

"Is It Workin' for You?" Dr. Phil Live

The Power Within, Toronto, July 2005

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Missed him last year when he was in Calgary. Heard from my professional speaking associates that he was one of the best speakers they had ever observed on the platform. Recently, while in Toronto my friend Sandy said, "I heard Dr. Phil is in town." My reaction resulted in I and Sandy joining 5,498 others at the Toronto Metropolitan Convention Centre for The Power Within event.

When Dr. Phillip McGraw was introduced the crowd stirred. His fans, somewhat annoyingly, yelled out adoring comments throughout. However, it felt satisfying to have him look out at us, a sea of faces, and yet speak to us like a wise father who wanted to save us pain and increase our personal success. The below points are excerpts from my notes so all are not verbatim quotes:

1. If we don't know who we are and where we are, we're lost.
2. Most people would rather be right than happy. Ask, "Is what I'm doing working and helping me feel happy?"
3. Assume you are 100% accountable for everything in your life. You set it up that way. (However, my friend Sandy reminded me that we have to avoid judging those that are so wounded that they are far away from the ability to take on this large responsibility.)
4. Get excited about your life. We don't live in a selfish society. We're in a *selfless* society in which we have lost ourselves. Remember, you can't give away what you don't have. Women are the worst at caring for themselves. They are socialized to nurture and care for others.
5. In one year our life will be better or worse than today based on the choices we make. For example, we will be fatter or skinnier, have less money or more and have sabotaging friends or healthy ones. Sometimes we have to change the way we *do* life.
6. Laws of Life exist everyday and have consequences that are as predictable as gravity.
 - **Law:** You Either Get It or You Don't. Recognize critical moments. A poor background is not to feel ashamed about but to overcome. We all have a personal truth. It's what we believe at our core when no-one is looking, listening or knowing. Some of us have a damaged personal truth, some a wonderful one and others are in-between.
 - **Law:** You Create Your Own Experience. We generate the results that we believe we deserve. Research has shown that 80% of our choices are based on fear rather than joy or self-actualization. Avoid making

decisions based on fear or a damaged personal truth. We make social, physical, emotional and spiritual decisions.

- **Law:** We Teach People How to Treat Us. We create our own experience. By the way we respond we teach people how to treat us. We ask, “Why won’t the kids listen?” They never did. Stop worrying about them listening and begin to worry about what they see and hear. What are you modeling? Too many of us teach our kids, “You go to school. You study and then you sell out. You forget to live an authentic life.” Ask yourself, “How much fun am I to live with?”
 - **Note:** McGraw’s Life Law’s are described in his book, *Life Strategies*. The other seven *laws* are People Do What Works, You Can’t Change What You Don’t Acknowledge, Life Rewards Action, There is no Reality; Only Perception, Life is Managed; It Is Not Cured, There is Power in Forgiveness and You Have to Name It to Claim it.
7. Know who you are and act it out. If you make a statement, OWN IT. Be a defined product.
 8. When we choose behaviour, we choose the consequence. Own your result.
 9. There are common actions successful people take:
 - They name their success goals. We need to name what success means for us. This becomes our North Star giving us direction. We all have unique gifts and abilities. Our job is to discover them and use them. A race horse is meant to run.
 - They create a strategy. They turn dreams into goals with a time line and accountability. The universe rewards action.
 - They take action and do things losers don’t want to do.
 - They have passion, something in their life that excites them. We have a responsibility to have fun, when possible, and get excited about our life.

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