

AWAKEN *The* WILD LION

Within

... AND GAIN THE CONFIDENCE

TO ACHIEVE ANYTHING BY TAKING BACK YOUR ROOOAARRRR !!!



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AWAKEN THE WILD LION WITHIN

How to take control of your spirit, mind and body so that you can move and inspire people everywhere you go!

INTRODUCTION

You Have a Voice and Story That Will Inspire Others

You are so amazing. You are so incredible. You have so much purpose. You are so important. There is a story inside of you and somewhere someone is craving to hear your story. You have a voice and not just any voice either. You have a voice that moves and inspires.



If you don't use your voice, here's what will happen.

- Someone's life won't be changed;
- Someone won't see the potential self they can be;
- Someone won't realize they aren't the only one that feels the same way they feel about life;
- Someone won't see themselves walking their own hero's journey.

You have an inspired story inside of you. I invite you to not only recognize just how profoundly special you are, but also to a movement of voices that move.

I am a Certified Life Coach. My company is Abundance Coaching, but Abundance Coaching is not just a business name, it is a lifestyle choice. As an Abundance Coach I am a relentless believer in the human potential. A scarcity mindset can hold you and debilitate you and keep you in place. It can discourage you and keep you from going out there and using your voice.

I believe that if you treat the scarcity and lack that is in your life by replacing it with abundance, then overflow, possibilities and movement happen. True abundance comes from believing that you are enough, you have more than enough, and more than enough is coming to you in the future.

Your Choice : Do You Want To Be a Barking Dog or a Wild Lion?

This is a demanding, complicated world. It's a jungle out there! It takes a lot of work to get good at something, or to get something you really want.

Life is full of battles. I have had deep conversations with many people who have told me of their relationship or career struggles. For example, one man desired terribly to find a wife and nothing seemed to be going right with any girl he had dated. Another man felt desperate because he was no longer satisfied at the job he had. However, he thought that if he could just stick it out another five years he could earn a pension.

There are a lot of other people who have given up when they face situations like these. They say to themselves, "Why work hard when I can just watch TV or surf the Internet?"

Most successful people have spent thousands of hours mastering what they do. They have a vision of the future and their place in it. Otherwise they wouldn't have bothered with all the work it took to get there. Yet most successful people would tell you that they loved the process — the challenge, the passion, the fun! They've found a vision of the future that compels and excites them, and that's the difference. That's why they are where they are.

In fact, that's why we all are where we are — we had previous beliefs and vision of the future beforehand. If you do what you've always done, you'll have what you've always had. However, if you create a vision that moves you to do things you've never done before, you'll find yourself in new, wonderful places.

THERE IS HOPE AND POSSIBILITY IN HAVING A KEY TO AWAKEN THE LION WITHIN

What do you visualize in the morning to get yourself going? What motivates you to do everything you do?

You see, we were all born with a wild lion heart. But somewhere that wild lion has died. Perhaps you feel that way right now. If so, you need to awaken your wild lion. You can know that at one time you were a living wild lion, but if you have died inside, figuratively speaking, your reason for living will be dead also. The meaning of your life is in the living.

Wise King Solomon said, "A Living Dog is better than a dead lion." Although a living dog can at least bark, a lion is much more powerful, courageous, cunning and swift than a dog while it is living.

The point is that it doesn't matter how skilled, smart or strong you are. These factors are all meaningless when you are dead. You need to make the most of your life while you have it.

Now if you knew that you could choose to be a Living Wild Lion or a Living Barking Dog, what would you choose?

TAKING BACK YOUR ROOOAARRRR!

When was the last time you heard a lion roar at the zoo? Have you ever stopped to observe the behavior of this captive king of the jungle and noticed anything unnatural? My son is four now, but when he was two he loved to go to the zoo and mimic what the lion says with his own ferocious imitation of a lion's "R_O_A_R"! But he only knows that because I have taught it to him. He has never witnessed it himself.

Why? As cubs, these prisoner lions did what they instinctively knew how to do. They played, they fought with their siblings, and they hunted. But as they grew and became domesticated, they were taught never to fight, hunt, or roar. Their powerful wildness was locked away, just as their bodies were, within the confines of their zoo habitat.

Like the lions, we begin our lives with the exuberance and enthusiasm of these cubs. But society teaches us that we don't want to be wild or fight or hunt. We are taught to value comfort, passivity, and subservience over revealing our power. We learn such clichés as "Good things come to those who wait." We are told that it is meaningless to try. Society has a way of harnessing us, so we don't awaken our wild lion within. Eventually we become like the mature zoo lion – domesticated and silenced.

Add to that our life experiences that cause pain and hardship and make you believe that life is tough, unfair, and abusive and you might feel knocked down by what you have endured – by how hard it has been. You may feel that no one knows what you have been through. All these are real events, but they don't have to defeat you or cause you to give up.

Instead of defeat and surrender, there is hope and possibility – the keys to awakening the lion within. We have been tame for so long we have lost connection to our own power, but we can still tap into our strength and fierceness.

Compare the lion in a zoo with one in the wild. In the wild, the lion is king. It is ferocious and strikes fear into the hearts of its enemies. It doesn't wait for food to come to it. It is a hunter who kills its prey and brings it back to the pride for sustenance. It is bold and strong. It doesn't stop at obstacles. It beats the obstacles! It is also an integral part of a community who shares survival as a common focus. It is courageous in all its actions.

I feel called to verbalize to you through this booklet the voice that is in within me. What I am asking you to do is to be open to the voice inside of you, and to have a lion's courage, and to be bold with that voice.

What I am really trying to tell you is that I am boldly optimistic and it is not in my nature to let you off easy. In this booklet I am going to be bold and courageous instead of going easy on you. So as we work through the process of awakening the wild lion within you, I am going to ask you to commit yourself to full participation. In this booklet I will ask you to do some things that are bold. I will ask you to take action. For example, you may intellectually believe that you need to awaken the wild lion within you and that your voice and story can inspire other. However, change won't happen until you gain conviction. The way this happens, which I will explain more about later, is through physical expression.

**"ABUNDANCE IS NOT SOMETHING WE ACQUIRE. IT IS SOMETHING WE TUNE INTO."
WAYNE DYER**

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Are you with me? If so, that's awesome! To express your commitment to the process of awakening the wild lion within you, take the first bold step and express your commitment by signing your name in the box below.

I am committed to awakening the wild lion within me and will to the best of my ability take bold actions to do so.

Signature

If you signed your name on the line in the box that means that you just made an agreement with yourself, and with me. Congratulations!

You are capable of so much and nowhere in the world is there a group of people more primed and ripe to say "pick me" than those within your reach!

Your work in this booklet and with Abundance Coaching is really important because you are a wanted man or a wanted woman. There are people out there who have big signs hanging from their necks that say things like "I just want someone to believe in me" and "inspire me please" and "I crave to have someone move me" and "I don't want to take my sadness to the grave". They want a leader to really lead them and tell them that they are important. That leader is you!

The lyrics in a song by the band Kutless say, "You could be a hero, you could be the change in this world."

These lyrics are true. This booklet, in fact, my whole coaching program, is meant to help you begin to set a course for your own hero's journey.

Chapter One of this booklet will discuss opening the door of the cage that keeps you imprisoned and from awakening the wild lion within. Chapter Two will tell you how to move from the cage door and your head knowledge to action so you can release the wild lion within you. Finally, Chapter Three will help you live in your wildness and inspire others with your own voice.

LET'S ROARRRRR!

CHAPTER ONE

OPENING THE CAGE DOOR

The Worst Day of My Life

It was 2006 and I was driving from Saskatoon to Regina and it was the worst day of my life. It was the worst day of my life for a number of reasons. I didn't want to be in that car. I didn't want to be driving all the way to Regina. The next day was my sister's wedding. I should have been happy. I should have been excited because my sister was getting married. She had finally found a great guy after having a string of not-so-great guys. I should have been happy for her.

I got to the hotel in Regina. I had my own room, and my parents were in the room next to me. I had to put on this smile because we had to go to the dress rehearsal. I had to put up chairs and decorate and everything else a big brother should do at his sister's wedding. People were sociable and everybody was expressing their happiness to everybody else. But I felt like there was this pit inside my stomach.

One of the reasons that pit was there was because only a few days earlier someone whom I thought I loved broke up with me. I was 28 years old and I wanted to be married. I thought I had been patient enough and I was arguing with God about the whole thing. The other reason for that feeling was that I really didn't know what I wanted to do with my life at that time. I had lost my passion for the job I had been working in computer sales. I really wanted to do something different. I had bought and sold houses for years. I thought that renting houses was my purpose in my early 20s. I strived to continue to rent and maintain these houses. But I knew in my spirit and in my gut that there was something more, so much so that I was hearing God and hearing these voices which were saying, "Stop. There is something more for you." But I wasn't listening hard enough to hear that maybe this "something more" might be down the track a little. I wanted it right now.

So I didn't have two things. I didn't have the relationship that I so desperately wanted to have. I wanted to be married. I also didn't know what my life purpose was. So for me these two things contributed to the feeling that this was the worst day of my life.

I put on my best big brother smile and set up tables and did the social thing for the dress rehearsal and the preceding dinner with the family and bridal party. As soon as that was finished I was in the hotel room which was next to my parents. I told my mother and father that I was just going to go downstairs for a bit. But Dad, wisely enough, picked up on something. I went down to the bar just to sit, not to drink. I had a lot on my mind, my heart was heavy and I wanted to yell at God and ask him what he was doing already. A few minutes later my Dad came down. We probably had the most important conversation I have ever had with anyone. He didn't say very much, but he listened. I was ready to speak. I was ready to tell him all the crap I felt. I was ready to tell him about

that pit in my stomach and all I was going through. I was ready to tell about the anger I had at God and about this failed relationship. I didn't want to dwell on the past and the fact that the relationship didn't turn out. I wanted to talk to him about the future and that I just wanted to find that right girl. My father sat there with me and he listened. That's all he did. He didn't give me some wise advice to move forward, but he was there for me and that really mattered.

It took a few more weeks until I finally decided that I needed to get out and get intentional. So I decided to do something that I had never done before, and that was to get out of the noise for an entire weekend. I was so used to the noise. I worked in a high pressure sales position. I was around people all the time. I lived in a rental property with five people and there was always drama going on. So I decided to get out of the noise. I rented a kayak and I went through three separate lakes. I had my rolled up sleeping bag that I didn't have the case for anymore that fell out and into the water behind me. I was rowing out there in nature. I went three straight days without technology. It was just me and my piece of paper and God, searching for that one deep thing that I didn't have: contentment.

I can't say during that trip that I figured my life out and God gave me the exact girl I was going to meet the next day, or that He told me what my purpose was right after that. No, but I found something I didn't have before. I found that peace. I found that contentment that I was desperately looking for.

The Key to the Cage Door : An Abundance Mindset

The one thing that will limit you from having abundance in life is a poison. It's called scarcity. Scarcity is essentially the opposite of abundance. It means to have limits, to lack, or to not have enough. When you have a scarcity mindset, you will always be thinking that there is not going to be enough in the future.

Before and during my sister's wedding, I had a scarcity mindset. I had two things lacking in my life, a wife and a purpose, and as a result I had this gnawing pit in my stomach.

So how can you overcome a scarcity mindset? The answer is to replace a scarcity mindset with an abundance mindset. I have five keys that I have been carrying around and living with that I want to share with you right now that I know will help you achieve that abundance mindset.

Believe That You Were Created as More Than Enough, You Have More Than Enough, and That More Than Enough Is Coming to You in the Future

A scarcity mindset is what some people would call 'stinkin' thinkin'. It is a bad way of thinking that makes you believe you will fail, or that you are not a very good person, or that bad things will happen to you.

However, with an abundance mindset, you believe that you have everything within you to succeed. At the point of conception you were created as more than enough. This mindset also tells you that today you are more than enough. You are accepted. You have more than enough. Finally, an abundance mindset tells you that in the future there's more than enough that's coming to you. If you embrace this as part of your life it will help to eliminate the stress, doubt, fear and anxieties that you have and the scarcities that that try to overcome you.

Have Possibility Thinking

When you have an obstacle, you have to decide what to do about it. Many people look at an obstacle and say, "Forget it. I want to get past this obstacle, but I can't." But possibility thinking analyzes the obstacle and says something like this:

"Man, that obstacle is hard. I wonder what this thing is made out of." You scratch at it a little bit. You think, "You know what. I wonder if I hit it hard enough I can get through it. Or I wonder if I can get through this obstacle another way. I wonder if I can talk to some friends. I wonder if I could solicit an opportunity from someone else and I can walk around this obstacle, or if I could get over it or under it or something else. I wonder if this is the obstacle I really should be pursuing getting over and under. There's perhaps a different approach or something else I should be looking at."

Value What You Put in Your Mind

When I went on my kayak trip, I got away from all the noise buzzing in my head and got out in nature where there was peace and quiet. I had no television or Internet to pollute my mind. It was just me and God and a piece of paper out in His creation. As I said before, the result of that trip was peace and contentment. That trip was a key that helped me to open my own cage door.

When you are living with a scarcity mindset, your confidence gets destroyed. You need to rebuild that confidence in order to move forward. The way to do that is to value what you put in your mind. Author Tim Sanders tells in one of his books what he learned from his grandmother Billye. By observing her, he learned to feed his mind good stuff. Tim observed that Billye began her day by reading inspirational material and then calling up a friend and talking about it. She avoided negative television news and gossips. When she did watch television or movies, she made sure the themes were positive. Tim says that the reason it is so important to feed your mind good stuff is that the resulting thoughts determine your success or failure, your happiness or misery, and most important, the circumstances of your life.

Take Time to Rejuvenate Yourself

When you take time to rejuvenate yourself, you have the ability to recharge. That's what my kayaking trip did for me. I was able to get away from the hectic day-to-day life. This trip set me up to the overflow I gained from it later.

When you don't take time to rejuvenate, the scarcity says to just keep on going and makes you fear what will happen if you don't. But when you pull back and you say, "Hey. I'm going to take time to fill my spirit up, to fill my bucket up so that I have more to give to others", you will have more for yourself first.

What you could do is sometimes leave the multitudes and all the things that you think are so important or others might think are so important for you to do and then take time to fill yourself up, to recharge yourself. If you are empty, you have nothing to give anybody else. But when you fill yourself up, you have something for yourself and you have something to give to others.

Value Yourself at the Core

The reason I had the worst day of my life was because my life didn't match up to my values. What I valued was missing. I didn't have a marriage to a woman I loved, and I didn't have a purpose in life. So I was miserable.

What matters the most to you? This is one of the biggest most powerful questions you could ever ask yourself. If you understand what matters the most to you, you can value yourself at the core. You do this by assessing and understanding what your core values are. One of the things that I get to do as a life coach is to help people identify their core values. It is one of the most fun processes that I get to do as well. When you value yourself at the core you start to understand what drives you and what motivates you because your core values are the truest definition of who you are on the inside. With a scarcity mindset, people aim at anything. If you do that, your mind will be scattered. But if you actually stop yourself to dig deep and find out what really drives you, what motivates you, and what keeps you going, then you can value yourself at the core and you can overcome the scattered scarcity mindset.

You need to have abundance in your life. You were born with greatness inside of you. A wild lion is within! The only thing that it would take for you to overtake the scarcity that is holding you back is that scarcity mindset. One of the keys to creating an abundance mindset is to believe that you are more than enough, you have more than enough, and that more than enough is coming to you in the future. Another key is to have that possibility thinking. To value what you put in your mind and to take time to rejuvenate yourself are two others. The final key is to value yourself at the core.

These are the keys that will open your cage door.

Imagine yourself as that tame lion in the cage. All your needs are taken care of – you are fed and sheltered, your health is maintained, but in return you cannot fight, hunt, or roar. Now imagine your inner wild lion. Feel the pain of this wild lion being locked up, and how it wants to be free. Feel the pain of places in your own life where you might feel captive, stuck, or imprisoned by hardship. Resonate with that pain ... as real and true.

Recognize that if you stay in pain, your life will shrink: from hoping for more ... to wishing you had more ... to believing that you have all you will get ... to never awakening the roar of the lion within.

Stand up. You have the keys of the abundance mindset in your hand, and the choice to unlock your cage. Do it. Push open the cage door. Step out. Be willing to awaken that wild lion within. Believe that you were born to be wild ... that there is a wild lion within you that you can take with you wherever you go ... that your wild lion within will help you achieve your dream. **Rooooaaarrrr!!**

QUESTIONS

- (1) What is your cage or prison?
- (2) What is your wild lion within, i.e., your dream?
- (3) What will your life be like if you turn around, walk back in the cage and close the door?
- (4) What would your life be like if you unleashed the wild lion that is in you and let it be free to be all that it was created to be?
- (5) What obstacles are in your way right now? How can you engage in possibility thinking with those obstacles? Are there ways around or through those obstacles that you have not thought of? What are those ways?
- (6) What do you need to change in terms of what you put in your mind?
- (7) What can you do to rejuvenate yourself?
- (8) Do you know what your core values are? If so, list a few of them.
- (9) Which of the keys to the Abundance Mindset is the one you think is most likely to open the door to your cage (the one you mentioned in answering the first questions) at this time in your life?

CHAPTER TWO

RELEASING THE WILD LION : HOW TO GET FROM KNOWLEDGE TO ACTION

The Hero's Journey

Joseph Campbell wrote one of the most important books of the twentieth century. It's called "The Hero with a Thousand Faces". Campbell's book is important because it describes the journey a person takes to reach heroic status. His book is also important because it has been used by many successful writers and artists to create their stories. Probably the most famous, and one of my favorites, is George Lucas, creator of Star Wars.

The main characters in the best stories don't start out as heroes. In Campbell's framework, they begin many times as ordinary people living an ordinary existence. Understanding how the hero's journey works will help give some perspective on the process involved in awakening the wild lion within and moving on to the place where you can inspire others.

A good example of the hero's journey is a story by J.R. Tolkien called "The Hobbit". It has been popularized on film several times since Tolkien wrote the book in the early 20th century. The latest movie is one made in 2012 called "The Hobbit: An Unexpected Journey".

Part One of the Journey: The Hero Is Living in the Ordinary World

The hero of the "The Hobbit: An Unexpected Journey" is Bilbo Baggins. He is one member of a small, human-like people called Hobbits who live in a place called the Shire, a region of Middle Earth. Bilbo lives a comfortable, seemingly ideal existence. He has a nice home in the Shire and the village where he lives is a beautiful, fruitful place which the Hobbits love.

Part Two of the Journey: The Hero is Called to an Adventure.

One day Bilbo's nice, comfortable life is interrupted by a visitor. While he is checking his mail, a wizard named Gandalf appears. Their meeting begins cordially enough, but when Gandalf tells Bilbo that he is looking for someone to be part of an adventure, their conversation turns sour. Bilbo is obviously uncomfortable over the notion of going on an adventure. He tells Gandalf that adventures are "nasty, disturbing and uncomfortable things" and that they "make you late for dinner". Bilbo says, "We don't want any adventures here, thank you, not today. I suggest you try over the hill." Gandalf tells Bilbo that he has changed. The wizard leaves, but not before putting a mark on Bilbo's door.

Part Three of the Journey : Refusal of the Call.

The night of Gandalf's visit, Bilbo is settling down to eat his dinner. Suddenly, numerous dwarves come to Bilbo's door and enter his house. They begin to raid his pantry and cause general chaos. It turns out that the mark Gandalf put on Bilbo's door was a signal to show the dwarves where to go for a meeting. Gandalf arrives and he and the dwarves begin to discuss their adventure, which is a quest to retake the dwarf homeland taken from them years before by a dragon.

They need a "burglar" to accomplish this, and they offer Bilbo a contract for that job. Gandalf praises Bilbo's qualities for the position despite his appearance as an unassuming Hobbit. Gandalf says that since Hobbits are small and light on their feet, Bilbo will be able to move around stealthily.

Bilbo looks the contract over and is obviously disturbed when he hears and reads of the danger involved in dealing with a dragon. "I'll be alright, he tells his guest. Let me sit quietly for a minute." Gandalf replies, "You've been sitting quietly for far too long." He asks Bilbo what happened to the adventurous boy he knew years ago. Bilbo asks Gandalf, "Can you promise I'll come back?" Gandalf replies, "No, but if you do, you will not be the same."

"That's what I thought", Bilbo tells him, "Sorry, Gandalf, I can't sign this. You've got the wrong Hobbit."

Bilbo was called to an adventure and he refused. Somewhere along the way, he had lost the spirit of his youth. He had the chance to leave his personal cage, but decided he would prefer to stay in his nice, comfortable prison, even though he had once had it within him to be adventurous. Somewhere along the way, his wild lion fell asleep.

Parts Three : Meeting with the Mentor

Gandalf was a seasoned traveler of the world who tried to exhort Bilbo to take part in an adventure. He told him that he had what it takes to succeed on the quest at hand, but also rebuked him concerning his contentment with the ordinary. Even after Gandalf's encouragements and admonishments, Bilbo still refused the call to adventure.

Part Four: Crossing the Threshold

However, the next morning Bilbo awakes to find Gandalf and the dwarfs gone. His house had been tidied up as if they had never been there. Bilbo seems lonesome and sees the contract on the table. He gets a determined look on his face. Bilbo runs out of the house with a traveling pack and with contract in hand, jumping over fences and pumpkins as he goes. Eventually, he catches Gandalf and the dwarves as they travel in the forest, off on their quest.

Combined with Gandalf's mentoring the night before, Bilbo found the courage he needed within himself to make the journey. He awoke the wild lion within! As a result, he

needed within himself to make the journey. He awoke the wild lion within! As a result, he committed to leaving the ordinary world of the Shire and entered a new situation unfamiliar to him, but one full of adventure.

Your own hero's journey may be different than that of Bilbo Baggins in the details, but the process is the same.

Let Out a Roar!

You might have grasped the idea of the wild lion and realize that you have one within. You might have even opened the cage door and are standing outside, observing the wildness and ready to let out your first roar. Now that you are outside the cage and sniffing your first roar, the challenge for you is to wildly live in your wildness.

I invite you to roar in public this week. I mean really roar. Actually let out a roar. You will probably shock some people. But if you feel like you need it for a wake up call—another awakening—go for it. If you are in the car and you feel discouraged about something, go for it. Let out a roar! Do it!

Why Roar?

We intellectually know a lot of things. We know that we are bigger than we are and that we have more potential than we actually are living in. We know it. We've heard it. People have told us. We know deep inside that we are able to do so much more than we are living in right now, and perhaps we know that we are settling for something less.

We intellectually get all these things. However, there is something really special that happens when we actually tie together the physical state of roaring to the ideas and the knowledge in our head.

First, when we do this, we get outside of our comfort zone. We step outside of it in order to outwardly manifest what's really going on inside of us. When we outwardly manifest our knowledge, our brain gains even more understanding and says, "This is reality!"

If we don't take action or experience something related to what's inside of us, then what happens is that we just start changing our view a little bit. We slowly let go of our dream. We get discouraged or we talk ourselves into believing that everything is fine. When the subject of our dream comes up, we don't want to talk about it. We just talk about superficial things that really don't matter. That's the one symptom that shows we have changed our view of our dream. So when you outwardly manifest the wild lion within you, it is so powerful because you are actually convincing your brain. Your brain does need convincing that the wild lion within you is the real truth.

It's possible if you don't eventually physically manifest that wild lion within you that your brain will talk your body into believing that everything is fine. The body will say "You know what. I do feel good." If this continues, then you may become complacent and apathetic.

I physically manifested the wild lion within me when I intentionally set off for three days in the wilderness. Bilbo Baggins manifested his wild lion when he packed his bag and ran out of the house to join the quest with Gandalf and the dwarves. He didn't just sit there in his house holding the contract with a determined look on his face. He took action.

How to Manifest the Wild Lion Within

You need to actually activate your physical body to align with the wild lion within you. This will tell your brain, "This is the way it is!"

To manifest your own wild lion, you can do something simple. You can roar out loud! However, if you like, you can do something else to outwardly manifest your wild lion within. We don't always have to roar.

Sometimes what I do is I outwardly speak to myself instead of roar. I say, "Scott, you are good enough to be on this stage. You are meant to speak to these people." With that kind of attitude I could have any client. I don't care if it's Bill Gates or if it's Brad Pitt, I could have that client. You know why? Not because I'm smarter than them. No, it's because I care and I have conviction. "You could put anybody up against you, Scott, and if you are carrying your conviction, you will rock it," I tell myself outwardly. I tell myself stuff like that all the time.

If I tell myself these things enough, my brain will believe it.

QUESTIONS

- (1) Where are you in the Hero's Epic Journey ?
- (2) What passions of your youth have died away?
- (3) Are you being called to an adventure right now? If so, what adventure are you being called to? What has been your response to this call? (If your answer is "I don't know", then how can you find out?)
- (4) Do you have someone in your life that sees your potential and is willing to mentor you? If not, what can you do to find a mentor?
- (5) How can you manifest your wild lion within other than by roaring? What do you need to tell yourself? Why can you tell yourself this?

CHAPTER THREE

LIVING IN YOUR WILDNESS : TURNING YOUR ROAR INTO A VOICE THAT MOVES OTHERS

The Rest of the Story

Only a few weeks after my weekend kayaking trip, I went to Toronto and there some of the craziest and wildest things in my life happened. I ended up meeting my bride. I went to a wedding and I asked a girl named Nicole to dance, and now she is my wife. I am excited that she is my wife. That just filled the one key part of my life that I was just craving to have.

During the process of our courtship, Nicole said to me, "Scott. You would be an awesome life coach." I said to her, "Wow! What is that?" She started to tell me about a friend who was a life coach. Then I meant Nicole's friend Lynlee Allan and I went to a workshop that she was leading with her husband and I immediately resonated with her passion, enthusiasm and love for life.

I continued to drop things behind me because I felt inspired to just sell everything, even before I met Nicole, because I knew there was something even better for me. I sold my SUV and bought a sporty car. This really didn't make sense. With a bunch of rental properties and renters you would think I would need an SUV rather than a top of the line Pontiac Grand Prix with Supercharger and the Rally Racing kit. I just thought there was something more for me.

Shortly after that I took up school to become a life coach. Now I can fully say I have the two most important things I value most in my life and for which I am so grateful. I am married to an amazing woman and I know I am doing exactly what I am called to do in coaching people so they can live their life purpose and passion and abundance.

Small Voices

I am amazed when I think of how God has used other people to direct my steps. Although I am a big believer in coaching and formal mentoring, and highly recommend it, sometimes it's a one-time, small piece of advice or counsel that inspires us.

I've seen this occur in my own family. As I said, my Dad didn't say much, but he listened to me at an important time in my life when I was struggling, and that helped me to move forward. And Nicole inspired me to go into life coaching as a career with her comment.

Small voices that provide help, counsel or inspiration are a part of other people's stories as well. In the hit movie "Silver Linings Playbook", a man named Pat is trying to put his life back together after his wife had an affair and he spent eight months in a psychiatric hospital.

Pat is rebuilding his life, but he is troubled by an old Stevie Wonder song, "My Cherie Amour", because it plays in his head when he gets stressed. This oldie was the favorite song for Pat and his wife, and it was playing in his house when he walked in and found her with another man.

As part of his new life, Pat has begun a friendship with an equally troubled young lady named Tiffany. They have a rocky relationship. In one scene they are arguing out in public and Tiffany begins to claim that Pat is harassing her. As a result, some teenagers intervene and begin to threaten Pat. As a result, "My Cherie Amour" starts playing in Pat's head.

Tiffany sees what is happening with Pat, calms down, and begins to softly talk to him. She says to him, "You gonna go your whole life scared of that song? It's just a song. Don't make it a monster." She then leans in close to Pat and talks some more. "There's no song playing. There's no song. Breathe. Count backwards from ten."

Pat breathes and listens to Tiffany, whose face is still close to his. He calms himself. The song stops playing. "That's it. There you go. I'm sorry. I'm sorry."

This scene from "Silver Linings Playbook" is very moving because it is obvious that Tiffany loves Pat, and shows it when she moves him with her own voice.

Pay It Forward

In another great film called "Pay It Forward", a teacher uses his voice and sets off a chain reaction that impacts and inspires scores of people. The plot centers on a formal school assignment, not counsel or advice from a friend. The students are given a task to plan a project that will change the world for the better.

This assignment is given by a teacher named Eugene. Eleven-year old Trevor comes up with an idea. He calls his project "Pay It Forward". He will do a favor for three people. After he does the nice thing for that person, he will tell them to "pay it forward" by doing some kind thing for someone else instead of paying him back, and he asks them to request that the next person pay their favor forward.

Trevor begins his project by letting a homeless man named Jerry stay in the garage of his home. To pay it forward, Jerry does some car repairs for Trevor's mother Arlene. She in turn pays that forward by forgiving her homeless mother Grace for her parental mistakes. Grace pays Arlene's forgiveness forward by helping a gang member escape. After that, the gang member saves a girl's life. To pay that forward, the girl's father gives a car to a journalist named Chris Chandler. Chris figures out that he is at the end of a "pay it forward" chain and traces it back to Trevor. He then interviews the boy, who explains his hopes and dreams for the project.

Along the way, Eugene and Arlene become romantically involved due to Trevor's pay it forward plan. Trevor later intervenes when another boy is bullying his friend. In the

scuffle Trevor is knifed and dies. When the story hits the TV news, hundreds of people come to Arlene and Eugene's door in a candlelight vigil. They are all people who have been affected by Trevor's "pay it forward" idea.

My Own Voice

When I went into coaching, I decided to use my own voice to inspire others, to be part of a movement of voices that move. Using my voice involves giving of myself and believing that my efforts will bear fruit—that there will be positive results for me and those I help.

What am I willing to give away?

What am I going to give? I am going to give 'me'. I am going to give 'me' down to the core. I am going to give 'me' in the deep spot where it is hard to give. I am going to give 'me' because it's powerful for me to actually see, and to have other people see, that somebody is actually willing to lead and go first. So I'm willing to give myself.

I'm willing to give my talents. I'm willing to give my credibility. I'm willing to put it all on the line, to go 100 percent in, not 85, not 90—100 percent in—because that's when the difference happens. That's when the shaping happens.

Now I credit a lot of this to a Performance Coach named Ted McGrath because he challenged me in a conference I was at to step in and step in fully. So I'm taking ownership of something that somebody that I look up to as a mentor said and saying, "Ok. I look up to this guy. This person said this and I can see that he is doing it and I'm doing it, too." But I'm modeling this so that other people like you are going to come along side and say, "Hey. I catch that guy's dream. He really does want to help. He wants to help me. I see it."

How will I do this?

I'm actually willing to go on TV to make my voice heard. I'm willing to put my face out there on TV to do it. I don't know where it's going to go in the future. But I'm willing to actually put myself out there regardless of whether 5 people are online or 500 people are online.

I am willing to research my topics. I'm going to study topics. I'm going to have them be part of me, to be one with me.

There are some costs as well as far as giving: in the cost of the technology, the cost of finding the people, getting the extra support to help me to do it because I realize I cannot do all this alone. I need a support structure to do it. I know I have to look outside of my box to know I can't do it all and that other people are actually smarter and better. They have more gifts in other areas. Then when people watch every week, they're going to get massive value out of it because it's going to make a difference in their lives.

What do I expect the result to be?

For my clients

I expect my audience to say, "Hey. I don't want to miss Wednesday night because this is when the show is on." And I expect that they are going to say, "Boom! Here we go." I am willing to give all of my resources, all of myself, all my knowledge in order to see them do that.

For me

What am I going to receive the wild lion within me inspires others? First of all, I'm going to receive some money. That's ok! I'm totally fine with that! I'm going to receive money for me living in my passion. Honestly! I'm past the mentality which says, "Well, I'm just going to have to give everything away for free." People will pay me because I am worth it, and in fact, I'm worth way more than that. I'm worth thousands of dollars more than what they are willing to pay because in the end what I am giving is about life transformation. How can you put a dollar sign on that? It's amazing when people make changes to massive problems in their lives. And they can do it, especially with my help!

The other thing I am going to receive is great satisfaction in knowing that I'm really living out my wild lion and living in my sweet spot, which is helping people: helping people connect with their authentic amazing self so that they can live with passion and have abundance in their life. I'm willing to actually go out and do that, and be that, and see that in order for that to happen. So, it's actually a big deal for me to actually fulfill my destiny and live in my destiny and live in the truth of my destiny—to live in my wildness

I'm also going to receive recognition in the sense that people will say "Ok, this is worthwhile", mostly because I step in. But they are going to see the confidence and the attitude.

Finally, they are going to give credit to someone important to me---God. They will say, "Hey, God is doing something very different here!" And I believe God will step in too and He's going to receive recognition for that."

Your Own Voice

If you have actually awakened the wild lion within you, it's time for you to actively inspire and lead others. You may have heard that the sweetest success in life comes from helping others. You'll find that's true.

Many times when people achieve their dreams and are truly happy, they look to others closest to them, their spouse or friends, sisters or brothers, and say, "I want them to find out what I've found. I want them to develop an abundance mindset and leave their cage. I want them to awaken the wild lion within and gain control of their mind, body, and spirit just the way I've done, so that they, too, can live in their wildness. I'm going to be a leader, and lead everyone I love to follow my path to happiness.

A great way to inspire others is through your own actions. Inspiring others doesn't mean telling them what to do or how to do it. It means living your life to your fullest potential. It means being open about what is important to you, about your choices, about your goals and plans, so that others can see what you are doing. Then, if they choose, they can model their actions on yours.

Of course, inspiring others by example is only one way to lead. There are also ways to directly inspire others. Once you are in a position where you've been able to awaken the wild lion within you and live in your wildness, opportunities to inspire others will naturally appear. After all, you are now the experienced one, the one that's made the hero's journey and can reflect on your path, and others can use your reflections to help them make choices on their own journey

Be on the lookout for opportunities to inspire others. Someone may call you for advice. You may be asked to mentor someone else on their journey. You may be asked to teach a class, run a club, or speak at an event. Whatever opportunity comes your way, try to take it. You'll get a tremendous amount of satisfaction, you'll benefit from a learning experience, and others will benefit from your story.

QUESTIONS

Coaching and Mentoring

Think of someone who is currently or has been a coach or mentor for you. Write their name down here.

- (1) How did you meet this person. Explain the circumstances which brought them into your life.(Answer the questions who?, what?, when?, where?, why?, how?).
- (2) What did you discover about yourself as a result of this person's influence?
- (3) What was it that you gained from this person? How did they benefit you the most?
- (4) Are you accountable to a coach or mentor now? Why or why not?
- (5) Is there someone for whom you could be a coach or mentor? Who? What could you do for them?

Think of a time when something good happened to you. It could be something that someone did for you, or said to you. Write it here.

(1) Briefly describe what that person did for you.

How did you respond to that favor? Did you pay it back, pay it forward, or do nothing? Explain what you did.

(3) If you paid it forward, do you know what the effect of that action was? If so, explain what happened.

(4) If you didn't pay it forward, how could you do so now?

YOUR OWN VOICE

READ BACK OVER "MY OWN VOICE". THEN, ANSWER THE QUESTIONS.

What are you willing to give to inspire others?

How would you do this? Think big! Don't hold back

What would you expect the results to be? What will you and others receive from your voice?

WHAT PRISON ARE YOU KEEPING YOURSELF LOCKED IN?

If an answer is not coming to you quickly stop what you're doing and imagine a prison and feel the pain, frustration or any other feelings that come up.

(1) How can you rekindle your wild lion spirit in these areas?

Ferocity
Courageousness
Focus
Unity
Strength

Imagine yourself as that tame lion in the cage. All your needs are taken care of – you are fed and sheltered, your health is maintained, but in return you cannot fight, hunt, or roar. What would life be like if you would only be a tame lion?

What would life feel like if you unleashed the wild lion that is in you and let it be free to be all that it was created to be?

(3)

- (4) What is the wild lion within you? What is deeply driving you and wants to come out but you've been suppressing it?
- (5) What will it feel like to awaken the wild lion within you?

CONCLUSION

There is a wild lion deep inside of you that wants to come out. You may have to awaken the wild lion within you. First, you have to be willing to leave the cage that prevents you from living your dream. You have to rid yourself of a scarcity mindset and then develop an abundance mindset. The keys to an abundance mindset will open your cage door. Once outside the cage, you should move from knowledge to action by using your body to manifest your wild lion in some way, such as with an actual verbal roar! There are many ways for you to manifest your wild lion. You choose the ones that are best for you. Finally, you should live in your wildness and inspire others, using your voice and becoming part of a movement of voices that move.

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