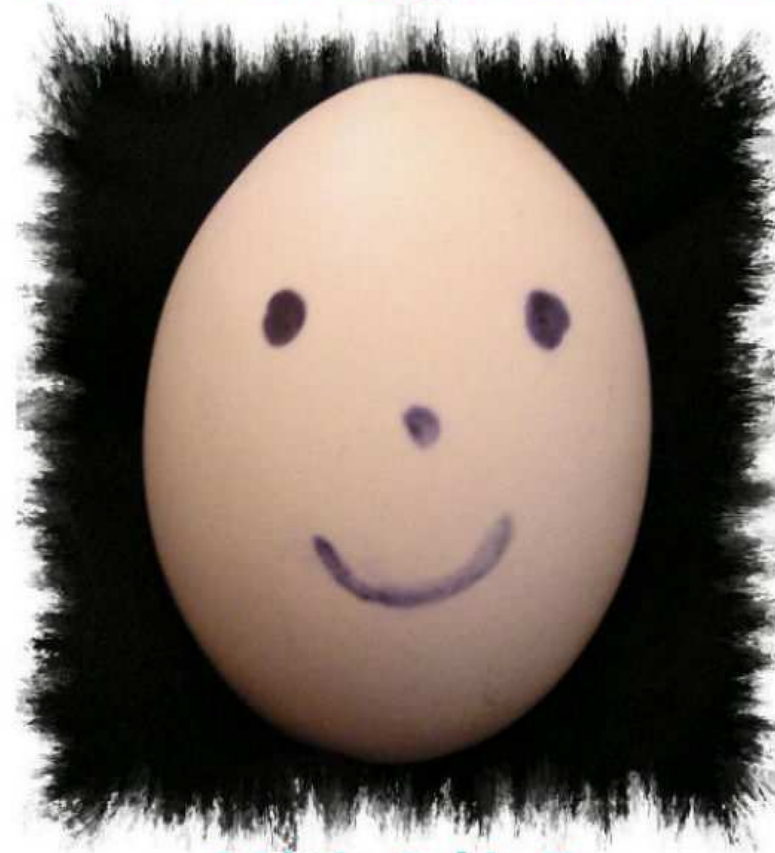


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# The Good Egg Manifesto



**A Little Guide To  
Cooking Up A BIG Impact  
On The World**  
by Ande Waggener

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If you want to follow the hyperlinks in this guide, just open the pdf on your computer and you can click on the links you're interested in. This guide is completely free of affiliate links. I'm not selling you anything. I'm just planting a seed, or rather cracking an egg. It's up to you how you scramble what you get from this guide into the life you want to live and the world you want to live in.



Subhead titles egg graphic by [Art By Steve Johnson](#).

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Lack and failure  
can be the end ...  
or they can be a beginning.  
They can be a door slammed  
in your face ...  
or the key that unlocks the door  
to dreams come true.

# PART I

What This Guide  
Can Do For You

*“Do I sit, deformed, a naked egg, catching at Good-bye?”*  
– Poet, Wallace Stevens



It all started with a broken egg.

One day, I dropped the egg I'd been getting ready to crack into a skillet. The egg went splat in the skillet. Little pieces of shell swam in the puddling white.

I was picking shell out of my egg when I suddenly stopped and stared at the broken yolk and shattered shell.

Remember the old anti-drugs TV commercial from a few years ago where they showed an egg frying in a skillet and said, “This is your brain on drugs?” That fried egg popped into my head as I stared at my splatted egg riddled with shell pieces.

“This is your life on splat,” I thought.

Once I got into the egg analogy, I was, excuse the pun, cooking. All those egg terms popped into my head:

“He’s a bad egg.”

“She’s such a good egg.”

“Last one in is a rotten egg.”

*Egg* has been used for various kinds of people (good, bad) since Shakespeare's day. In 1864, *The Atheneum* defined “bad egg” as “a fellow who has not proved to be as good as his promise.”

The schoolyard saying “Last one in is a rotten egg,” doesn’t have any historical significance that I can find—it just tends to be used as a way of urging others to join in or do something.

“Last one in is a rotten egg” got me thinking even harder. (I had a lot of time; the shell pieces were small and elusive.)

What if this egg in the skillet was my life?

And what if I, the egg, remained where it lay?

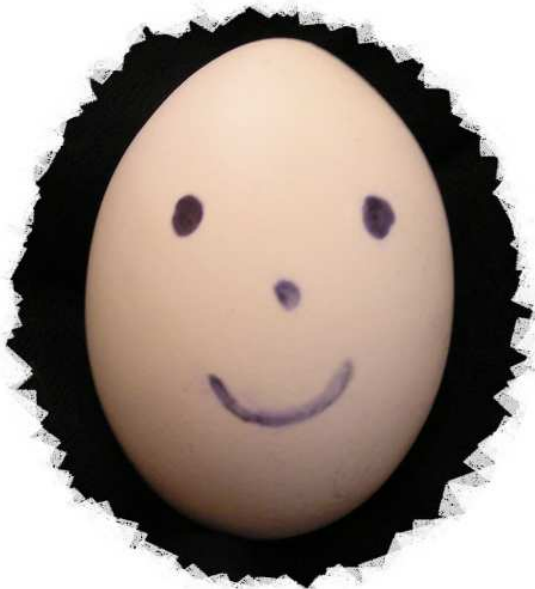
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Many times in the last few years, as I've coped with the latest crisis or challenge, I've been tempted to give up. I just want to sit down and rest, I think. I'm tired of trying.

So what if I did?

Eggs, even good eggs, will rot if you leave them lying around. This is true whether they've splatted or whether they're still in the shell. Hence the term, rotten egg. An egg left too long in its shell will go bad.

So this is you:



Even though you're wearing a smile, we can't really tell whether you're a good egg or a bad egg until you get opened up.

And if you're living, you *will* get opened up. Stuff happens. Shells break.

Chances are, you've already had your SPLAT moment.



What have you done since then?

Have you let yourself lie there and rot?

Or did you scramble yourself into something good?

This guide is about The Scramble—what it is, why to do it, and how to do it. If you learn and apply what this guide has to teach you, you can turn your failures into success and your struggles into triumph.

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You will remove the word “lack” from your vocabulary. You will see yourself ... and everything and everyone around you in a whole new way.

The Scramble is a transformation technique ... and not just personal transformation. It's a world-changing

technique. When you learn The Scramble, you truly can affect global change.

Before I tell you how, though, let's make sure you're really interested enough to actually do it.

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## Should You Keep Reading?

Before you go any further, let's be sure this guide's for you. Because it's not for everyone.

This is a little guide, but the ideas in it aren't small at all. They're BIG and they require BIG commitment on your part—BIG thoughts and, eventually, BIG action.

If you're not ready for all that big stuff, if you don't have the vision to see a new version of yourself *and* the world, you might want to stop reading now. If you can't summon the courage to be a different person in a world of your creation, this guide isn't for you.

This guide is for people who are willing to break their shells and go through all that inconvenient and messy shell-removal so they can scramble themselves into greatness. This guide is for “Scramblers,” people who are ready to mix it up and turn themselves and the world around them into something new and amazing.

Scramblers come in many shapes and sizes and from all aspects of life. Some are business owners,

entrepreneurs building empires out of one idea and a lot of determination. Some are athletes who are pushing the boundaries of what the human body can do. Some are actors, dancers, artists, or writers who are expressing emotions that trigger evolutionary thought. Some are professionals nudging their industries into visionary action.

Some Scramblers are parents and teachers who know children's minds can expand far beyond the limits we often place on them. Some Scramblers are Baby Boomers and beyond who know that age can be an asset of authenticity.

The Scrambler way of life isn't easy. It tends to be a little chaotic at times ... or at least it feels that way. It's a life lived outside the comfort zone, so it's not for those who are too attached to their recliners.

But if you want to replace lack with abundance, it's the only kind of life to live. If that sounds good to you, keep reading.

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## Three Pivotal Thoughts To Keep In Mind

I'd like you to keep three things at the forefront as you read this guide.

### **1. Nothing is as it seems to be.**

Everything you see in the world is filtered through your judgments.

It is what you think it is because you've decided that it is what it is.

But it's not what you think it is because it's just energy in expression. It's without meaning, without significance.

YOU are the person who assigns meaning and turns your world into something different than reality.

A few years ago, I was driving home from the store and I saw, at the far edge of the dirt and gravel parking lot of a church, a sprinkler watering a bare patch of dirt. The dirt wasn't in a planter or a garden, so what I was seeing seemed utterly absurd, not to mention wasteful.

The next day, I drove by the church again, and I saw workers digging post holes where the sprinkler had been set up the day before. Aha, I thought. It wasn't

absurd at all. Once the wet ground was put in context—they were softening it for easier digging—it all made sense.

Most of what we see in the world isn't in context. We see snippets of reality, and we spin whole scenarios around it. We make judgments and assumptions and snap decisions.

To do what this guide teaches, you have to be ready to give up all that meaning that you attach to what you see. You have to understand that nothing you encounter is as it seems.

### **2. What seems lousy now will someday be a fond memory.**

The judgments we make about the world are most powerful in our own lives. We constantly evaluate our current and past circumstances. And we usually evaluate them incorrectly.

When I married my first husband, Brad, he and I moved into a small two-bedroom apartment and started law school. We were on a tight budget, and we worked hard in school. It seemed like tough times.

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Now, I look back on those times and see what they really were. They were the launching pad for the rest of my life, and they were exciting and expansive. We may have had little money, but we managed to have fun with what we had. And we may have worked hard, but we had few responsibilities and worries. All we had to do was study. I was more carefree then than I've ever been since.

The ability to understand that in every moment you're creating a fond memory is essential to learning to be a Scrambler. The best thing you could do is throw out the word, "lousy."

### **3. Your worst moments are the foundations for your best moments.**

Often, the truly awful things in our lives turn us into the people we need to be to do what we want to do. Even if that isn't the case, every bad thing that's happened in your life has, at the very least, fertilized the soil of your

soul. Struggle opens us up ... even when we try to close ourselves off from it.

Four years ago, my husband, Tim, suffered a head injury that wiped out 95 percent of his lifetime memories. Having a husband who suddenly couldn't remember how to do his work or who the people in his life was definitely a bad moment ... for Tim and for me.

The head injury, though, has brought us closer together than ever before. When all of Tim's life fell away and what remained was his solid and unwavering love for me and his commitment to the life we're building together, he found an anchor he'd never had before. And for me, seeing him discover the world anew everyday (he has no memory of history or culture) has connected me with that eager childlike part of me that delights in the wonders of the world.

When your life feels like, uh, cow dung, say thanks. Because that cow dung is going to help you grow some great qualities and experiences.

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## Possible Side-Effects Of This Guide

So scrambling up your life to create success out of failure sounds good. And changing the world sounds good.

What's the downside?

Well, there are a couple little side effects you might experience from reading this guide and putting what it has to teach you into action.

1. You could have a little trouble turning your brain off for awhile. This guide is all about creating new pathways in your brain, revealing aspects of you and the world you've never noticed before.

This tends to rev you up quite a bit at first. The energy rush can make you feel less like a good egg and more like a soda that's been shaken up inside the can. Your brain goes a little fizzy for awhile (not fuzzy—fizzy).

It's not permanent. You'll settle into your new way of thinking, and calm will return.

2. You might make some people around you a little unhappy ... and you might even lose some friends.

It doesn't happen to everyone, but it happens to many. When you refuse to remain hooked into the old way of seeing the world (the "there's something wrong and it needs to be fixed" way), people who are attached to their pain and lack and judgment find you rather annoying.

Or you find that you just don't enjoy these people anymore. You're living in a new world, and their world feels dark and harsh.

Don't worry though. When old relationships fall away, new ones sprout up.

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I've already shared a lot of ideas with you, and before I share more, you may want to know why in the heck you want to listen to anything I have to say. So let me tell you a little of my story.

I started my adult life as a slender, fit, focused woman with a mainstream plan. I got married right out of college, went through law school with my first husband, and intended to have a law practice and a family.

Unfortunately, I discovered I wasn't cut out for either. I was miserably unhappy in the legal field, and the closer I got to the time when we'd planned to start a family the more tense I felt.

What was *wrong* with me? I kept asking myself. I had to be fundamentally flawed to be unhappy with the life I'd chosen.

I wasted a good part of the next several years. I was wearing my "Square Peg Costume" and trying to get into the "Round Hole Party." I spent thousands of dollars on therapy and seminars trying to "fix" myself so I'd want the life I thought I was supposed to have.

I fell into severe depression, ate compulsively, and gained a ton of weight. You know what depression and

addictions are? They're the rotting process. It's what happens when you try to stay within your perfectly formed shell.

Brad went through a life-threatening illness, and the experience reminded us both that life truly is too short to spend it doing something you hate. I decided to throw myself into the life I wanted. I traded my legal career for a fledgling career as a writer, and I decided that I would remain a "Dog Mom" and not a mom to human kids.

Over the next couple years, I worked at the craft of fiction and creative non-fiction. I sold a couple short stories and some poems. I finished two novels and began collecting rejection letters. Brad and I fought about "the child issue."

And then—it seemed sudden but it wasn't—I found myself, at 36 years old, divorced, fat, in treatment for bipolar depression, and struggling to make a living with my writing.

This was the SPLAT. I'd taken the big chance and leaped toward the life I wanted. And I'd landed, like Humpty Dumpty, in so many pieces I couldn't be put back together again.

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I spent the next couple years wallowing in my rotten egg puddle, focused on all the broken shells—all the ways I wasn't enough. Yes, I was writing, but I didn't believe in my ability. Yes, I got in another relationship, but I was so focused on what was wrong with me that the relationship was doomed from the start.

Finally, I realized that I didn't need to be "enough" by others' standards to have the life I wanted. I didn't have to meet the mainstream idea of success.

My version of success became living a quiet life by the ocean with my dog, Muggins. I was content with days of writing and contemplating and reading.

This was my Scramble.

Forget that perfect egg I'd been programmed to be, the one who wore power suits and got to say she was an attorney and was living in the big house and driving the new SUV and planning a family she didn't want. I'm not that woman. When I tried to be, I rotted.

And yes, when I went after the life I desired, I splatted. But now I was going to scramble that splat into something amazing.

And I did. My divorce turned into a new marriage to my wonderful husband, Tim. My struggle with weight

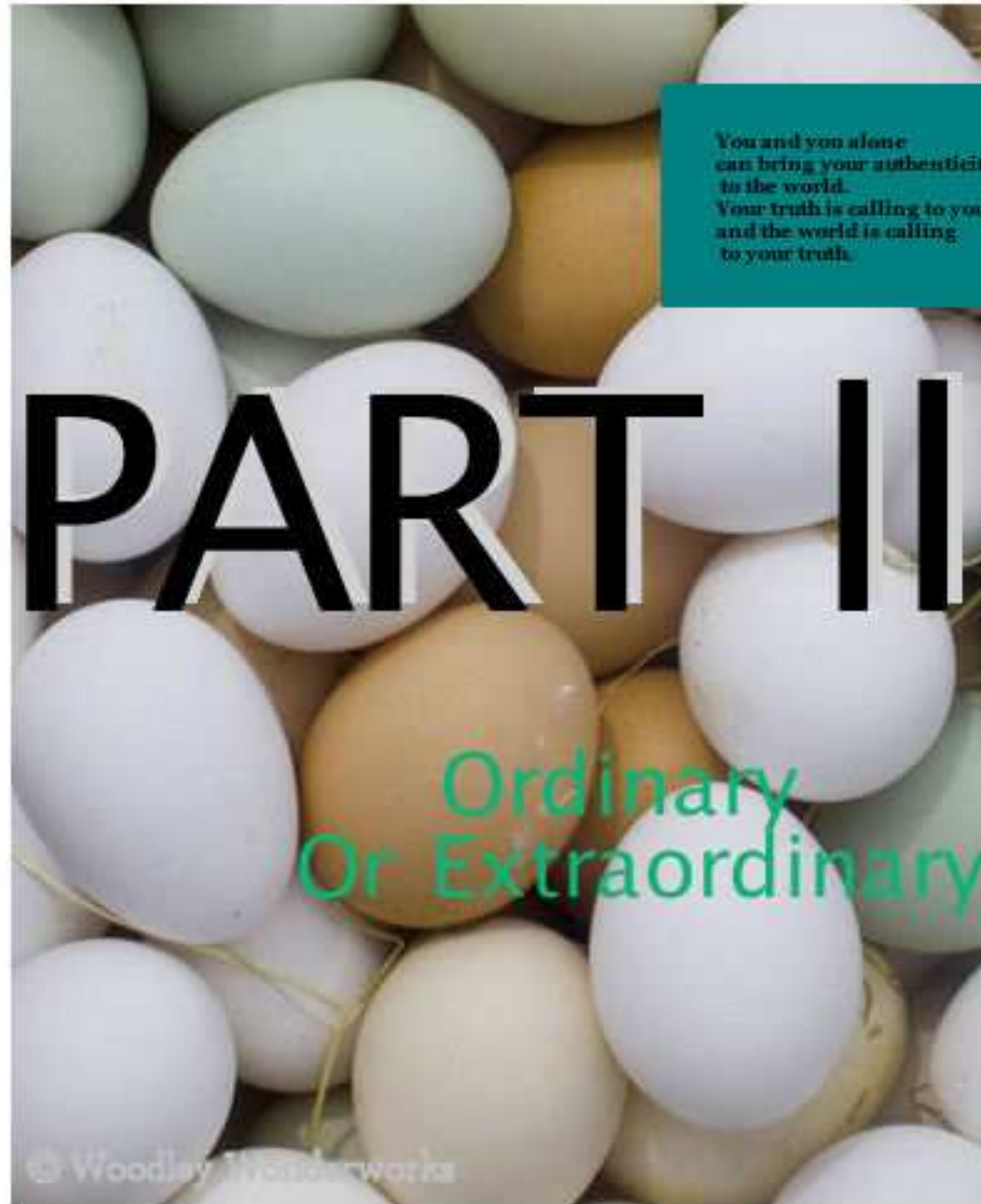
and food inspired a novel, *Alternate Beauty*, which I sold to Bantam. I used my challenging experiences as the fodder for a series of essays that eventually became a weekly newspaper column. I turned all I'd learned about myself into a self help book I sold to Hazelden—*Healthy, Wealthy, & Wise—52 Life-changing Lessons for the 21<sup>st</sup> Century*. I took all my passion for dogs and put it in a book called *Dog Parenting*, which was published in 2006.

Unfortunately, a couple years after all this, we had some major life setbacks—Tim's head injury, some business failures, some challenges with the publishing industry, and then some shocking financial crises. I ended up in that splat position again. I'd lost my previous splat weight, but now I regained it and a little more for good measure.

This time, though, I know what to do. So I'm scrambling all those negatives into [upfromsplat.com](http://upfromsplat.com). I'm turning the lack into abundance. You can get [e-mail updates](mailto:upfromsplat@upfromsplat.com) and join me on that journey. You can observe quietly or share your ideas.

Over the last few months, I've deconstructed the reasons why we don't become the people we want to be and do the things we want to do. I've discovered how to have a BIG impact on the world. So now, that's enough about me. Let's talk about YOU.

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You and you alone  
can bring your authenticity  
to the world.  
Your truth is calling to you,  
and the world is calling  
to your truth.

# PART II

Ordinary  
Or Extraordinary

*“Genius ... is the capacity to see ten things where the ordinary man sees one.”*  
—Poet, Ezra Pound



In a moment, I’m going to ask you three life-changing questions.

Before I do, though, let’s take a look at how most people in our current Western World culture live their lives:

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### Ways To Be Ordinary

1. Let others tell you how you’re supposed to be.
2. Do what’s expected of you without questioning it.
3. Believe what the media tells you.
4. Put “shoulds” ahead of “coulds.”
5. Make sure you fit in.
6. Never raise eyebrows.
7. Get a job to “make a living” because you know that’s the only way to have money.
8. Think about doing something big like starting a business or writing a book or traveling around the world and never do it.

9. Complain about what’s wrong.

10. Always do the safe thing.

11. Stop learning as soon as you’re done with school.

12. Always say “yes” to “obligations.”

13. Go through the motions.

If this sounds comfortable and familiar and normal to you so you’re okay with it, that’s fine. There’s nothing wrong with ordinary.

Ordinary fuels the status quo, so no one will ever challenge you or laugh at you or criticize you for living your life this way. Complaining and haranguing and protesting are national pastimes. You’ll never be left out of the crowd.

If you’re satisfied with ordinary, though, you aren’t going to care about the questions I ask in the next section. And you’re not going to do anything with the rest of this report.

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If you did read it, I can guarantee that even if you think, “Yeah!” after you’re done, you’re going to keep right on doing what you’re doing now.

It will do you more good than slogging through the rest of the guide and never taking action on what you learn.

You might as well stop, make paper airplanes out of the pages of this guide and spend a few minutes seeing if you can get one to fly all the way across the room.

So be honest with yourself. Keep going only if you really are ready to do something BIG.

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## Three Life-Changing Questions

Excellent! You're still here.

If reading that list of “ordinary” qualities made you feel a little queasy because the list describes you a bit too well, don't worry. With some willingness, some focus, and some patience, you can get from ordinary to *extraordinary*.

I'll warn you again that this isn't the safe or easy road, but it's a road that leads to grand adventure. The steep grade and the potholes are worth it.

So what does it mean to be *extraordinary*?

Here are a couple definitions of “extra:”

1. More than or beyond what's usual or expected or necessary
2. Something of exceptional quality.

Does that sound good to you?

Would you like to go beyond what's expected and necessary?

Would you like to be and give the world something of exceptional quality?

Then here are your three life-changing questions:

- 1. What would your life be like if you were always enough and never too much (i.e., you have exactly the qualities and resources you think are necessary to do and have what you want)?**
- 2. What could you give the world if you were always enough and never too much?**
- 3. What do you have (qualities or resources) that you could use to create your ideal life and give to the world in a unique way even if you aren't “enough” or you're “too much”?**

I'm going to talk about these questions in more detail, but before I do, please jot down your first, gut-reaction answer to each question. Don't make this hard. Just write down the first answer that comes into your head for each question.

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If you've printed this guide, write your answers here. If it's on your screen, grab some paper or a napkin or a candy wrapper. This is worth your time.

Answer to Question #1:

Answer to Question #2:

Answer to Question #3:

Good. Now you have a starting point.

Let's dig deeper.

**#1 What would your life be like if you were always enough and never too much (i.e., you have exactly the qualities and resources you think are necessary to do and have what you want)?**

From the time you were a child, people have been telling you what's wrong with you. Most of them haven't been doing it with any malevolent intent. They meant well.

We're talking about parents, teachers, and friends here. They want to guide you and "help" you become a "better human being."

So they tell you when your manners are wrong, when your clothes are wrong, when your hair is wrong, when your speech is wrong, when your actions are wrong, when your thoughts are wrong, when your likes are wrong .... You get the idea.

My mother loves me. I know this. She was a conscientious, devoted parent. Her goal was to help me grow into a "fine young woman."

So she carefully explained to me what I shouldn't do with my hair, what I shouldn't say, how I shouldn't sit, what I shouldn't eat. She was clear that being fat was very bad, that being loud was bad, that being different

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was bad. She, along with teachers, friends, and the media, helpfully pointed out all the ways I wasn't enough and all the ways I was too much.

People in your life have done the same for you. And even if you're a rebel at heart, you took most of it in. You took it *way* in, down to the depths of your core. You took it in, and you began making decisions from the perspective of all those judgments.

Probably without even being aware of it, you've chosen what to do or not do based on all that helpful feedback.

For example, if your teachers told you that you're better with numbers than you are with words, you'll choose a career that doesn't require much writing, and if it ever occurred to you to do something that does require a lot of writing, you'll dismiss the idea because you're "not good with words."

If your coach told you that you're slow, you'll choose sports where speed isn't required. You might even decide that "slow" is how you do everything.

If your friends say you're shy, you won't consider putting yourself out there in the world. Even if you know you have something good to say, you won't stand up and say it.

If your mother told you that you're too fat, you won't want to do anything where you might be in the spotlight. If your dad said you were too lazy, you won't start a business.

Or maybe you'll go the other way. Maybe you'll *react* to these judgments, and you'll set out to prove someone wrong.

When I began law school, my step-dad told me I was too unfocused to stay in law school. He predicted that because I was married now, I'd be distracted, and I'd quit. Well, I showed him! I knew within three months that I didn't want to be an attorney. I simply didn't enjoy it. But no way was I going to quit. I graduated in the top of my class. Ha! So there. I sacrificed my authenticity to make a point.

When we react to judgments and push ourselves to do something just to prove a point, we usually get way off track from our ideal path. We're not listening to our wisdom.

So to answer this question, you need to clean the "not enough" and "too much" slate. Pretend that no one has told you anything about who you are. You can have or not have any qualities you want. What you are or aren't can in no way hold you back.

From *that* foundation, what does your ideal life look like? What do you really want to do? What would light you up like a million stars?

Not sure?

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### **Try the Holiday Letter exercise.**

This is an exercise I use to clarify my wants and set my goals. I also do it just because it feels good.

You know those holiday letters people write? These days, they're usually form letters. We did this and we did that and little Johnny did this in school and Little Suzie accomplished that. They're like a condensed version of a life-journal.

Sit down and write the holiday letter you'd be writing if the last twelve months had been just what you wanted them to be. Write it as if you've had the time of your life this past year. Everything has gone beautifully. You're living your dream.

Don't write this letter from the perspective of your current life. Write it without boundaries. What would you have done this last year if you could have done anything at all?

If you don't do anything else this guide suggests, do this letter. It's pretty powerful.

It shows you how much distance lies between what you're living and what you want to be living. It kind of wakes you up and helps you prioritize your time a little better. If you're not doing anything right now that matches up with that life you want to be living, the letter can show you how you need to shift your focus.

### **#2 What could you give the world if you were always enough and never too much?**

It's all well and good to think about what your life would be like if you stopped filtering your actions through how you're not enough or too much. But what about what the world wants? What about what the world needs?

If you're like many people, you may think the only way to "give back" is to volunteer in the community or donate money or "go green." You don't realize that even though all of these are great things to do and are, of course, worthy and valuable, there's something even *more* valuable the world needs from you.

The world needs your truest desires. Your truest desires are where your real energy lies, and the world needs your energy.

Do you think Michelangelo painted the Sistine Chapel's ceiling because he wanted to give people joy and awe? Well, maybe he did. But I'm willing to bet that what drove him to put in the years of work he gave to the project wasn't thoughts about what the world needed but what *he* needed. He had a burning drive to do what he was doing. That drive flowed out into the world like a fountain of energy that's still flowing.

What would you create for the world if you weren't limited by what you think you don't have or what you think you have too much of? What business or

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organization or craft or art or book or relationship would you pour your soul's energy into?

**#3 What do you have (qualities or resources) that you could use to create your ideal life and give to the world in a unique way even if you aren't "enough" or you're "too much"?**

We're going to come at this question from a more direct angle in Part IV, Get Your Scramble On, but for right now, do a little brainstorming of how you could create that ideal life and world gift. What do you have going for you?

Maybe you don't have money but you have a lot of chutzpah, and you could get out there and raise money for your project.

Maybe you don't have the right relationships set up in your life to get what you want, but you have a heart big enough to work around that.

Maybe you don't have the physical abilities you need to do what you want to do but you have the brains to make something that will do it for you.

If your first reaction to this question is, "Gee, I don't know," here's an exercise that can help. It's adapted from a strategy in Win Wenger's and Paul Scheele's [The Genius Code](#) (that's not an affiliate link—I don't care if you buy it or not; I just thought you might be curious).

I call this exercise "What Would Grog Do?"

The name comes from a *The Far Side* cartoon I saw years and years ago. In it, two cavemen hold, with their bare hands, meat over an open fire. They look at a third caveman who has put his meat on a stick and is holding the stick over the fire. One of the two cavemen says to the other, "Hey! Look what Grog do!"

Grog, for our purposes, is the part of you who knows how to do what you want to do.

Your "Grog Self" has figured out the trick to getting around your obstacles. So you're going to visit your Grog Self.

You can do this on your own, or if you'd rather, you can use the [audio](#) I've created for you to lead you through the process (with nice music in the background that Tim helpfully picked out). It's free, and you're welcome to share the link with others.

If you use the audio, you don't need to read the text in the box below, which is a summary of the audio's contents (without music and pauses, of course).

You can skip to the end of the box below.

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So what you're going to do is close your eyes and use whatever relaxation technique you're comfortable with to slow your brain down a bit. If you don't have a favorite, try this one:

Imagine you're standing at the top of a flight of twenty steps. You can make them look however you want them to look. Now start down the steps slowly, counting down from 20 to 1, and with each step, allow yourself to let go of the tension in your body a little more ... and a little more ... and a little more.

When you get to the bottom of the steps, imagine that you're filled with a warm, white light that seems to pulse from within you. Send that light out into the farthest reaches of the universe. Watch it, in your mind's eye, stretch out from you and spread.

Then bring all that light back into your body. Now that it's touched the whole universe, it has universal energy surging through it. You're calling that energy into your core. Pull it in and compact it down until it's a small pulsing ball of light about the size of a baseball right behind your navel.

Now you're ready to find Grog.

Look, in your mind's eye, in front of you. A door has appeared. The door can look however you want it to look, and it can have whatever kind of handle you want it to have. Just let it be the way your mind sees it.

Reach out and open the door.

On the other side of the door you find Grog. Grog can look however you want him or her to look. I'll call Grog a he, but he can be whatever gender you want him to be. And his gender doesn't have to match yours. My Grog is male.

Now you're going to do something magical. You're going to step into Grog's body. Go ahead and step forward. You're joining your energy with his—like you're essence has become pure energy and you can merge with him.

There, now you're Grog. And as Grog, you know exactly how to do what you want to do.

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So now imagine your ideal life, the one you wrote about in your Holiday Letter. Be IN it, like you've shifted into an alternate universe. See the colors. Smell the smells. Hear the sounds. Feel the textures. Taste the tastes. Make it real.

Now do what you want to do. Don't over-think this. Just move through your ideal world doing what comes naturally.

You'll probably be doing things you've never done before. You'll be seeing the world around you differently too.

You're in your Grog energy, and Grog knows all the tricks. Grog doesn't care what qualities or resources you might be missing. He doesn't care what you have too much of. He works with what you have, and he uses it to create exactly what you want.

Relax into that experience for as long as is comfortable (on the audio, I'll give you a few minutes to do this).

When you feel like you've soaked it all in, turn around, and you'll see your exit door. Take a deep breath and step out of Grog. Open the door and go back into your real world. Take another deep breath and open your eyes.

If you let yourself get into this exercise, you'll experience many ahas. This exercise is partially responsible for [upfromsplat.com](http://upfromsplat.com).

It's also responsible for revealing to me how I can exercise in a way that takes into account the physical limitations my excess weight and permanent injury from a bad accident.

So those are the three questions. If you don't yet feel like you have great answers to your three questions yet, don't worry. As you continue with this guide, and even beyond that, the answers will shake loose. When you start living from a more open perspective, you'll discover more and more about what you want and how you can get it.

But first, you have to get out of Rotten Eggsville.

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## Finding Your Way Out Of Rotten Eggsville

Even when you want to find the answers to the three questions, you often can't with all those judgments and shoulds cluttering up your psyche. All that stuff that people have shoved in there over the years has created this stinky, nasty place called Rotten Eggsville.

Rotten Eggsville is your cage of limitation. It's the prison that keeps you separated from a world of freedom where you can do whatever you darn well please.

The best way to get out of Rotten Eggsville is to think of it as the setting of a video game. Have you ever played a video game where you have to get your little character (think Mario) through a quagmire of obstacles and dangers.

You need to ferret out all the "bad guys," those judgments and shoulds. You need to get aware of all the ways you're being held back.

Seek out those judgments. Look at the media, your bosses, your co-workers, your friends, and your family. Look at the close-minded people, the little people, the mean people, and the negative people who are determined to complain and be ordinary.

Scribble down a list of the judgments you've taken in from those people. Before you can make your Scramble, you need to be aware of where you stand (or rather, splat) now.

This may seem like a depressing exercise. But it's actually not. There's something quite liberating about looking at the torrent of judgments and criticisms and shoulds that bombard you.

When you see the huge list of them, the absurdity of it all smacks you between the eyes. All those judgments are like someone telling you to go through life hopping on one foot with your eyes closed while holding your nose with one hand and whistling Dixie. Ridiculous. Or as my step-dad says, "They tell you to put your nose to the grindstone, keep your eye on the ball, and pull yourself up by your bootstraps. How are you supposed to get anything done in that position?"

Life can't be lived inside all those judgments. So why in the world do you try? In the video game world of Rotten Eggsville, this realization can be a huge POWER UP. This is the secret passage that gets you out of this stinky world and onto the next level of your life. Are you ready to see the world anew?

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When you transform the way  
you see the world,  
you'll transform the world.  
Change starts  
with the individual  
and expands outward.

# PART III

What Are You  
Looking At?

*“Reality doesn't bite, rather our perception of reality bites.”—Creator of The Inspiration Book Series, Anthony J. D'Angelo*



I read somewhere once (I wish I could remember where—the numbers stuck in my head, but the resource didn't—if anyone knows more about this, feel free to [contact me](#) and let me know) that the human brain processes about 400 billion bits of information per second. Our conscious minds, however, are only aware of 2000 bits of that amount.

We do this thing called filtering, and we don't even know we're doing it. Researchers at the Kavli Institute for Systems Neuroscience and Centre for the Biology of Memory at the Norwegian University of Science and Technology (NTNU) have discovered the mechanism by which we do this. Without getting too technical, it has to do with brain waves, gamma waves to be specific.

These waves have frequencies, like a radio station. Our brain cells tune in to the thoughts and sensory input that matches our most habitual waves. In other words, however we're used to thinking and perceiving the world is how we'll continue to see it.

If something comes along that doesn't match up with our way of viewing the world, we won't notice it. And if

something comes along that doesn't match our habitual thoughts or self-concept, we won't notice that either.

Of course, we have a choice about what we pay attention to.

But how, you ask. If our brains are matching up all these waves without our knowledge, how can we change it?

We change it by deliberately reaching for different thoughts. When you start creating new habitual thinking patterns, these thought frequencies then call to other thoughts and sensory data that match the new thoughts. They basically provide a new set of lenses through which to see the world.

If you're letting habitual complaining and judging thoughts command your mind, you'll only see the limited side of yourself and the world around you. The world seems ugly if your thoughts are ugly, sad if your thoughts are sad, scary if your thoughts are fearful.

And beyond your own thoughts, you have others vying for your attention too. You have all those opinions and

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judgments being fired at you by the people you encounter in the world.

The people you interact with have demands, needs, fears, and insecurities that can yank your attention away from the truth of you. Everyone you encounter wants you to be a certain way, and if you're looking at what *they* want you to be, you're not looking at what *you* want to be. You're letting your frequency be determined by others, and that frequency then determines what you see.

Instead of setting your frequency to match that of the people around you, you can ignore their frequency and choose your own. Would you set your dial to a radio station just because those around you like that station?

Well, maybe you would in the workplace or when you're in a group. But in the privacy of your own home, you listen to what you want to listen to, don't you?

Every time you put more of your attention on what others want than on what is right for you, you're listening to their music *even when they're not around* instead of your own.

When people are being negative in any way, you owe yourself *and* the world a frequency shift.

As Abraham-Hicks says: "You can get in a negative tail spin over almost anything. Or you can be uplifted positively by almost anything. You get to choose." When you choose, the world shifts to match that choice.

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## What You See Determines Where You Go

Are you with me so far? What you see around you is determined by what you think.

And what does what you see have to do with anything?

It determines where you go, or more specifically, what you do.

Think about it. If you don't see something, how can you respond to it or incorporate it into your life?

Have you ever had the experience of walking or driving down a street and noticing a shop or restaurant and thinking it must be new because you've never seen it before? You're amazed when you discover it's been there for months or years, right?

Maybe one day you notice a person on the bus or in the workplace. You're attracted to this person, whether romantically or not. You think the person is new to where you've seen him or her. Turns out he or she has been around for weeks. You just never noticed the person before.

Why do you suddenly see what or who was there all along but you never saw before?

When your thoughts shift enough to create a frequency that matches the place or person, you'll see anew. And you'll act accordingly.

You can't go into a shop you don't see. You can't date a person you don't see.

Do you see how your perceptions dictate your life?

If you're more focused on your limitations, on how you're not enough or too much, you won't see ways to get what you want in life. You won't see how you can make the world a better place.

You won't see the possibility because you're stuck in lack. You see a life of lack. You see a world of lack. And you live accordingly.

In order to make a big impact on the world, and as a happy consequence, have the life you've always wanted, you need to expand your horizons ... literally. You need to shift your core frequency by shifting the way you think.

Here are some examples of how this is done.

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Patty Murray didn't have an eye on politics. She was a mom. She had her focus on being a great parent.

One day, though, she went to the parenting class she'd been attending at a community college and found the class had been discontinued. Washington State had cut the funding for the class.

Not happy with that at all, Patty stuck her two preschool kids in the car and drove the 70-some miles from Seattle to Olympia. She talked to state legislators and lobbyists. She asked questions, and she made requests and suggestions.

No one cared about what she had to say. "You're just a mom in tennis shoes," one of the legislators said.

In other words, Patty was told she wasn't enough. She didn't have enough clout, enough savvy, enough political currency for people to take her seriously.

If Patty had gone home and complained about this outrage, if she'd focused how unfair it was, she would have kept her thoughts on a frequency that matched up with that unfairness. She wouldn't have seen a way around what she was lacking.

But Patty didn't do that.

Okay, so maybe she didn't have enough clout. But she had connections.

They weren't political connections, but that didn't matter. Patty had girlfriends. And her girlfriends had girlfriends. And they had girlfriends.

By phoning friends and asking them for names of other friends and then phoning them and doing the same over and over, Patty managed, in 3 months, to turn 15,000 parents into the Organization For Parent Education.

Now she had a little clout. The organization swarmed the state legislature and bombarded it with letters, petitions, and marches. And they got back funding for the parenting classes.

Buoyed by her success, Patty decided to run for the school board. She lost by 300 votes, but when the person who got the position died, she stepped in. She eventually became the School Board President. Then she decided to run for Washington State Senate.

Her friends told her it was impossible. She had no money and no political background.

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Yeah? So? What Patty *did* have was a supportive husband and two kids and a lot of friends. They licked and licked stamps and they got Patty into the state senate.

Then she set her sights on the U.S. Senate. Her friends said, “Oh no, not again.”

She didn't have enough political influence. She had no access to deep pockets. She had no massive party

machine. And she had too much commonness. She wouldn't fit into the Washington D.C. scene.

Yeah? So? Patty did have a burning conviction. And that was enough to overcome what she lacked and make up for what she had too much of.

Patty Murray has served three consecutive terms as a U.S. Senator because she worked with what she had and didn't worry about what she lacked.

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Sylvester Stallone wasn't good enough in so many ways.

His mother gave birth to him on the doorsteps of a school. Because of this not-so-ideal child-birthing location, the delivery went wrong. One of his facial nerves was severed, so he was left paralyzed on the right side of his face.

Even though his slurred speech wasn't enough to make him big screen star potential, Sylvester didn't care. He wanted to be an actor. So he enrolled in acting school and began going to auditions.

His auditions didn't go well. Because of his drooping lip, he was too "dopy looking." He was also too stiff, and his speech was too slurred. Sylvester was rejected after every audition he did.

Still, he didn't give up. His thoughts weren't on failing. His thoughts were still on the big screen. He kept taking classes and going to auditions.

What he lacked in talent, he made up for in determination. One day, he put his chair in front of the manager's office and refused to leave until he was given a chance. He got a small part, but that part didn't give

him the breakthrough he needed. He went on to more rejections.

By this time, Sylvester was married, and his wife was fed up. He was too obsessed with his dream. He wasn't making enough money. She wanted him to get a "real job."

Sylvester refused. He said, "If I get another job, I would lose the only thing I have got going for me . . . my hunger. By quitting . . . and getting a job, I would be selling out on my dream." He knew that his hunger was enough to make up for everything he lacked.

It was from the perspective of this drive that he one day watched a boxing match between Muhammed Ali and Chuck Wepner. Wepner was an underdog who everyone thought would be defeated in just three rounds. But in the match, Wepner made it through fifteen rounds. He refused to go down.

Sylvester was so inspired by this match that he got an idea for a movie. He immediately sat down and wrote a script titled *Rocky*, which he finished after 84 non-stop hours of writing.

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He then set out to sell the script. At first, no one was interested. He received yet more rejections. Finally, he got an offer of \$75,000 for the script and the movie rights.

This would have satisfied Sylvester if he'd believed all the people who said he wasn't good enough to act. But he still had his eye on the big screen. He made a condition of the sale that he would be cast as the lead in the movie.

The company refused. Sylvester didn't have enough talent.

What he did have, though, was the ability to stand his ground.

The company increased their offer to \$255,000 and later to \$1 million. But Sylvester kept saying he had to be the lead.

Eventually, the production company agreed to let Sylvester star in the movie, on the condition that Sylvester get only \$35,000 for the script AND the acting and on the condition that the movie be made on a tiny

budget. Sylvester also would get a percentage of the profits if the movie was a success.

As I'm sure you know, *Rocky* went on to become a huge hit. It grossed over \$171 million. Sylvester Stallone became famous "overnight" and went on to become a successful blockbuster action star.

There's more to his story ... a real tear-jerker of an anecdote about his beloved dog. I include that part in the audio version of his story, which is in my free audio series, *Splat to Spectacular— Must-have Lessons Revealed By Inspirational Stories of Real People Who Have Turned Failure, Disappointment, and Struggle Into Success, Triumph, and Joy*. The series is my free gift to you when you [sign up for updates to upfromsplat.com](https://upfromsplat.com).

For now, the important thing to think about is everything Sylvester Stallone was lacking and everything he had too much of and how none of that mattered when he kept his thoughts on what he wanted to create. He's made a huge impact on the world because he didn't let "them" tell him what he could and couldn't do.

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Where would the world be if J.K. Rowling had listened to the person who told her, “You’ll never make money with children’s books.”?

Like so many others who have dreams, J.K. Rowling had no money. She had no publishing connections.

But what Rowling did have was vision, belief, and determination.

She needed all three of these to overcome what she had too much of—depression.

After her mother died, Rowling’s grief turned into persistent despair. Combine her loss with her complete lack—she was living in poverty—and she had good reasons for seeing the bleakness in the world.

But Rowling had a passion for writing and a passion for an idea about a young wizard. She could see the magic in the world.

So she channeled her despair into a novel. She created a dark lord and all manner of gloomy dangers, and she created the hero to overcome it all. She created Harry Potter.

Because Rowling had no money for copying, she had to type her whole manuscript twice. No problem. She was willing to do whatever she needed to do.

When rejections started coming in, she refused to give up. She had faith in her character.

And Harry didn’t let her down. Of course, you know how it all turned out.

From an initial print run of just 500 copies and a piddling advance, the Harry Potter series turned her into the richest woman in the U.K. Rowling turned away from narrow-minded ideas of what you could do in children’s fiction. She found the magic in the world, and she spread it around for the rest of us to see.

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Sarah Morris loved two things: writing and the Los Angeles Dodgers. Her dream was to cover the Dodgers for a newspaper.

But Sarah wasn't remotely enough to fulfill that dream. She'd never taken even one course in journalism. She'd never been to a Dodger's game, and she'd never had any job of any kind.

She also didn't have the ability to use her hands to write. The problem was Sarah had too much of one thing: cerebral palsy.

Sarah wanted what she wanted so much, though, that she refused to look at what she lacked. She focused on what she could do.

And what she could do was create her own website. So she built [Sarah's Dodger Place](#).

To build her site and write her stories, Sarah had to peck at the keyboard one key at a time with a stick attached to a headpiece. She spent hours a day working on her site and her stories, stories that no one but her mother read.

Sarah didn't care that no one read her stories. She was published. She was writing about what she loved. She was happy.

So what if no one was reading her? She made up for what she lacked with off-the-charts enthusiasm and a powerful knowledge of her favorite team.

One day, Sarah sent an e-mail to sports columnist Bill Paschke. Even though he gets thousands of e-mails, hers stood out because of her passion and knowledge. He began corresponding with her.

He suggested that she had the talent to work for a local newspaper, and she said she couldn't because of her handicap. He was suspicious, so he asked to talk with her. She said she couldn't do that either because she can't talk.

Bill was pretty sure Sarah was messing with him until the day he was in her area covering a sporting event and he went to her home. There he found a frail little woman in a wheelchair.

Touched and amazed by what she had to go through to write her stories, Bill wrote a column about her for the *L.A. Times*. It got the attention of the manager of

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[Dodgers.com](http://Dodgers.com), and it resulted in Sarah's first paying job. She's now a leading columnist for Dodgers.com.

If Sarah focused on what she can't do, she'd probably see a pretty ugly world, one that makes her disease the worst sort of prison. But Sarah has a "can focus." She

sees what she can do, and that has opened up the world to her. It has also made a big impact on that world.

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“Ugly things.” That’s what everyone saw when they looked at the clunky Bavarian shoe ... everyone but Margot Fraser.

Suffering from chronic foot pain, Margot heard, when she was visiting Germany, about a shoe that might help her. They were so comfortable that she bought a few pairs of them. Three months after returning to her home in California, she looked down and realized her toes had straightened out.

Margot decided she had to let other women know about these shoes. She wanted to sell them. The problem was Margot didn’t have enough business knowledge. In fact, she had none. She had no place to sell the shoes either.

But she had a big LOVE for the shoes, and she let that color the way she saw the shoes and the vision she had for all the people who could benefit from them. She started selling the shoes from her home and then set up a booth at a Health Food Stores Show.

Most of the people at the show ignored her modest display, but one woman stopped to buy, even though her husband said, “What do you want to buy those ugly

things for?” After a few hours, the woman returned and said she could really feel the difference in the shoes, so she started selling them from her store.

Soon after, Margot partnered with that health food store and created Birkenstock Footprint Sandals. But the road ahead wasn’t going to be an easy one.

Margot was lacking in many things: She didn’t have money (the old familiar). She had no credit because she was divorced and this was the early sixties when divorced women couldn’t get credit. She had no business plan. But no matter. She had happy feet and wanted others to have the same.

Still, it was a slow, long journey. Good thing her feet felt good. It took 10 years for her to get the shoes in retail outlets from coast to coast.

Now, 40 years later, Margot’s company has over 200 employees, and the shoes are sold in over 3000 retail outlets across the country. Margot’s ability to see past surface beauty to the beauty beneath turned her into a successful entrepreneur and created millions of happy feet. The perspective of comfort turned an ugly into a thing of beauty.

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Lynn Donohue thought she'd found the career of her dreams when she finished a 3-month course in masonry. She loved laying brick, and she was thrilled with the pay scale. She was fired up and ready to succeed as a bricklayer.

There was just one problem. Lynn was a woman.

In order to be a bricklayer, she had to be an apprentice first. No man would hire a woman apprentice.

The local union didn't want her either. The men in her chosen profession built a wall of disapproval and judgment intended to prevent Lynn from reaching her goal.

Well, to heck with that. Lynn had x-ray vision that could see through that wall. She knew what she wanted, and she was going to get it.

Lynn called every masonry contractor in the phone book. They all rejected her.

So she started to make rounds to their offices. She frequented the union hall. Basically, she pestered the heck out of everyone.

It didn't work.

So she changed tactics. Lynn looked into the Equal Opportunity Employment (EOE) laws, and she discovered she could get some help. With an EOE official helping her, she got an apprentice position.

That wasn't the end of her struggle. In fact, that's when the worst of it began.

Lynn had to face a torrent of jokes and hostility. No one wanted her around.

But Lynn didn't put her attention on what those around her were saying about her. She focused on becoming the best bricklayer possible.

She began taking every masonry course she could take. She spent her nights in her basement building a 4-foot-wide brick wall and then tearing it down to do it again.

In 1983, Lynn completed her apprenticeship and became a full journeyman.

Over time, she mastered the skills to become a foreman. But no one would hire her as a foreman. Once again, she faced a wall. And once again, she saw through it.

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Lynn decided to start her own business. Argus Masonry began with two employees and eventually became a multi-million-dollar business with more than 50 employees.

If Lynn had put her attention on what others wanted from her (to go away) and what others thought of her, she wouldn't have been able to see through the wall of obstacles in front of her. But she kept her focus on the career she wanted to have, and she created a company that impacted the lives of literally thousands and thousands of people.

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Camryn Manheim had way too much fat. And the corollary to that is she wasn't thin enough.

Camryn didn't care about that though. When she was 15, she went to a Renaissance Fair, and she saw dozens of voluptuous women. In spite of what others were telling her about her curves, she saw beauty in those women; so she knew she had it herself. She turned away from what the outside vision was of her. She looked within to get her reference point.

Besides, she also had drive and smarts. Camryn excelled in school and was successful at a young age, but she hadn't yet pursued her real dream. She wanted to act.

So she went to New York and was accepted into New York University's acting masters program. She worked hard, with great enthusiasm. Her teachers, though, couldn't get past her "weight problem."

Camryn wanted to stand up to her instructors, but she also wanted her degree, so she "bit her tongue." Later, to pass the final review process, she resorted to taking speed to drop weight.

She lost 35 pounds and got her degree, but then no one would hire her. No matter what she did, she couldn't get thin enough for Hollywood to take notice of her.

Rotting in her shell, she sank into depression, gained back the weight, and got further into drugs. She almost died of an overdose. That was a wake up call. She decided to move back home to California.

When she got there, though, her parents were so disappointed that she'd gained back the weight that her dad suggested she take up smoking to help her lose weight again.

That was when she started picking the shells out of her splat. She realized she'd been working hard to get her father to forgive her for disappointing him. "But," she said, "I had it wrong. I needed to forgive *him*."

Camryn worked on her health and then started auditioning again. She got small parts, but most of what she was cast for was for the "butt of the jokes" fat characters.

Fine. If she wasn't right for parts that were being offered, she'd write a part for herself. She put together

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her own show. Using snippets from old journals and photos, she crafted a show called *Wake Up, I'm Fat!*

Her show was a hit. While relishing the standing ovations, she listened in amazement when people told her how much they could relate to the way she'd beaten herself up for being fat ... not because they were fat but because they'd beaten themselves up for being too short or too poor or not having the right job or whatever.

The show was a stepping stone to her eventual success on TV. In 1998, Camryn won an Emmy for her role on *The Practice*.

Here's how Camryn sums up her journey from lack to abundance:

“Waiting, waiting, waiting. All my life I was waiting for my life to begin, as if my life were somehow way up ahead of me, and one day I would just arrive there. But a few years ago I finally realized something. My life was not way up ahead of me. I was standing right dab in the middle of it.”

When you step into the vision of your life and make that more real than the judgments holding you back from it, the world transforms.

~~~~~

These stories show that personal power doesn't come from “facts” or “reality.” Personal power comes from a shift in perspective that then reaches out and transforms the world to match that perspective.

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Creativity turns  
ingliness into beauty.  
When you mix it up,  
you make it fresh and new.

# PART IV

Get Your  
Scramble On

*“A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked”  
—Radio personality, Bernard Meltzer*



So am I getting to you? Are you cracked yet?

This is your skillet.

Are you ready to stop rotting in the shell others and your own limiting thoughts have created for you?

Then it's time to create your Scramble. Take that flying leap toward what you want.

If you've already done that and splatted, then it's time to pick the shells out of your life and cook up your BIG impact on the world.

Just to recap, the shells are those judgments—those shoulds that you and others have assigned to you. They're what are holding you back.

Once you clear those out, you're free to scramble yourself into the ideal life you see for yourself when you answer question #1.

So you start on the foundation of your desire.



Think of it as your stage or your container. Sometimes, when you're ready to scramble up your life, all you have is desire. Desire is what drove Sylvester Stallone for years.

All good chefs know that you heat up the skillet before you add anything to it. So it's time to heat up your desire. You can do this in many ways. Here are three ideas:

1. Start visualizing your ideal life on a daily basis. Go back into your Inner Grog if you want or just close your eyes and imagine your ideal life.

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2. Journal your ideal life. At the end of the day, write about what you did that day as if you had been living the life you want to live.

3. Create a [Desire Heater](#). This is a box or a scrapbook filled with images and representations of the life you want. I call it a Desire Heater because the process of creating the box heats up your desire just like warming up a skillet.

I know that some people use bulletin boards for this purpose, and if this works for you, go for it. For me,

staring at pictures of things I don't have yet creates more of a longing than a desire. But do whatever feels right to you.

If you heat up your desire properly, what you end up with is a skillet ready for your scramble. It's a strong, burning, unwavering expectation of what you want.

At this point, the desire isn't a want so much as it's a reality in your mind. And that's when you're ready to grease the way ahead.

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Now that you have a hot desire going, it's time to add something that will keep you from getting stuck in the middle of creating your Scramble.



In the case of a life Scramble, it's actually two somethings that you need to get sizzling in your skillet:

### 1. Acceptance

Even when you have a desire for something and you have new thoughts creating a new vision of the world, if you don't have acceptance of the way things are now you can get stuck. Pushing against the way your life is now is a form of resistance that blocks energy.

When your energy is blocked, you're not going to create anything. So you have to get okay with the way things are in your life now.

Some people think that if they accept something, they're settling for it. They think acceptance is the same thing as giving up. Not true.

Acceptance is just allowing that you are where you are on the journey. That allowing is what makes it possible for you to slide on into something new.

### 2. Fun

No matter how much desire you have, if you try and force yourself into your Scramble by sheer willpower and hard work, you'll burn up your skillet before your Scramble is even half done. Hard work is highly overrated.

Although creating your Scramble will take work, lots of it, and it will take time, lots of it, the work must come from a sense of ease. The ease is the indicator that you're in the right place. Author Iyanla Vanzant describes it this way: "My task is easy. My burden is light. When it is not, I am not in my place."

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Paying attention to the fun factor lets you know if you're in your place. Fun lets you know if you're fitting well into your Scramble.

When something is a real struggle, you may not have found your authentic place yet. You may still have some shoulds holding you back.

Make your process fun, and you'll make your process smooth.

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How did Popeye get his strength? From spinach, of course.

Eat your veggies, parents tell their kids. Why? Because they make you strong.

So now it's time to add the veggies to your Scramble.



It's time to add an inventory of your strengths.

If you've done what I've suggested in this guide, you have a sense of all the ways you or others tell you that

you're not enough or that you're too much. Now you want to chop all that up and turn it into what you have that's just right.

To do that, try asking yourself these three questions:

1. What have others said about me?
2. What have I said about myself?
3. What do I know about myself?

When you're answering these questions, you may come up with some negative stuff along with the positive stuff. When you do, look for a way to chop that up. In other words, turn it into an asset somehow.

For example, one of the things Tim has said about me is that I think too much. (Even those who love you most will unwittingly define and limit you.) Certainly, my tendency to over-think and create mental stews can hold me back. But when I made my own Scramble, I chopped that right up and turned it around into: I have an active, quick mind.

Now that's a strength, right?

Laziness? It means you're able to relax.

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Hate to cook? It means you're good at finding carryout food and you have more time in your day for other things.

Impatient? It means you're eager.

If you're still having trouble with your list, try this technique:

Think of ten dominant qualities in three people you like. Write them down. Now look at the list and ask yourself how those qualities show up in you. You'll probably find that you do manifest some aspect of the strengths you admire in others.

If you put a little effort (fun effort) into it, you can create quite a nice list of your positive qualities. Once you have this list, you've done your chopping.

Now it's time to sauté. Sauteing your strengths means letting them mix together with your resources.

Everyone has resources. You may not have money, but like Patty Murray, you have people you can count on. You may be alone *and* poor, but you have time. Maybe you don't have people, money, or time. But you have a place to do the work you need to do.

Make a list of what you have available to you. Now read everything over. Then put the list away. If you made a Desire Box, put the list in the Desire Box.

Believe it or not, making that list has started the cooking process. You're sautéing. Your Scramble is taking shape.

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No matter how much desire you have, how much acceptance and sense of fun you have and how many strengths you have, if you don't add some spice to the mix, your Scramble won't have a big impact. The spice is passion.



Passion is power. It's what lights you up. It's what propels you out of bed in the morning.

You can't force passions.

Remember what I said in my personal story about trying to make myself want to have children? No matter how much others waxed eloquent on the joys of parenthood, I just couldn't summon the passion for it.

Now what I did have passion for was dogs. I LOVE dogs. Actually, love doesn't begin to describe what I feel about dogs. I'm over the top about dogs. Most specifically, I'm passionate about being with *my* dog.

So when I created my Scramble, I knew that it had to include being with my dog. I wasn't going to create a life that didn't have my dog in it, with me throughout the day.

My second main passion is writing. I love to write. Rarely a day goes by that I don't write something. In fact, if a few days go by and I don't write something, I tend to wither a bit. So my Scramble had to include writing.

If you glance back at the stories in Part III, you'll notice that what all the people I told you about had in common was passion. Passion trumps limitation. It's the ultimate power-up that gives you what you need to make a big impact in the world.

Get clear about your passions. What do you LOVE?

Make sure that your Scramble includes your passion(s).

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Scrambles can be done with just the above ingredients and what follows this one, but the ones that really hold together are the ones that have cheese.



When people tell you, “Say cheese?”, what do you do? You smile, right.

What’s the fastest way to smile? Live in gratitude.

Gratitude is different than acceptance. It’s a step up.

In fact, remember those brain waves we talked about in Part III? One of the highest frequency waves is appreciation.

When you see the world through the eyes of appreciation, the world morphs into something stunningly awesome. All the ugliness that you thought was there tends to fall away. All you see is the wonder.

As you create your Scramble, remember to appreciate every part of the process. Be grateful for every bit of progress you make toward creating the life you want.

If you remember the stories in Part III, you’ll recall that all the people I told you about made tiny steps toward their ultimate Scramble. J.K. Rowling didn’t write a book and sell millions of copies.

She wrote a book and had 500 copies printed. Then she sold those. Then she sold a few more. Then a few more.

Was she disappointed when her first sale resulted in just 500 copies? No way.

She was so thrilled that when the book came out, she walked around Edinburgh all day with the book tucked under her arm.

Gratitude holds it all together for you. It’s the glue that connects your essence (your good egg core) and your

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strengths (all those great veggies) and sizzles on the accepting-and-fun-slick surface of your desire.

Be thankful for everything you have and everything that comes your way, however puny and far from your complete vision it seems to be. If you don't, your Scramble can crumble.

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What would happen if you put all the ingredients for a real egg scramble—all that butter and the eggs and the sautéed veggies and the spices and that nice gooey cheese—in a nice hot skillet then you turned off the burner and walked away? What would become of your creation?

First, it would get soggy. Then it would rot.

Too much planning is like turning off the burner under your Scramble.

You can take time to answer the three life-changing questions and take time to do the exercises I suggest in this guide. And you can do some planning, but when you over-plan, your Scramble will never be cooked.

Don't worry, though.

If you've completed all the steps up to this point, over-planning shouldn't be an issue. What generally happens once you put all the ingredients in place is you start getting impulses to take action.

In other words, your burner will turn on automatically.



This is called inspired action. It's the energy that cooks up your Scramble.

Everything up to this point has been a thinking process. This is the physical energy part of the process. This is when you DO something.

The important thing to keep in mind, though, is that there's *doing* and then there's doing.

*Doing* is that hard work stuff I told you about. It's forced action. This isn't the kind of fire you want under your skillet.

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What you want is a softer doing. This is action that seems so right that it just flows.

The trick to staying in inspired action is to follow your whims. Don't question the sudden idea to go get an ice cream cone or visit a friend. The action necessary to create your Scramble isn't necessarily work action.

Sometimes, the most productive actions are the ones that seem to have nothing to do with what you're wanting to create. It's the energy that counts, the movement.

When you take inspired action, you're firing up your energy. The universe's energy will do the rest.

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So that's it.

Let's run through the steps again to be sure you're clear.

First, you ask the three life-changing questions. These questions are designed to break that shell that can keep you stuck and rotting.

Second, you launch yourself toward the vision you created by answering those questions. You do that just by being ready to make that impact the world is waiting for.

Third, you create your Scramble:

1. Heat up your desire.
2. Grease the way with acceptance and fun.
3. Chop up a list of strengths and sauté it with your resources.
4. Spice it up with your passion.
5. Hold it all together with gratitude.
6. Fire it up with inspired action.

And specifically, what *is* your Scramble?

It can be anything. It can be starting a business or website or writing a book or running for office or expanding a business or learning to paint or becoming an actor or dancer or athlete or becoming a parent or grandparent or traveling or inventing or ..... Need I go on?

When you do what I've outlined in this guide, your own authentic, one-of-a-kind Scramble will present itself to you. And when it does and you create it, you'll create the life you envisioned and you'll make that BIG impact on the world.

How can doing something as seemingly small as being a good grandparent make a BIG impact on the world? Anything you do that lines you up with the truth of you and shifts your thoughts enough so that you start seeing

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the beauty in the world will turn you into the kind of person that changes the world.

You change the world just by being in it in an appreciative way. Replace the lack with abundance and you'll be amazed by what you'll give the world.

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## A Few Last Thoughts

So did all that talk of Scrambles and all those pictures whet your appetite? Good. Because you need to work up a hunger for creating the life you want to live. That life is calling to you. It's ready for you to consume it.

Lately, I've read, in several spiritual books and resources, the notion that we're on the verge of some Golden Age, some mass consciousness shift that's going to transform our world. So many people are on a crusade to push the world into a specific vision.

The problem with this idea of a mass shift and a coherent, world-wide vision is that we're all individuals with individual ideas and vibrations. And the truth is that we don't have to have a shared vision to make a big impact.

Each one of us, just by putting the best of ourselves out into the world can do more for the world than any crusade or movement. Your power is far greater than you've ever allowed yourself to believe it to be.

So now, what are you going to do?

You've read through this whole guide. Are you going to use what you've learned? Or are you going to stick this

guide on a stack or toss it in the trash and forget about it?

It's up to you to take what you've learned here and cook it into the big impact the world is waiting for. It's up to you to cook up your ideal life. What kind of Scramble will you create?

Now, I have a favor to ask. If this report has been useful to you, if it's made an impact, could you please visit my site and post a short comment? I would so appreciate it.

If you have your answers to the three questions and would like to share them, please do that too. You can type your name as "Anonymous" if you'd like. It doesn't matter. The idea is to throw out answers that might inspire others to come up with their answers.

If you don't have your answers, that's fine. They'll come to you.

Post your feedback here: <http://upfromsplat.com/egg/>

Thank you for taking the time to read this manifesto. Since this guide is just one of the 400 billion bits of information your brain processes per second, I

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appreciate your making it one of the 2000 you've paid attention to!

If you'd like to read more about my scrambling journey, you can do that on the [About page](#) on [Up From Splat](#).

If you have any questions or would just like to say hi or share a story, please do [contact me](#).

Oh, and one more favor please. If you've gotten something from this guide, please pass the word. Share this link—<http://upfromsplat.com/egg/> with friends. On that page, you can also Tweet it, share it on Facebook, or share it on other social sites like Digg and Stumbleupon. I sure would appreciate it if you'd take the time to do that. You're also welcome to copy this report as often as you'd like.

If you haven't seen *The Good Egg Video*, you can [watch it here](#). If you think others would enjoy it, please share it as well.

I leave you with this:

“The Butterfly Effect” is a concept that originated in a paper that Edward Lorenz presented in 1963. The phrase refers to the idea that a butterfly's wings can create tiny atmospheric changes that can impact weather patterns so profoundly that it can cause a tornado in another part of the world.

The flapping wings basically make just a small change in the initial condition of the weather system, which

then causes a chain reaction that results in large-scale effects.

Though the butterfly doesn't generate the tornado in terms of originating it, it does “cause” the tornado because the wing flapping is an essential part of the conditions that initiate the tornado. In other words, without that butterfly, the tornado wouldn't have happened.

What does that have to do with you and eggs? Your Scramble may seem like a small thing, like a puny, insignificant thing. But it's a shift in energy that is as powerful as the far-reaching impact of a butterfly's wings.

*Nothing you do is small and insignificant. You can change the world.*

And when we all go out and create our Scrambles, you know what happens to the world? It becomes a happier place.



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