



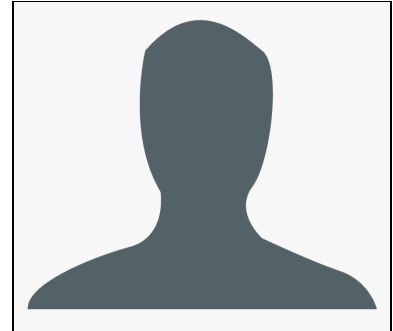
Jon Benson's Hook System: *The Avatar's Diary*[™]

ENTRY 1: MY LIFE SO FAR

Dear Diary,

My name is (NAME). I put this picture of me on this page to mark the day I started this diary.

As of today, I'm (AGE). (DESCRIPTION).



Life is pretty good I guess, but I want to be more than just "(SHORT DESCRIPTION)". I really want to (PRIMARY GOAL). And I've come to a decision: I'm willing to (MECHANISM) in order to do it.

I know, I know...I've tried to achieve this before...and I failed. And I feel (FEELINGS) about it. But I've grown committed...almost desperate.

It's been a series of events. I suppose my primary motivation is (MOTIVATION), but I REFUSE to (NEGATIVE SACRIFICE) to achieve my goals. (EXPERIENCE SEEING OTHERS OR AVATAR GO THROUGH THIS). That was awful for me. There has to be a better way.

So why did I come to this decision? Simple: I'm sick and tired of (PRIMARY COMPLAINT). That brings me all kinds of hell, like (SECONDARY COMPLAINT 1), (SECONDARY COMPLAINT 2), and (SECONDARY COMPLAINT 3). And if it keeps going, I could end up (ULTIMATE FEAR).

And I can't go there...I won't go there.

ENTRY 2: WHY NOW?

I guess I've been interested in (TOPIC) ever since (HOW LONG). People ask me what my experience with (TOPIC) has been like. Well, (EXPERIENCE SO FAR.)

I took (RECENT EXPERIENCE) to get more motivated and interested in searching for answers to (PROBLEM).

Here lately I've been saying out loud more than once, "(SELF-TALK)"! I know, that's really negative, but that's how I feel.

Not only that...I feel guilty. I especially feel guilty about (TOPIC) when (WHAT TRIGGERS GUILT).

It's not all bad though. I feel optimistic when (REASON FOR OPTIMISM).

I've been reading (MAGAZINE 1) and (MAGAZINE 2) lately. They give me a bit of hope and inspiration from time to time.

It reminds me of one of my favorite movies: (MOVIE). Maybe that's why I feel so good when I watch it.

In fact, I've adopted a "mantra" of sorts. I'll frame it on my wall during this journey: "(MANTRA)".

ENTRY 3: WHAT I WANT & WHY

I've figured it out!

I know at least a few of the things I want out of my (TOPIC) plan.

I want a plan that allows me to (PRIMARY GOAL)...which will also help me:

- (SECONDARY GOAL 1)
- (SECONDARY GOAL 2)
- (SECONDARY GOAL 3)

Now, it can't just be any old plan. This plan has to fit my expectations:

It has to allow me to _____ while still _____.

It has to be a legitimate way to _____. No scammy crap!

It has to come with _____ because I can't _____.

I need to see results within _____.

I can't be something that makes me _____, _____, or _____.

As silly as it sounds now, my ultimate dream is (DREAM).

Just writing it feels weird! But I know I'll have achieved that dream when (DREAM PROOF.)

And this can't just be for me. And it won't. I've figured out that (WHO) will benefit from me achieving (GOAL), and here's how: (HOW).

Also (WHO)...because (HOW).

And I'll be able to help others too. For example, (HOW).

I'm excited to start!

ENTRY 4: A LIVING HELL

THIS would be a living hell for me!

If I decided to start (GOAL), and if I had to one day hang my head in failure and say to all those around me, "(FAILURE ADMISSION STATEMENT)", THAT would be like hell for me.

Hearing the words, "I told you so."

I'd have to recruit help from others. I can see myself (EMBARRASSING WAYS TO FOR HELP).

I think I'd rather die. I can see how that would unfold now:

(STORY OF EMBARRASSING HELP).

And in the end? The worst: (WORST-CASE FROM ASKING FOR HELP.)

I'm scared to start today. I need to get more clarity!

ENTRY 5: THE HIDDEN CONVERSATION

There's a "hidden conversation" I have with myself. I have for years. It goes like this:

"(NAME), at the end of the day, you really just want (HIDDEN DESIRE)."

I secretly want to feel (FEELING). More than anything. And it sounds silly as I write it. But it's true.

Why is that?

For starters, (PERSONAL REASON WHY).

I also like a certain amount of control...and this would help me feel more in control by (HOW).

Deep down, I really LONG to (LONGING). Would this help? Yeah, I think so!

But there are a few things standing in my way:

- THING 1 (DETAILS)
- THING 2 (DETAILS)
- THING 3 (DETAILS)

Can I overcome them? With the right help, I think so.

ENTRY 6: THE FEARS LIST

This is my FEARS LIST. Oh my, I'd feel crushed if any of these happened as a result of my (GOAL):

- What if I find out _____?
- What if I feel guilty over _____?
- What if I feel stupid trying to learn _____?
- What if I feel external pressures like _____?
- What if I don't get support from _____?
- What if I hear my supporters say: "_____!?" Ouch!
- What if I get scammed into something that isn't legit?
- What if this costs my family time and money?
- What if I end up feeling overwhelmed?
- What if my confidence disappears the moment I start?
- What if _____?

Sure, some of those things could go wrong and have important negative consequences...

But: it could get even worse.

What if I grow old and have to look back and say, "I never tried"? What if I'm stuck in this life as I am right now?

Am I REALLY ready to (GOAL)?

Here's the "sign from above" I think I'd need to start: _____.

If I were to see THAT, I would jump into gear...even with all these fears and concerns.

ENTRY 7: I REMEMBER WHEN...

I remember when I tried (TOPIC) before.

I tried (FALSE SOLUTION 1). What a bummer that was. (WHY FAILED).

Then I tried (FALSE SOLUTION 2). To say that sucked would be an understatement. (WHY FAILED).

My last attempt was (FALSE SOLUTION 3). I think this let me down because (WHY FAILED.) Never again!

A lot of this is my fault. It stems from some really bad ideas I've had for ages when it comes to (TOPIC), like (MISTAKEN BELIEF 1) and (MISTAKEN BELIEF 2).

Whatever plan I find will have to steer clear of that nonsense.

ENTRY 8: MY LIFE AFTER

I have clarity now!

The ideal (TOPIC) plan for me: one that would crush all my Fears List items and give me the confidence I need to dive in. Here goes:

One that teaches me _____ in a way I can understand.

One that walks me through _____ - the most complicated part of (TOPIC) for me.

I'd have to see (SHORT TERM GOAL) by (TIME).

I'd want to see (MID-TERM GOAL) by at least (TIME).

I'd expect to see (LONG-TERM GOAL) by no later than (TIME).

AND:

(OTHER BENEFITS YOUR SYSTEM CAN PROVIDE)

Give me THAT, and I can really see a different life for me.

For starters, I would feel like (LIFE AFTER).

My typical day would go something like this: (FUTURE PACE DAY).

My mate would look at me and say, "(QUOTE FROM MATE)".

My kids would say, "(QUOTE FROM KIDS)".

And I'd say to myself: "(NEW SELF-QUOTE)".

Now, that's a life worth living for!