

# WHOLEPOWER

KEY MINDSETS FOR EMBRACING  
YOUR PERSONAL POWER

Courtland Warren

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# I N T R O D U C T I O N

What exactly is power? I'm willing to bet that if you were to ask ten different people this question, you'd get something close to ten different answers. It can be a highly personal concept, the idea of power...but for our purposes, it's as simple as can be. Today, we're talking about the concept of **personal power**. Specifically, this refers to our ability to either cause things to happen or prevent things from happening *within the sphere of our personal lives*.

We exert our personal power on a daily basis, whether we realize it or not. Even if you're unhappy with the state of your life, there is no denying that you have utilized a high level of your own personal power to create that reality for yourself.

Now, this isn't always the easiest pill to swallow. A lot of the time, "responsibility" and "fault" carry with them many of the same connotations. They shouldn't.

Accepting responsibility for the condition in which you find your life doesn't necessarily mean that you've done anything wrong, should your life's conditions be less than desirable. What it *does* mean, however, is that you have the power to learn from whatever it was that put your life in that condition to begin with. It also means that you have the ability to change that condition for the better.

Think about it: to abdicate yourself of responsibility for the status of your own life is to deny yourself the ability to change it for the better.

To put it another way, you're only powerless when you cannot act. Deny yourself the ability to take charge of your own life, and you deny yourself the power that you're already exercising whether you realize it or not (even if you convince yourself of your inability to effectively change your life, that's you subconsciously exerting your personal power to make sure your life's status quo remains *exactly* where it is).

In my travels, I've come to realize that the ability to effectively wield personal power comes from four key mindsets. Every person I've ever met who has displayed true personal power has also exemplified each of these mindsets, which is why I'm excited to share them with you today.

When we're done here, you'll never need to feel powerless again.

# CHAPTER ONE

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## INTEGRITY





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People who display a high level of personal power always display a great degree of **personal integrity**, as well. To put it simply, they just do what they say they're going to do. On the surface, this might seem like a pretty simple idea to internalize, but you might soon realize how quick we can be to give our personal integrity the cold shoulder.

Try this exercise: look back over the last 24 hours of your life. Explore how many times, in that period of time, you said you would do something—either to yourself or to someone else—and how often you kept that agreement. Then consider how many times you didn't.

Once you've done this, repeat the exercise again, but adjust the time period to three days. Then a week. Then a month. You might be surprised at how elastic your word can be (trust me, I was positively *shocked* at how fast and loose I played with my word when I really sat down and gave myself an honest analysis in this department).

A great deal of power can come simply from the tendency to *always* do the things that you say you are going to do. It builds you up in a number of ways, and does a great number on a little thing called your reputation.

### PERSONAL INTEGRITY

Your commitment to doing what you say you are going to do, regardless of what you say you will do, and to whom you say you will do it. A vital aspect of your personal power.

You might find, as you examine the way you treat your word, that there are certain “degrees” to it. Maybe your rigidity with your word depends on whom you've given it to, or what you've given it for. Maybe some people and some subjects are less important than others. In fact, a lot of the time, when we let ourselves fall into these types of patterns, the people closest to us get the worst of it. They tend to be the ones who get the justification of, “Well, they'll understand,” or, “They know how I am.”

What I've found, though, is that those with great personal power are *adamant* about keeping their word and doing what they've said they'll do, no matter who the person or what the circumstances may be. Of course, it's also important to remember that you must always keep your word with *yourself*, as well.

**Integrity isn't about what you do when everyone is watching, but rather what you do when you think nobody is.**

And so, what you'll find is that your confidence in yourself will expand in direct proportion to your ability to keep your word. This means that whenever you say you'll do something, you do it. No exceptions. And definitely no letting yourself off the hook. (**Inner integrity** is the most important kind!) Integrity is what helps you cross the distance between awareness and action.

You might recall that in my previous book, *Massive Action*, I touched on the idea that it's one thing to know what you *should* do, while it's another thing entirely to actually go ahead and *do* it. Well, that's where your integrity comes in. Do the things you say you'll do. Do the things you know you *should* do, even when they're not really the things you *want* to do. Keep your bigger picture in mind.

### INNER INTEGRITY

Your ability to keep promises you've made to yourself. Hold yourself to the promises you make to yourself and you'll have an even easier time keeping your word with others.

You're here for a reason. You have a purpose. Maintain your personal integrity on the smaller scale by doing what you say you're going to do, when you say you're going to do it. Build your personal integrity on the larger scale by making sure that your actions and movements in life contribute to the bigger picture. To your larger purpose.

Are you making moves in the direction that you told yourself you would be moving? Are you making decisions, establishing patterns, and exemplifying behaviors that push you forward on your path?

Answering these questions truly and honestly are some of the first steps towards truly utilizing your WholePower, and pushing your life from where it is to where you have always wanted it to be.

Integrity isn't about what you do when everyone is watching. It's about what you do

**WHEN YOU THINK NOBODY IS.**



# CHAPTER TWO

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## PURPOSE





Personal integrity is best applied when you have clarity on the direction in which you're moving, which leads us neatly into our second key mindset: **high social and moral purpose**. You're here for a reason. You have a purpose. It might require a good amount of personal reflection and introspection to discover exactly what that purpose is. Or perhaps you've known your purpose for your entire life, but you've had trouble actualizing it. Whatever the case may be, we all have one. Whether or not we actually *fulfill* that purpose, however, is entirely up to us.

## HIGH SENSE of PURPOSE

The conviction that you're here for a reason, and clarity on exactly what that reason is. Purpose motivates your every action and decision, and enables you to focus your integrity.

To understand why this mindset is so important, I like to consider the philosophy of **Stoicism**. I'll go ahead and spare you the full-blown philosophy lesson, and we'll focus on the parts of Stoicism that are most relevant to the concept of personal power. You see, Stoicism involves the interesting idea that we all have a destiny (or, for the sake of this conversation, a *purpose*). Fulfilling that destiny, however, is entirely up to us. Whether or not we actually walk our ideal path is a decision we get to make, and our lives will respond to these decisions accordingly.

It's an idea that I find interesting because it allows for the rare intersection of free will and fate. A lot of the best ideas Stoicism has to offer live in that space where determinism and decisions meet, and point us to the fact that when it comes down to it, we are truly responsible for the condition in which we find our own lives.

There's a great metaphor that comes along with Stoicism: imagine yourself as a dog, tied to a cart. That cart is moving in a particular direction, and you've got a choice. You can move along with the cart (after all, you're tied to it), or you can fight the direction of the cart and insist upon going your own way. You're going to have a much easier time if you move along with the cart, meaning that we tend to enjoy our lives a lot more when we walk the path on which we're supposed to be walking.

**The cart is your purpose. Follow your purpose, and you'll find happiness. That's all there is to it.**

The kind of confidence that comes with pride and conviction in your higher purpose, in your life's mission, is one of your most valuable tools as you go about unearthing your Whole-Power. The conviction that you carry in your life's purpose should inspire your every decision throughout the day: everything you do, as we mentioned in the previous chapter, should align with your purpose.

Consider it this way: decision-making becomes a lot simpler when you've got complete clarity in your life's higher purpose.



Now, there's an important distinction that needs to be made here: your decisions might become simpler, but they are not guaranteed to become *less difficult*. Having clarity when it comes to your life's purpose will help you see the path as it lays out in front of you: it's usually simple enough to avoid making decisions that push you *away* from your life's goals and purpose. What you'll learn along your journey, though, is that having clarity when it comes to your purpose goes hand in hand with exercising your true personal and inner integrity.

Remember, we talked last chapter about the difference between *knowing* what you should do and actually *doing* it. Having clarity in your life's purpose will help you know *exactly* what it is you should be doing...inwardly-directing and focusing your personal integrity will help you commit to doing it consistently.

It's important to remember, though, that having a high sense of purpose doesn't just mean that you believe in your goals and your mission. It also means that you believe that your vision — your contribution to the world — is meaningful and relevant. It means that you believe that your personal mission, your purpose, will *actively* make the world around you a better place. **Your purpose will make you the rising tide that raises all ships.**

And so, when you feel yourself wishing that you had greater conviction in your purpose, look at your mission and see how it extends. Does your purpose go beyond yourself, your household, or your immediate sphere of experience? Does your purpose aim to make any kind of significant, meaningful contribution?

A true display of great personal power involves the belief that your purpose and your mission are meaningful and vital things. Incidentally, this personal power involves a degree of selflessness that comes along with a high sense of social and moral purpose. True leadership usually comes with sacrifices, even if that just means that you don't always get to see the contributions that you've made. Sometimes this involves asking yourself, "Whose life will be better because I've been here?" What members of generations beyond your own will be grateful that you lived?

You exist on this planet, at this point in history, at this time in evolution, for a purpose. There is a contribution for you to make. Having clarity and unbiased thinking in this direction connects you with what the Stoics called *logos*. It's a Greek word that, in this case, represents the concept of *universal reason*. It represents the happy agreement between your individual will and the universe's determinism, and it pushes you to a place of pure harmony.

### STOICISM

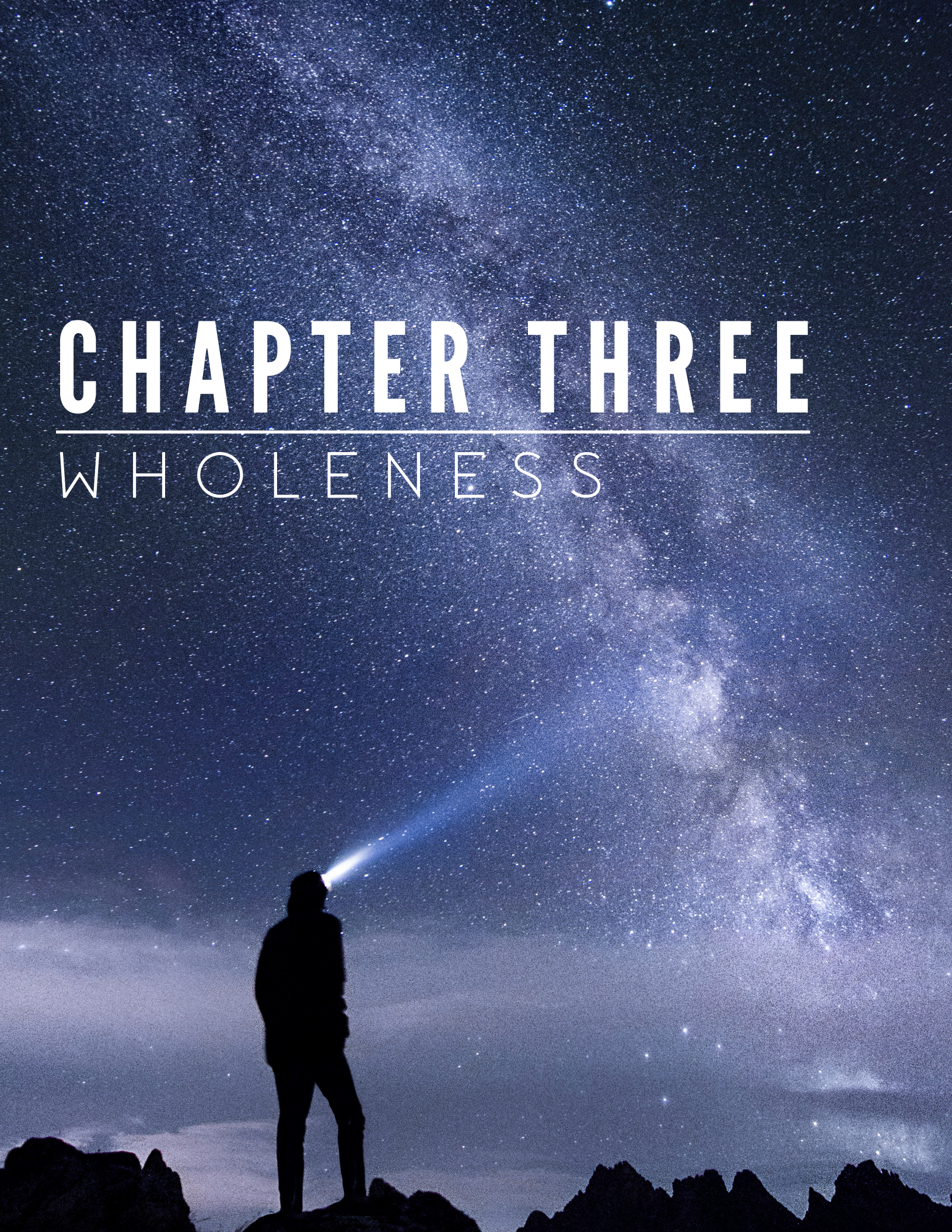
A philosophy emphasizing the existence of both a personal destiny and the complete freedom of choice in regards to whether or not we actually realize our destinies.



# CHAPTER THREE

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## WHOLENESS





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Tools make the world go round. We use them every day to accomplish a variety of goals, whether we realize it or not. Now, if you're searching your thoughts, trying to remember the last time you picked up a hammer or screwdriver, I would encourage you to broaden your definition of the world "tools." This book is a tool. The Internet is a tool. Language is a tool. Tools are what we use to accomplish a purpose, and their value is determined by the way we use them.

We all need tools in order to accomplish our goals, and sometimes this can become a significant stress point. In fact, one of the key mindsets that comes along with true personal power is one of **wholeness**. This involves having the understanding that nothing is missing. That **all is energy**. In fact, it reminds me of a quote from one of my favorite movies, *I Heart Huckabees* (which I highly recommend to anyone who hasn't seen it): "Everything you could ever want to own or be, you already have and are."

Maybe you've experienced the opposite of this mindset before. It shows itself any time you catch yourself thinking, "Well, I would be able to make a greater contribution..." or, "I'd be a lot more successful..." or, "I'd experience greater happiness if I just knew the right people, had some more money right now, had more time, etc."

Let me tell you: those who display great personal power recognize that everything they need is within them already. Understanding that *everything around you is energy* means that you can essentially alter the form that your life's current energy is taking. (Trust me, this idea isn't quite as abstract as it sounds; it's simply another way of thinking about your life.) Feeling stuck or hindered in your purpose is perfectly normal, and is often part of the journey. It won't be all sunshine, roses, and wind at your back. Where your personal responsibility comes in is when you make the decision to look at the energy around you and figure out how

## WHOLENESS

Security in the fact that you have everything you need within you. Requires the understanding that all is energy, ready to be used as tools along your journey.

Everything you could ever want  
to own or be

**YOU ALREADY HAVE  
AND ARE.**

you utilize it to make your life into what you want it to be. To move past your obstruction. To find the tools where they've made themselves available around you.

Remember: you have a purpose. You are here for a reason. The energy surrounding you right now is *exactly* the energy that is supposed

to surround you at this moment. Your life is exactly where it should be, right now. If you find yourself unhappy with your life's state, then it's clearly time to set about altering the energy around you, which is exactly why we're here. If you don't like the form that the energy around you currently takes, then clearly a big part of your immediate purpose involves figuring out how to utilize your WholePower in changing it to your liking.

Understanding the circumstances and conditions within your personal life as energy ready to

### LIFE ALCHEMY

Developing actionable strategies to change your personal reality, transforming it into something that is more suited to your purpose and more conducive to your happiness.

be manipulated and changed by *you* empowers you in a vastly important way. Looking at your life's circumstances in this way makes it easy to use the tools you have at your disposal to start practicing what I like to call **life alchemy**. And remember: you always have a larger array of tools available to you than you realize.

Still, we all run into roadblocks. Sometimes we even realize that we've set them up ourselves. Feeling stuck or limited as you push

your life from where it is to where you want it to be is all part of the plan (after all, you've gotta *earn* it!). Moving past these hurdles will not only strengthen your resolve, but will build your self-confidence as you get more and more accustomed to banishing them.

A great way to support your efforts at changing the energy around you is to consider the *emotional reality* of your true goals. Often, when we sit down and think about it for a few minutes, we realize that our goals are actually tied to an emotional reality that their achievement might bring about, as opposed to the material items and accomplishments, themselves.

An example: one of your current goals might be to find yourself in a relationship. This is a very simple example, but it's one that neatly illustrates my point. Searching for a relationship is really searching for the emotional reality that a good relationship brings with it. That is to say, love, company, mutual respect, understanding, trust, and a whole host of other things. It's arguable, then, that if you could find that emotional reality by some other means, finding a relationship might not be *quite* as important a goal. You've met that particular set of needs elsewhere.

What this means is that you can push yourself and your goals a bit further, and examine the emotional reality that the achievement of your goals would bring with it. Whatever that goal may be, take a moment to consider the rest of your life. Where do you experience those emotions at present? My guess is that they're not completely missing from your life, and that you can isolate a few areas where your ideal emotional reality (or at least a part of it) already exists.



Often, **limiting beliefs** are among the major causes for gridlock on the road to your truest self, your highest goals. On some level, you might very well feel stuck because some part of you feels that you don't deserve the emotional reality you're after, or that you don't have the tools to build it for yourself.

Search your life for the presence of the pieces of that emotional reality, though, as a way of showing yourself that you absolutely *are* capable and deserving of your perfect positive. Examine your beliefs and your thoughts as you move about your daily life. When you see patterns, beliefs, or ideas that are holding you back, work on changing them. Work them out of your daily routine. Changing your limiting mindsets is the first step in uncovering the tools that will help you push your life towards that elusive ideal.

### **LIMITING BELIEFS**

Inner beliefs that keep us from reaching our goals and utilizing our WholePower. Limiting beliefs typically take the shape of 'I'm not ready' or 'I don't deserve that.'

Always remember: Your life does not happen to you. You are happening to life, based on the choices and the decisions that you make. If you truly believe this, then it becomes easier to see the tools and lessons with greater clarity.

Your life does not happen to you.

**YOU ARE HAPPENING  
TO LIFE!**



An aerial photograph of a dense forest. The trees are a mix of dark green evergreens and deciduous trees with bright yellow and orange autumn foliage. Wisps of white mist or smoke drift through the canopy, creating a layered and ethereal effect. The lighting is soft, suggesting early morning or late afternoon.

# CHAPTER FOUR

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## P E R S P E C T I V E



In my previous book, *Massive Action*, we talked about the **Paradigm Shift**. While we might not have used this exact term yet, we've dealt with the idea in this book, as well. The ability to shift your paradigm is the ability to recognize that *everything is part of the plan*. **Everything that happens to you was designed to help you discover the person that you were always meant to be.**

Sometimes, though, you have to get a little creative. Sometimes it takes a bit of work and reflection to figure out exactly what you're supposed to take from your current situation. But if you look closely enough, there is a lesson in everything, and that lesson is designed to help you move from the person that you are to the person that you have *always* wanted to be.

Nothing is inherently good or bad. Everything simply is. An event's qualification as positive or negative is often completely relative, and subject to the mindsets and perspectives of the individual observing or qualifying the event. What may seem to the pessimist to be a complete disaster, is clearly a rich opportunity for lesson-learning and strategy improvement to the optimist.

And so, **a strong sense of perspective** is the fourth and final mindset that leads you to your ability to utilize your WholePower. A little bit of perspective goes a long way, and with it you can shift your paradigm in directions that will help you immeasurably as you move from where you are to where you want to be. The ability to shift your paradigm allows you to *think independently of your immediate circumstances*. It lets you discover that everything around you was put there to help you find your way to where you're supposed to be.

### PARADIGM SHIFT

The ability to shift your perspective and realize that no matter what your current situation and surroundings were designed to help you enrich and improve your life.

Consider that everything is created twice (yet another familiar idea from *Massive Action*). Take the device that you're reading this on, for example. First it was created in the mind of the designer or engineer who drafted it. Then, eventually, it was created a second time — physically, this time, by a manufacturer — before being put in a box and shipped to the store where you bought it or the warehouse from which you ordered it.

In an important way, the same applies to your life. There is no other rule. The conditions that you find around you were created first within your mind before they were then brought to bear again in the physical world around you. Only those who display tremendous amounts of personal power recognize their responsibility in creating their personal realities. Only those who display tremendous amounts of personal power have the ability to think independently of and create something different from their current personal reality.

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Self-directed resentment and guilt are never your allies. Only by think of (and in doing so, creating) something completely independent from your current circumstances will you be able to then create that new reality for yourself. Remember: draft and manufacture. There is no other rule. If you find yourself dissatisfied with the personal reality that you've manufactured for yourself, then you must head back to the drafting board. You must mentally design a more perfect positive for yourself. You must internally construct the life that you *know* you deserve, so you can thin bring it about in the world around you.

## **DRAFT and MANUFACTURE**

Everything is created twice. First with- in the mind. and then physically. The same applies to your life. To change it, you must change your thoughts and mindsets. Your outer reality will follow.

No matter what you might think you're dealing with...no matter what it is you're going through or what challenges you may be facing...you have the ability to think independently of your current reality. You're a part of the only species that is able to do so! It lies at the heart of our creative abilities, which just so happen to be our greatest sources of personal power.

Understanding this fourth mindset and its importance brings to bear each of the other three mindsets we've talked about so far in this book. Once you're in touch with your independent perspective (aka your Perfect Positive), you'll need the mindset of wholeness to understand that everything you need is right at your fingertips and move forward with true confidence. You'll need clarity and security in your purpose, that your direction may remain steadfast. And you'll need your strong sense of personal integrity to stay committed and remain consistent in your actions as you go about developing new mindsets, establishing new patterns, and changing the parts of your life that you don't like for the better.

Each of us has the ability to do these things. Each of us has the capacity for these four mindsets and these harmonious coexistence.

Now, it's time for *you* to discover *your* WholePower.

And remember...



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**The things which make  
men and women great  
are things ALL men and women can do.**

**It's just that  
ONLY GREAT MEN AND WOMEN  
actually do them.**

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**W H O L E P O W E R**

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# A P P E N D I X

## E X E R C I S E S

### THE INTEGRITY CHECK

Try this exercise: look back over the last 24 hours of your life. Explore how many times, in that period of time, you said you would do something — either to yourself or to someone else — and how often you kept that agreement. Then consider how many times you didn't.

\_ Think back over the last 24 hours of your life.

\_ Reflect on the previous day and consider how well you keep your word, either to yourself or to someone else. How often did you say you would do something, and then make sure you got it done?

\_ How many times were you unable to keep your word?

\_ How many times did you avoid keeping your word?

\_ Consider the justifications that you offered either to yourself or to others. Consider the true motivation behind the justifications. What were the *real* reasons that you did not keep your word in those particular instances?

\_ Now consider those motivations. Examine them and consider whether or not they are helping you to push you towards your perfect positive, or whether they are reinforcing the status quo.

\_ Repeat the exercise, increasing the time period: one week. Two weeks. A month. Etc.

\_ Examine your relationship with your word and how aggressively you need to work on adjusting it. Consider the most common motivations and justifications that arise when you don't keep your word. Observe the thought and behavior patterns that you exhibit, and you will be able to begin to work on replacing the ones that don't work well for you.

## THE ASSET REVIEW

In this exercise, you're going to review your thoughts and behavior patterns, examining how well your day-to-day actions are aligning you with your perfect positive.

This is an exercise that can take various forms. It's good for you to do it throughout the day, as much as possible. This isn't always the easiest thing, of course—we all get good and busy—so it's also great to do this exercise at the end of a day, the week, or what have you.

The idea here is to carefully examine your thoughts, attitudes, and behaviors as you move throughout each day. Again - you can do this as you're actually moving throughout the day, or you can do this at the end of the day, in a more general sense (the more often you're able to do this exercise specifically, the more helpful it will be).

Take care to actively notice your thoughts throughout a single day of the week. All too often we simply *accept* our thoughts and attitudes—when we do this, we are (without realizing it) also accepting our life's current circumstances, for better or for worse. We are effectively reinforcing the status quo. The first step to changing the status quo is questioning it. Here's an example:

Something makes you angry. Some random interaction with a stranger, in public (maybe in your car). Something happens to you (it doesn't matter what), and you become angry. Most of the time, we just stop there. “I'm angry. That shouldn't have happened for whatever reason.”

The next time you find yourself angry or upset, *don't* stop there. Use what I call the “daisy chain” method. Trace your thoughts, and follow them to their sources. Follow them up to the beliefs that are ultimately responsible for their existence. If someone else made you angry, question that anger. Why does it exist? What do you believe should have happened differently? What do you think you deserve, but aren't getting? Examine the *true* source of your emotions—discover the deeply-held beliefs that led you to your anger in the first place. Only by examining and questioning our thoughts, attitudes, and behaviors can we truly understand them, and replace the ones that aren't actually helping us.

When you're unhappy with the energy around you, examine your thoughts and discover the source of that unhappiness. Often, you'll find that it is a deeply-held belief, one that motivates a lot of your thoughts, attitudes, and behaviors. If it's not a belief that aligns with your perfect positive, simply work on replacing it with a more healthy one. Implant something better in its place. Repeat and practice this throughout the day. In the process, you'll build a better version of you.

# **A P P E N D I X**

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## **K E Y   T E R M S**

### **PERSONAL POWER**

Your ability to either cause things to happen or prevent things from happening within the sphere of your personal life.

### **PERSONAL INTEGRITY**

Your commitment to doing what you say you are going to do, regardless of what you say you will do, and to whom you say you will do it. A vital aspect of your personal power.

### **INNER INTEGRITY**

Your ability to keep promises you've made to yourself. Hold yourself to the promises you make to yourself and you'll have an even easier time keeping your word with others.

### **HIGH SENSE of PURPOSE**

The conviction that you're here for a reason, and clarity on exactly what that reason is. Purpose motivates your every action and decision, and enables you to focus your integrity.

### **STOICISM**

A philosophy emphasizing the existence of both a personal destiny and the complete freedom of choice in regards to whether or not we actually realize our destinies.

### **WHOLENESS**

Security in the fact that you have everything you need within you. Requires the understanding that all is energy, ready to be used as tools along your journey.



## **LIFE ALCHEMY**

Developing actionable strategies to change your personal reality, transforming it into something that is more suited to your purpose and more conducive to your happiness.

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