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Re: BREAKTHROUGH GOALS

### Goal Number One

Saturday, June 25<sup>th</sup>, Rachel and I successfully completed our 70<sup>th</sup> yoga session -- with a great big Namaste! It was the culmination of months of work to accomplish this Breakthrough Goal Number One. It wasn't always easy to get up at the crack of dawn, or to fit a session in at the end of a long day, but Rachel committed to partnering with me on this very important routine, agreeing to my delegating the set up of our mats, blocks, music, and locations – sometimes through a yoga instructor, sometimes at home, often in the quiet of the local college's 'quad' area.

At our age, approaching sixty, we place an increasing value on maintaining a healthy body. The regular practice of yoga gives us increased flexibility, a more restful sleep, and a sense of well being in daily life. It acts as a catalyst for other health enhancing measures – eating more whole foods, developing a regular cardio routine, and toning muscles that had long been forgotten through strength training.

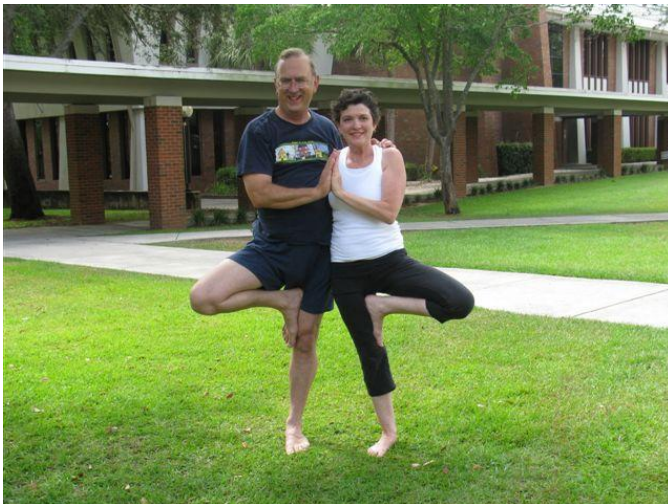
The Monthly MAINLY form acted as an impetus to help us organize these activities through four of the categories:

. *Acknowledgement:* At the end of the spring yoga class we took at the college, we thanked our instructor for helping us grow by giving her cuttings from plants we had rooted from our garden. Rachel wrote a letter (see attached Richburg letter) to the immediate past president of the college to thank him for the facilities that we enjoy so much. Finally, at the end of each session, she and I bow to each other and say, “Namaste, thank you for sharing yoga.”

. *Doing something New:* Assuming responsibility for doing practice sessions on our own without an instructor and delegating the session setup and follow through to Rachel was new for me – a challenge that the MAINLY form helped me to keep on track.

. *Ensuring that I Learn something every month:* I took advantage of printed and electronic media to learn new postures and to perfect old ones, benefiting from wisdom and counsel of yoginis who have come before me.

. *Doing something for Myself every month:* I began yoga as something to do, often too tired or busy to fit it into my day. I now approach yoga as a practice to enhance my days. Even though there were days that I may have dragged myself into starting a session, I ALWAYS ended feeling so good and happy that I did this for myself.



## Goal Number Two

I had been completed this one a couple of months earlier, and while it seemed easier to achieve, I don't believe I would have gotten there without the impetus of it being a Breakthrough Goal. I just had to do it. We had been talking about it for years, had agreed to do it for years, yet it just hadn't happened. Goal Number Two was to take control of my financial life in five parts:

- A.) Pulling out of my Wells Fargo brokerage account
- B.) Pulling out of my Muriel Sibert brokerage account
- C.) Closing out individual stock DRIPS

D.) Fund an on-line account

E.) Make at least 3 trades by the breakthrough goals deadline

Parts A, B, and C weren't necessarily all bad, just that I realized that having money spread out through several brokerage accounts was "messy" and made it hard to track success or failure. We had a nice person (or so it seemed) for a financial advisor with our Wells Fargo brokerage account. I have been considering Part A for a couple of years however, our advisor was so persuasive that, each time we talked about closing our brokerage account, he assured us that it would be financial suicide to strike out alone. I would relent and keep going with him, even though he hadn't uttered a peep of advice during the 2008 slide except to keep assuring us that "you gotta hold on for the long term", which didn't seem to be successful.

The dawn of Breakthrough Goal Number Two was on the afternoon we signed up for the Monthly Mentor program. You were explaining how "messes are the locks on the gate to your prosperity" and several messes popped to mind. Our financial portfolio was one of them. Over the years we had dabbled in Direct reinvestment plans (DRIPS) IRA's, Roth IRA's, an account with a full service broker, multiple on-line brokers and they had turned into an ignored mess. It took nearly a year to get through the first 4 parts of the "getting started" section.

Did I get started on writing Breakthrough Goal Number Two from the first day of the program? NO! I made an attempt at the beginning of the Mentor program, but then panicked. But I kept watching and listening to you with other aspects of your mentorship. You said you looked fear in the face when you proposed to your wife. I looked at the Annual Love Letters assignment with fear and trepidation as one of the scariest things I ever faced. Other parts of the program were so helpful, starting on cleaning messes, using the "One Minute Mentor" for inspiration and renewal, listening the Monthly phone calls to hear questions and find encouragement in knowing that others were overcoming struggles also.

Finally, it was time to face and complete Annual Love Letters: I started... and the way you set up the format and simple instructions you provided made it actually easy to accomplish. It was such a relief to have something that was so scary turn out to be actually easy. It put me on a roll to get the complete program done in the 17 months. It wasn't until January that I finally addressed "Breakthrough Goals". Only 7 months to the deadline, but the other parts of the program had inspired me and I knew that I could do it. One mess that had not been tackled was the financial aspects of our life. So, I set up Breakthrough Goal Number Two as a five part goal to include the entire mess.

Paying attention to our trading account(s) on a regular basis has helped me to form a new philosophy about my equities: in the event of a crash, cash out; in the event of impending doom, cash out. At the very least, I can preserve my capital. So, with the five part breakthrough goal, we have our self-directed on line trading account with Think or Swim (item D), I am studying to obtain financial education and making winning trades, even with the crazy volatility we are seeing. Inverted Butterfly's are great in this market! No, I have not doubled my income in 17 months as advertised in the flyer, but that seemed pretty far out as I work for a utility and pay increases are often measured in single digit percentages. However, I learned with the Mainly™ form that there are at least six pathways in life and they are not all about the money. I can see being able to double my income and keep my job, with profits from continued trading, even if it takes a couple more years.

You looked fear in the face and proposed to your wife and I looked at the Annual Love Letters assignment with fear and trepidation as one of the scariest things I ever faced. Then, I started... and it was such a relief to have something that was so scary turn out to be actually easy.

Yes, I achieved my two breakthrough goals. Thank you so much, Raymond, for your help and inspiration over the past year and a half.