breaks my heart. Why? Because I know that they're choosing another year to not change their lives, to not get their life changed. That breaks my heart. Get your life changed. You have the permission.

If you need to get in here and you need to come in for the Next Level Life event, shoot Joel an email, [joel@chrislocurto.com](mailto:joel@chrislocurto.com). Shoot him and email and get that information. We'll get you in and we'll get you taken care of. But understand today, make the decision. Choose happiness, choose thankfulness and know that you have the permission.