

*"Honest, direct and on-point, Mike Monahan's perspective pulls us out of habits that have us stuck in the past. He shows us how to get beyond our fears and on with a successful future!"*

— JAY R. MCKEEVER —

Marketing Leader and Host of "Expert Access Radio"

# YOUR FUTURE IS STUCK IN YOUR PAST



## MIKE MONAHAN



*Your Future Is Stuck in Your Past* helps you identify and remove blocks in your life so you can take action and improve your results. Imagine your life has a map—a blueprint—that determines your actions and direction. According to Mike Monahan, your Life Blueprint reveals your current results. You're getting what you believe you deserve.

# Your Future Is Stuck In Your Past

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*“Mike Monahan is a master storyteller. His valuable stories help everyone to see things differently, and his experiences give people permission to do something different. These are very important steps to having the future that you want.”*

— MARY MILLER —

*CEO and the inspiration for  
The New York Times bestselling book  
The Dream Manager by Matthew Kelly*

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First Edition

**YOUR FUTURE**  
**IS STUCK IN**  
**YOUR PAST**

**MIKE MONAHAN**

Think  
Monahan  
CONNECTING THE DOTS

[www.ThinkMonahan.com](http://www.ThinkMonahan.com)





**T**his book is dedicated to all new writers who are afraid they can't write their own stories.

*Writing is a risky adventure because it exposes you to the world to be scrutinized. I was stuck for a long time before I wrote my first book, and I hope that my story and the message in this book will assist you in your struggle to accomplish the task at hand. What you will find, in the end, is that it's not about the book—it's about personal transformation through writing.*

*Do yourself a favor: Remain the writer of your story and let the rest of the world be the critic. The world is full of critics; we need more writers.*

*Good luck, and God bless your writing!*



## Contents



<b>Prologue:</b>	<b>You Can Achieve What You Want</b>	1
<b>Part One:</b>	<b>The Blueprints of Our Lives</b>	5
Chapter 1:	You Built Your Life According to Plan	9
Chapter 2:	What's in Your Life Blueprint?	17
Chapter 3:	Knowing Your Life Blueprint	27
Chapter 4:	Setting Up Ourselves to Fail	39
Chapter 5:	The Foundation for Success	47
Chapter 6:	You Already Are Successful	59
Chapter 7:	Be in Charge of Your Own Life	65
<b>Part Two:</b>	<b>Changing Your Life Blueprint</b>	73
Chapter 8:	Know What You Want	77
Chapter 9:	Believe You Can Have What You Want	91
Chapter 10:	Communicate What You Want to Others	107
Chapter 11:	Take Action in the Direction of What You Want	125
<b>Conclusion:</b>	<b>Life Is an Experience, Not a Theory</b>	139
	<b>Acknowledgments</b>	145
	<b>Why Mike Monahan</b>	147



**W**hat is a Life Blueprint? A Life Blueprint is a diagram, much like a blueprint in construction.

You probably know that a construction blueprint is a detailed picture of every component that will be in the finished building. In other words, a house is the verification of the structure that was imagined, designed and detailed on the blueprint.

If the house is different than the blueprint, the builder did something wrong. But if the house is built exactly to specification and the owner doesn't like the house, it's not a mistake. The owner may not be happy, but there isn't a mistake because the house was built according to the owner's specifications.

A Life Blueprint works with people exactly the same way that a construction blueprint works with buildings. In life, mistakes do happen, but most often you're getting exactly what you specified—what you believe you deserve.

You made many of your design decisions early in life and now that you're an adult, you may not like the look of what's been built. Instead of blaming the builder—you—you may blame your parents, your teachers, your boss, your spouse or your children for a result that you set up

## Mike Monahan

according to your Life Blueprint, according to what you think you deserve.

I'm sure some of this book may frustrate you but, if it does, understand that frustration with new concepts is also part of your Life Blueprint!

In Part One, I explain the concept of your Life Blueprint, showing you how the idea plays out in your life's current results—how you let your past affect your present. In Part Two, I explore the four steps to changing your Life Blueprint so you can move forward and have what you really want.

Before you start reading this book, I want you to commit to reading in a different way. I want you to read with the belief that *you are successful in everything you are doing right now*. In other words, if you're consistently failing, you're successfully failing. If you're broke all the time, you're successfully in debt.

You may be in a place where life is working very well. Personally, my life is pretty fantastic, but I know it can always get better. I think we all want to be the best version of ourselves and want to live the best life possible. As you read, think of moving from “good” to “great” in your daily life.

You may not like some of the circumstances in your life, but I guarantee that each of your current results was created by your Life Blueprint. As you read this book, you only need to be honest and accepting in your discovery process, and you can redesign your Life Blueprint to achieve any goal you desire.

You can't change your past, but you can change it's meaning, how it affects your life today and the results you have. If you don't, your future is stuck in your past.

## **Your Future Is Stuck in Your Past**

The key to long-term redirection is ownership of your current Life Blueprint. If you don't own and accept your Life Blueprint, you can't change it in the long run. This book is designed for purposeful growth—not for this week's personal-development fad.

Enjoy the discovery!





### YOU BUILT YOUR LIFE ACCORDING TO PLAN

*Imagine you're walking down the street on a beautiful day. A stranger approaches you. She tells you she has a document that will change the course of your life. She says this is free and there's absolutely no obligation on your part to do anything.*

*Are you interested and want to find out what's on the document? Or are you skeptical as you think of her possible motives, that this could be a trick of some kind?*

*As you hesitate, she looks you right in the eye and holds out the rolled-up document. To your amazement, you see your name in bold letters followed by the words "Life Blueprint."*

*You reach out and take the Life Blueprint. You unroll the blueprint to discover a chronicle of every decision you've made in your life.*

*Feeling confused, you look at the stranger and ask her to explain. "How did you find this? And how is my past going to change the course of my life?"*

*"Change the meaning of your past to the meaning you desire," she responds, "and you will change your future." You tell her that you're confused and don't understand.*

*"I know," she says. "But the moment you accept your past, you'll no longer need to understand, and your future will change." And then she disappears.*

## **Mike Monahan**

Clarity, just like the stranger, often shows up in a moment and disappears just as quickly. The challenge is to hold on to the miracle of the moment without trying to understand what happened.

In my life, the most significant changes often have been miracles that I can't explain. And any attempt to try to claim these miracles through understanding would be arrogant on my part. I believe in miracles; acceptance itself is a miracle.

I only need to take action by keeping it simple and adjusting my plan. And then the miracles of life begin to happen in their own time.

### **FORMING YOUR LIFE BLUEPRINT**

I like the idea of blueprints. After all, I worked in construction for 25 years as a pipefitter. When you think of what's in a building or structure, you need a coordinated, detailed plan. You need a blueprint.

A blueprint is a drawing of what you're building. A set of blueprints consists of an overview or floor-plan drawing and sectional plans or diagrams, which give more detail about each area in the structure. There's ductwork and pipes and electric. If you're going to build a building, you've got to know what you're doing.

People are much the same. We have beliefs inside that have a huge impact on us—these beliefs are a blueprint, an overview, of our plan. I call it a "Life Blueprint."

Here's an example, using my old Life Blueprint: I've worked hard my entire life and feel like I've always been behind everyone else. I think that my job is to fight my way through life and not trust many people. I can figure

## **Your Future Is Stuck in Your Past**

most things out on my own, so I don't need to ask for help.

My sub-beliefs or Life Blueprint sectionals come from two parts of my childhood. First, when I failed the third grade, I felt stupid. Second, my mom wouldn't let us have friends over to our house because my dad always came home drunk and she didn't want anyone to know.

We focus on the little things in our lives, the sub-beliefs or blueprint sectionals, and sometimes we are totally unaware of how they affect our overall Life Blueprint.

But that Life Blueprint is driving our behavior, even while we're looking at a smaller section and thinking, "Why am I not getting the results I want?" It's because you're looking at only one section. It's a narrow view. If you looked at the whole Life Blueprint, you'd say, "Wow! So that's why this is happening. My results are right here on the Life Blueprint. I am getting what I want—even though I complain about it!"

When things aren't going the way I want them to, I want to cry foul as if life has passed me by, when in reality, I decided I wasn't smart enough to succeed even though I said I would. In the end, the first 40 years of my life were a struggle of failing and succeeding until I changed my Life Blueprint.

When I lived my life according to my original Life Blueprint—fear, confusion, second-guessing and defensiveness—it was tough for me to be successful with those traits. By changing my Life Blueprint—knowing that I make good decisions, being accountable, taking risks, trusting myself, and acting with clarity and commitment—I've ended up with great results.

## **Mike Monahan**

I don't feel like I've done anything flashy in the last 25 years, but I've been more consistent in my new model and act each day in small ways so my results line up with my new Life Blueprint. I've exceeded by 10,000 times anything I would've ever expected from a daydreamer who failed the third grade.

Consistently making small changes—the one-degree shifts—and acting on your new Life Blueprint every day will lead to a great life.

### **YOUR LIFE BLUEPRINT AND YOUR LEVEL OF SUCCESS**

Remember a key point: Your beliefs—or Life Blueprint—determine your level of success. With my old plan, I could only succeed to the degree of what I knew. I thought what I knew was real and true, so all of my actions flowed out of that.

Nothing is real until you decide it is. What I thought was real when I was growing up isn't real in my life today.

All you have to do is examine your current results closely, and you'll see they align with your beliefs. If you look at the results in your life right now, they aren't coming out of nowhere. They're built on some type of belief. Keep in mind that forming a Life Blueprint is only one part of the formula. The second part is being aware, which is critical to taking action. For example, if I lack awareness, I eventually find I'm in default mode, trying to do everything on my own. Why? Because with my old Life Blueprint, I believed I couldn't trust others.

Where did you form these early ideas that are driving the results of your life? If you examine your results closely—and get past the judgment about these results—you begin

## **Your Future Is Stuck in Your Past**

to see what's on your Life Blueprint. You begin to see what your beliefs are.

Once you look at your results, you may change your behavior short-term. But if you don't change your beliefs, you'll always default to your old Life Blueprint—just like failing with a fad diet or an addiction or a New Year's resolution.

The reality is that most people try to change the outward action while the internal beliefs remain the same. If we don't change the Life Blueprint, if we don't change the beliefs, we always feel like we're giving up something or we're being deprived. Anytime we're deprived, in a weak moment, we always go to default mode. It's like your computer. If you don't move the mouse, eventually the screen goes blank.

We're the same way. If I want to take an action that's counter to my old beliefs, I've got to be on my game. It takes commitment to stay alert. The moment I lose focus, I risk going back to my old habits, my old beliefs, my old Life Blueprint.

### **THE EMOTIONAL PULL**

How do we begin to change our Life Blueprint? This isn't easy to do. It's tough to change our belief systems. But I think that we can learn how to get out of our own way. It's about awareness. It's not that we're going to get rid of our internal beliefs, but we can find new ways to get our needs met that make more sense.

For example, when I failed the third grade, I felt like I was stupid. But even though I felt stupid, I still had the need to feel smart. We all try to fill our hidden needs, and I found ways to get my needs met. In order to feel smart,

## **Mike Monahan**

I would set up people by arguing with them and trying to look smarter than them. I felt smart in the moment, but it never lasted long. And everyone paid a price for my insecurity.

In order for you to improve your Life Blueprint, you must change your image and your actions. With my new Life Blueprint, instead of arguing with people so I can feel smart, I teach personal-development seminars where people pay me to hear what I have to say. That's way more fun! The need to feel smart doesn't go away, but I find more appropriate ways to get my needs met.

To change a belief, it's important to develop a new and stronger emotional reason to take action and move toward what you say you want. For example, I struggle with weight. I like to eat! If I think about losing weight, I think "punishment." I think "treadmill, half-portions and healthy foods." This sounds like torture to me.

My emotional reward for being healthy is that I want to teach the Basic seminar (offered by the Cincinnati nonprofit Life Success Seminars) to my grandchildren—and 16 years old is the minimum age to attend the seminar. I have a granddaughter who was born in October 2011, so I'll be 80 when she participates in the seminar. That means I must stay fit!

The idea of teaching my grandchildren helps me to stay committed to working out. I still need to lose weight, but I don't have to get caught up in it. I'm committed to staying fit so I can live to 100 and beyond. And I'm taking action to make sure that happens.

## Your Future Is Stuck in Your Past

### **POSSIBILITY: WHAT CAN BE**

This is a book of possibility—what can be instead of what has been. We'll talk about your Life Blueprint—your belief system—that reveals exactly why your life is the way it is. And, most importantly, we'll explore the four key steps to changing your Life Blueprint, to making positive changes and achieving success in your life:

1. *Know what you want.*
2. *Believe you can have what you want.*
3. *Communicate what you want to others.*
4. *Take action in the direction of what you want.*

The four steps to changing your Life Blueprint are simple, yet you'll find that they aren't always easy. Most greatness comes through awareness, dedication and action.

When I talk about the idea of "Life Blueprint," three concepts are critical to success: faith, patience and trust. When I started this work on changing my Life Blueprint more than 25 years ago, the idea of where I was in life and what I wanted was overwhelming. The gap seemed like the Grand Canyon.

"How can I possibly get to where I want?" I thought. "I only have a high-school education, and we're struggling financially. I'm in my second marriage, and we're raising five children. How will it happen? When will it happen? Who will help me?"

Now as I look to my future, it's different. I'm not sure how and when it will happen. And I'm not sure who will help. What I am sure of is my faith that everything will happen in its own time and the right people will assist me

## **Mike Monahan**

in making it happen. It's been that way ever since I changed my Life Blueprint. Faith, patience and trusting myself are all part of my plan now.

All we need to do is have you look at your current Life Blueprint and begin to redesign it into your new Life Blueprint. Here's a reminder: Commit to reading this book in a different way. I want you to read with the belief that *you are successful in everything you are doing right now.*





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