



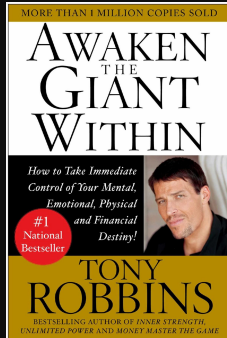
Monthly E-Newsletter

Michael DelSignore
APRIL 2022

Knowledge Rescues a Person Out of An Impoverished Mindset

Thoughts from Michael DelSignore.

Book: *Awaken the Giant Within*
Author: Tony Robbins



Author
Tony Robbins

Published in 1991
This book shows you how to take control of your life by changing habits that are essential to positive change.



Website
<https://www.tonyrobbins.com/>

Key Takeaways from Michael's Review of Knowledge

You become a deep person emotionally understanding your own capacity and complexities.

You become a person that reaches out and mentors others out of mental and emotional poverty.

The good life is one inspired by love and guided by knowledge.

– Bertrand Russell

Your behavior is a direct correlation of your state of mind, not your overall capacity to grow, change, and exhibit your abilities. We become what we feed ourselves emotionally and mentally. The body physically reacts to how you are feeding the other aspects of your emotional and mental pillars. That is why all three are important to balance in life.

Self-Care and Emotional Review

What you need to focus on is asking yourself these questions each morning.

- What am I happy about in my life today?
- What am I excited about in my life today?
- What am I proud about in my life today?

Follow-up questions on our overall view of your present life could be like these below:

- What am I enjoying most in life right now?
- What am I committed to in my life right now?

Working through these questions sets a foundation of how you will approach each day in life. It will help you ground yourself in your overall goals and attaining those goals. Work on understanding and expanding your knowledge in many different areas. This helps to stave off the impoverish mindset that is inevitable if you have an impoverish vocabulary.

Mentally, you need to work your mind in always achieving new limits in its knowledge. It helps in two basic, fundamental ways.

- You become a deep person emotionally understanding your own capacity and complexities.
- You become a person that reaches out and mentors others out of mental and emotional poverty.

Societal-care and Mental Review

- Who do I love?
- Who loves me in return?
-

Where your love is, is where your heart and drive are in life. If you are only filling yourself with knowledge and not mentoring and pouring out, your quest for knowledge and growth will fail and is pointless. Changing your habitual vocabulary and inner thoughts helps to create a positive force that can awaken a giant in you to mentor others out of their stale life.

In review – Always debrief after the day is done.

- What have I given today?
- What did I receive today?
- How has today added to my quality in life?
- How can I use the lessons of today for tomorrow?

Spring is here!

Want to purchase the book?

DelSignore Law
www.DelSignoreDefense.com



Image of Tony Robbins from
https://en.wikipedia.org/wiki/Tony_Robbins

DelSignore Law | 530 Washington St, Stoughton, MA 02072

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