

SOAR

YOUR PERSONAL GUIDE TO EXPLORING &
DISCOVERING YOUR TRUE PATH

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This book belongs to:

Name

Start Date

Dedication

This book is dedicated to the members of my family. Enormous gratitude goes out to you for all that you have done for me, shaping me into the man I am today.

Acknowledgements

This book has its roots in *Disciplined For Life*, written by my father, Bob Urichuck. His work is the culmination of many years of experience, research, and global training. My father has always been a great mentor to me, continuously helping me grow and achieve my goals. That's been so important as I work toward helping thousands of active individuals and entrepreneurs around the world explore their lives and business paths so they can maximize their full potential.

Reading my father's book inspired me to seriously take control of my life in a way that was powerful. As his son, I heard his messages of positivity every day when I was growing up. My parents also granted me the freedom to live my own life. That combination made this all possible.

Twelve years ago, I discovered my passion for public speaking. Since then, I have attended several events, including Roger Hamilton's Entrepreneur Business School in Bali, Indonesia, and Jack Canfield's Breakthrough to Success program in Arizona, USA. The ongoing learning, experience, and feedback I received solidified my desire to change career paths. I made a radical shift from general contractor to life as an adventure coach/author/public speaker. I'm grateful to those who helped light the path for me.

I offer special thanks to my close friends, mentors, coaches and to my incredible wife, Julie, for helping me on my journey. I have always appreciated their feedback and encouragement in getting this chapter of my life off the ground.

And finally, I would like to thank you, my reader. You alone can take this book's lessons and turn them into something exceptional. May you dare to discover yourself, and never forget that you are amazingly powerful and can SOAR in every aspect of your life!

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Introduction

“We all have dreams, but in order to make these dreams into reality, it takes an awful lot of determination, self-discipline, and effort.”

Jesse Owens

Do you know who you are? Do you love what you are doing? Do you have what you want out of life? Do you know what you want out of life? Take control of your life as soon as you can. Are you ready? Only you can decide what you want out of life. Follow me through this book, and I guarantee immense personal growth. Through the following step-by-step process, watch how you will discover your future and SOAR in your new life.

In my earlier years, I too was in your shoes. Uncertain of where I was going and pressured by society to follow an idealistic path, I had to be well educated, find that one "stable" job with benefits, get married, and have kids. Was this really the ingredients for a positive lifestyle? I wanted to take charge of my own life for me, from the inside-out, not outside-in.

After several years of living my life from the inside-out, I fulfilled many of my personal goals, joined numerous leadership clubs, and learned the following program. Only recently was I able to write this book, and pass on all the great information I have learned to you, the reader.

Living the life or the lifestyle of your choice requires a conscious effort on your part in order to master these steps. Although you may have to change some of your habits or behaviours, it is a simple course of action available to everyone.

What's different about this book? First of all, this book is not designed to get you excited for a day or two. It's a personal guide to exploring and discovering your inner self, showing you the steps to make a significant difference in your life. It is based on proven learning principles and the proverb: "Give a man a fish and he will eat for a day; teach a man to fish and he will eat for a lifetime." My intention is to teach you to fish, to provide you with the tools you need to follow your dreams, to succeed and to SOAR in all aspects of your life.

Most books on this topic tell you what to do. I cannot tell you what your dreams are or what your future will hold. Only you can do that. After sharing some of my own experiences with you, I will ask you some questions. I have left space for you to write out your answers. This "question and answer" process allows you to dig deep

within yourself and answer honestly from the inside-out. You will see how writing down the answers makes them more defined and clear for you. When you write the answers on paper, you know the answers are yours and not someone else's. You now own them, and this leads to a higher level of commitment. You are making a personal commitment merely by writing an answer to a direct question. You are literally going to SOAR through life once completing this program.

To benefit from this book will require discipline on your part as you learn about self-motivation and personal leadership. You must complete each exercise as it appears. As you complete them one by one, you will realize that only you can make the difference in your life. By doing the exercises, you are going through a self-discovery process.

You now have in your hands the ideas and tools, combined with an internationally proven learning process, for you to make a difference in your life. The choice is yours, but it will take discipline.

Discipline is the key. Discipline is a commitment to yourself in order to succeed and SOAR in life. It means doing what you have to do, even when you don't feel like doing it.

This book is divided into three sections. Part 1 is *Living Inside-Out*. It is the foundation of it all. It is the process of self-discovery and self-understanding. In Part 1, you get to understand what motivates you. Once your concept of success is defined and you know your personal rights, you can make the decisions needed to take control of your life. Meanwhile, you will learn about your true inner self, what you want out of life, and how you want to be remembered.

Part 2 is *Soaring Through Life, One Step at a Time*. It takes all the elements of Part 1 into consideration, and crystallizes your dreams and desires into an action plan through easy to follow graphs and charts. This book's techniques and tools will guide you through the process and help you in monitoring and measuring your progress.

Part 3 is *Taking Action to SOAR*, and ties in all that you have learned from this book. You just have to commit, be action-oriented and put your plan into motion.

It is in the doing that things get done. Don't think about it - just do it!

The process will be driven by you. If you complete each exercise as it appears, and if you monitor and measure your progress every month, I promise you that you will be rewarded far beyond your expectations.

In order to take full advantage of this book and your life, take out a pen, highlight your favorite passages, take notes on the side, or write down your thoughts. Start now by owning this book and write your name and today's date in the space provided at the beginning of the book.

Complete all the exercises in the order in which they occur, and add your annotations in the space provided at the end of each chapter. Keep this as your personal journal and reference book. Unlike a diary where you write down your past, this book will serve as a diary of your future or the road map for your life as you want it to be. Only you can choose the path.

You will be learning a lot about yourself. By taking your time, thinking things out and writing down your thoughts, you will immediately begin to reap the rewards.

Your self-image, self-respect, self-esteem, and the manner in which you portray yourself to the world will improve. You will lead yourself toward the life of your choice. Why? You have to, because nobody else will. You are the only person responsible and accountable for you.

One final note: before moving on from one step to the next, you should recognize and reward yourself when you complete all the exercises in the previous step. It is a fact that any behaviour that gets recognized and is rewarded gets repeated. Start rewarding yourself for things you enjoy once you have disciplined yourself to take action and completed the task.

There are many support tools available to you in this book. Additional support tools can also be found on my website at DaveUrichuck.com. We all have our own methods of learning, so please do not hesitate to contact me through the above resource.

Now let's move on to Part 1 and discover what success, attitude and motivation is all about. Best of luck to you and enjoy!