

(write your feelings going deep with thoughts, and expression, for all journal entries)

ASSETS

Mark Ira's

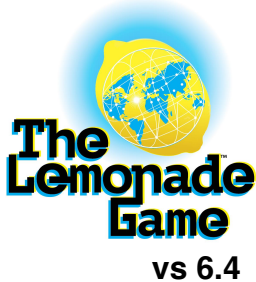
Life's Balance Sheet

Liabilities

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I AM Self-Concept	A LEADER, capable, healthy, giving, positive, caring, powerful, successful, authentic, wealthy, thoughtful, (and the yang.. stubborn & loud sometimes)																
PURPOSE WHY Am I HERE?	To help my brothers and sisters globally with education and compassion. to support no hunger. there is enough sunlight, seeds, water no one should starve, be thirsty and die from it! ABUNDANCE must be shared																
CORE VALUES I STAND for these	Integrity, honesty, trustworthy, kindness, respect, being of service, foregive considerate, giving & receiving, acceptance, courage, empower, empathy.																
RELATIONSHIPS CONNECT & BUILD	MYSELF, FAMILY, my word, feelings, emotions, truth, agreements, Money and FINANCE, charity, planet earth, animals, spirituality, my philosophy, & beliefs, change, order, abundance, skillsets, deal making.																
Management Allocation & Control	MY TIME MATTERS, the greatest impact on my results! Develop my goals, beingness/who am I, allow my genuis to erupt."Permission" People connections/relations, collaborations/behavior w others, life operations, organization, risks, strategy,																
My VISION I SEE me, w A.I.	Make the invisible obvious, my vision is unfolding, detailed and written down, I have clarity, I update it often, revelation is occurring, turn the page.. my I am's are vibrating and full of life! OMG it's HAPPENED!!!																
KNOWLEDGE = growth	I-EDU myself every day, I am aware, cognizant, present, I retain my experiences, my wisdom/intuition comes forth, I read and grow exponentially, I know what I don't know asking lots of questions. I steer my ship.																
ATTENTION ATTITUDE	Ability to respond! make good choices, I see it before I move, accountable, warmth-patience, laughter, FUN, empathy, happiness, pride, sharing, make intelligent predicions, learn from mistakes. D-9 Bulldozer - "LOOKOUT" I am on my way!																
INTENTION MY HORSE POWER	A.I.M. (FOR THE GOAL) I put my ATTENTION on my INTENTION and put it into MOTION! the more I step on the pedal the faster I WILL get there. I get M.A.D. (not angry..) I Make A Deal with my word TO MAKE IT HAPPEN A.S.A.P.																
THEORY 1ST 15% right	YES get the first move correct then 2nd, 3rd ADD LEVERAGE, COMPOUNDING, exponential growth, a method, , asymmetrical risk, diversity, dynamicism & certainly test on a small scale!!					Loco MOTION email/5 calls/day ask questions, reach out 5x new people go to places w like minded keep moving read/study 2 hours day from mentors, books, mind map brilliance& plant seeds. Dynamic Value I re-invent myself and deliver excellence and a level of service beyond expectation.											
NETWORK SCI NODES, TIES & HUBS	CREATE SYNERGY connections, build bridges/team, tune in collaboration, being interested, network science mastery, frequency of interaction, create new BFFs, jump ponds often!																
SUCCESS CARDS multi sensory	I SEE, My VOICE, music, manifest, law of attraction, grant-permission, be vulnerable, LISTEN, ask feedback, measure everything, delegate, wander widely, let go, honor others <table><tr><td>Physical</td><td>Mental</td><td>Family</td><td>Spiritual</td><td>Career</td><td>Financial</td></tr><tr><td>work out eat smart I beautiful</td><td>reward relax I enjoy me</td><td>forgive accept embrace</td><td>give thanks believe</td><td>love what I do and EXCEL</td><td>invest for the future</td></tr></table>							Physical	Mental	Family	Spiritual	Career	Financial	work out eat smart I beautiful	reward relax I enjoy me	forgive accept embrace	give thanks believe
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work out eat smart I beautiful	reward relax I enjoy me	forgive accept embrace	give thanks believe	love what I do and EXCEL	invest for the future												
LAWS, DOCTRINES CRITICAL THINKING, & RESOURCES	Law of Navigation, the lid, respect! asymmetrical risk (upside vs downside), contract law (know how to bargain/ what to ask4?), mastery LEVERAGE/Compounding, power of 64 thinking, ability to get info/data. Anaylize the #s. Reject dirty data, factor structural/society/cyclical changes					Who am I leaving behind? What can I do to make it better? I need to tell those who I care about that "I LOVE THEM"											
CREATIVITY SELF EXPRESION	Fantasy to reality, presentation skill, magical, mystery, curiosity, innovation, improvability, inspiration, ideation, comedy, being silly/playful																
SUPPORT	CALL friends, loved ones, mentors, people who have been there, ask for help when needed.					LOVE											

To Think is to Create



MASS DISTRACTIONS	Touching phone 50x day! noise, social media, interuptions, being numb, wasting/squander time, not saying no, managing/reducing bs time, NO focus bad decisions contra purpose. SHORTAGE of thoughtful time 2Be sharp, WRONG TURNS					
BAD HABITS not so reliable	Procrastiantion, out of sequence (Ready FIRE Aim), OOPS! not seeing my programs and paradigms are not working, (repeating over) doing things for short term fix. blurred direction to the big picture, saying "I dont know/have" etc. settle for less!					
BIAS... PREDJUDICE	Confirmation bias...dismiss the truth, seek evidence to prove me right even when I am wrong! operate from blame, shame, justify mistakes, prejudice, resentment, righteous, revengeful, beliefs w incorrect crowd/political mentality. Guilty complex.					
FEAR	Success, failure, unknown, being wrong, poverty, making a mistake, rejection, trauma, losing, being alone, playing life not to lose instead of to win, not being accepted or liked. Scarcity. Punishment for not being perfect.					
MIS-MANAGED	TIME poor time MGmnt squander oppurtunity, & poor planning	HEALTH declutter NOISE redctn download software 2.0 mental fit program	PEOPLE discounting not follow- ing up, silence & LISTEN	EDU. READING right docs, retaining applying value info	WEALTH investing in my/peoples future law of compound- ing	NOT /writing thoughts ideas, visions, budgets allocate time creating new, reinventing, learning to play music & painting, volunteer- ing myself, support others,
CONTAMINATES	Naysayers, irrelevancy brain pollution, petri dish effect, decay, dis-or-ganized, atrophy, comfortably numb, over analyze, stuck in the mud, average okay?, broadcast dirty laundry, poison words. Not Deserving					Losers some are no good & drag you down to their level. DROP
INCORRECT THEORY	Playing Win/LOSE, selfish operating behavior, ignorance, out dated or dirty data, faulty analysis, unprepared for growth, not asking right questions, speaking w/o good purpose. WRONG TIMING. NOT Diversifing! Acting without desire, passion, consideration!					STAGNATE not dynamic/change reject contra pts. diversity open?
FAILURE CARDS	Not RESPONDING, inattentive, Not stopping the game, surrendering, quitting, abandoning, foregiving & not letting the ship go-down, lose credibility, pathetic behavior, dropping the ball, Creating drama, chaos, betrayal, victim., grosslyirresponsible, negligent, ignorant, becoming irrelevant. living in regret/excuse-ville.					Takers stay away... energy suckers/ moochers people w alterior motives

EQUITY

Goals, Extra Ordinary Visions, & Dreams

YOU MUST write the multi sensory thoughts below to release them (remember ...the best way to hit your goal /dream is to have one!)

- relationship goal
- Making my significant other(s) feel like a queen/king, know everything speaks, Connecting deeper w family members, friends, caring for animals. Having 10 new BFF's. Bless/love G-d
- health goal
- Working out 3 times a week and being strong. Weighing less than 185 lbs. Enough cardio to run two 12 min miles. CANCER FREE. Waking up happy, excited with full mental falculty.
- spiritual vision
- Connecting with G-D and being grateful and thankful every day. Saving animals and protect-ing them. Saving & replenishing trees/ corals on planet earth. Seeing others enlightened!
- wealth goal \$
- I have enough and I can give away half & I still have enough. I am fully abundant in this space. Being generous w my gifts, others can be enriched & become wealthy & HELP TOO!
- LIFE DREAM
- To eliminate starvation globally. Reduce homelessness so families can have a roof over their heads w clean water, heat, plumbing, & basics of subsistance. Create a financial literacy EDU. curriculum and have it implemented in schools, w me leading the way sharing my body of work across all genres and countries, improving and elevating the wealth of the entire world. To travel and experience culture & feel people in every country. Share from my heart all I can give & never look back. MOSTLY to know, I made a difference for so many!

RESULTS

Assets= Liabilities + Equity