

Decide to replace your fictions with truth. Decide to go big in life. Decide to transform audaciously. Your best self is waiting. Learn to recognize and move beyond your limiting stories to become the person you were meant to be.

DECIDE:

HOW TO REPLACE YOUR FICTIONS WITH TRUTH, GO BIG IN LIFE, AND TRANSFORM AUDACIOUSLY

by TOMÁS GARZA

Order the complete book from the publisher
[Booklocker.com](https://www.booklocker.com)

<https://www.booklocker.com/p/books/10496.html?s=pdf>
or from your favorite neighborhood
or online bookstore.

DECIDE

HOW TO REPLACE YOUR FICTIONS
WITH TRUTH, GO BIG IN LIFE,
AND TRANSFORM
AUDACIOUSLY



TOMÁS GARZA

Copyright © 2019 Tomás Garza

ISBN: 978-1-64438-896-9

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., St. Petersburg, Florida.

Printed on acid-free paper.

BookLocker.com, Inc.
2019

Disclaimer

This book details the author's personal experience with and opinions about personal growth, self-help, and spirituality. The author is not a licensed therapist, social worker, or counselor, and he is not an ordained leader of any spiritual tradition.

The author and publisher are providing this book and its contents on an "as is" basis and make no representations or warranties of any kind with respect to this book or its contents. The author and publisher disclaim all such representations and warranties, including for example warranties of merchantability and spiritual or self-help advice for a particular purpose. In addition, the author and publisher do not represent or warrant that the information accessible via this book is accurate, complete or current.

The statements made about products and services have not been evaluated by the U.S. government. Please consult with your own legal, accounting, medical, or other licensed professional regarding the suggestions and recommendations made in this book.

Except as specifically stated in this book, neither the author or publisher, nor any authors, contributors, or other representatives will be liable for damages arising out of or in connection with the use of this book. This is a comprehensive limitation of liability that applies to all damages of any kind, including

TOMÁS GARZA

(without limitation) compensatory; direct, indirect, or consequential damages; loss of data, income or profit; loss of damage to property and claims of third parties.

You understand that this book is not intended as a substitute for consultation with a licensed medical, legal or accounting professional. Before you begin any change of your lifestyle in any way, you will consult a licensed professional to ensure that you are doing what's best for your situation.

This book provides content related to self-help, personal growth, and spiritual topics. As such, use of this book implies acceptance of this disclaimer.

TABLE OF CONTENTS

ACKNOWLEDGMENTS	ix
A NOTE FROM THE AUTHOR.....	x
WORK WITH TOMÁS	xi
Chapter 1 - THE BRIDGE	1
Chapter 2 - LOVE AND FEAR	7
Chapter 3 - THE EGO	15
Chapter 4 - THE TWO TRUTHS	33
Chapter 5 - OUR STORIES: AN INTRODUCTION	41
Chapter 6 - "THIS JUST ISN'T FOR ME."	49
Chapter 7 - "I'M NOT GOOD ENOUGH."	73
Chapter 8 - "I HAVE MORE IMPORTANT THINGS TO DO FIRST."	103
Chapter 9 - "I'LL HAVE TO GIVE UP WHO I AM."	117
Chapter 10 - "MY FAMILY AND FRIENDS WILL LAUGH AT ME."	149
Chapter 11 - "I'M TOO BUSY."	177
Chapter 12 - "I CAN'T DO ANY OF THIS."	199
Chapter 13 - "I'M BEHIND. THE GROUP HAS ALREADY STARTED."	221
Chapter 14 - "I'M STUCK WHERE I AM."	245
Chapter 15 - "I'LL LOOK RIDICULOUS."	267
Chapter 16 - "I'M OKAY WHERE I AM."	281
Chapter 17 - "IT'S A WASTE OF TIME."	301

TOMÁS GARZA

Chapter 18 - "I'VE TRIED ALL THAT STUFF, AND IT DOESN'T WORK."	323
Chapter 19 - "MY FAVORITE TEACHER IS GONE, SO I JUST WON'T BOTHER."	339
Chapter 20 - THE ROOT OF ALL THE STORIES: FEAR.....	355
Chapter 21 - THE WORK TO DO	373
CONCLUSION	387
Endnotes	391

Chapter 1

THE BRIDGE

You are standing at the edge of a cliff. No, you do not want to jump! You have arrived here because you wanted to change your situation. You still do. Your life is not satisfying to you; you want to do things differently because the same old thing has brought you down, and the place you stand is somewhere that you don't want to be. Perhaps you are broke, maybe in a bad relationship, maybe both at the same time. Your health may be suffering; perhaps you feel listless, just drifting through life. Whatever it is, call it your current state. The cliff overlooks a black abyss, a deep chasm, and you cannot see the bottom. Who knows what lurks down there? Maybe jagged rocks that will tear a falling body to pieces, maybe crocodiles, poisonous snakes, you just don't know. What you do know is you

want to leave your current state, and you don't wish to do so by jumping.

On the other side of this chasm lies a different world. Call it where you want to be. Let's say it contains everything you don't have on this side and wish you did. Maybe it's a slimmer, trimmer, stronger body. Perhaps we're looking at a new career, a higher-paying job, a happier life on the other end of an abusive relationship. It could be anything. The situation will look differently for everyone. All you know is that you wish to change. You have left your hiding place far away and approached the ledge. You can see across to the other side, where people are laughing, smiling, clearly enjoying their lives. You stare across the chasm at them and you want to be there.

So how do you get across the gap? Again, you don't want to jump, and who can blame you? In looking about at your surroundings, you notice a bridge connecting the two sides. It spans the

DECIDE

gap, and yet you stand on your current side of the cliff immobile.

Your immobility has nothing to do with the size or quality of the bridge. We are not talking about a medieval rope bridge that sways in the breeze, nor a rickety wooden plank without handholds. This bridge between where you stand and where you'd like to go is a modern suspension bridge, made of steel and concrete, perfectly engineered. Several people can walk across it abreast. You see guard rails. Everything looks structurally sound, and you have told yourself and the world that you wish to cross, and yet you don't. Something is holding you back.

This something is not somebody else; it is you. No one else can take the first step for you. No one else can make you keep walking once you set out. You and only you are paralyzed. What stops you? You have said for years that you would like to get healthy; you have told all

your friends and confidantes that you want to leave your abusive partner. You have told your partner and friends that you would like to leave your dead-end job with an abusive taskmaster of a boss. So, what stops you?

For one thing, fear.

Guess what, though? Everybody feels fear. It is okay that you're afraid. You stand on the edge of leaving your old world behind, and you know that once you get far enough along that bridge, you will never go back. The bridge curves and rises up to a high point in the middle; once over the crest, you would never want to return. This naturally produces uncertainty—we all have hesitated to make a move before. Fear holds us back. It makes us pause, and when we do, we start to rationalize our indecision. We try to make it okay, and we tell ourselves stories to justify our inaction. These stories are not true and do not help us; in telling them, we give in to fear. We keep ourselves small.

DECIDE

We are expert storytellers. We accept our stories as true. Believe the right statements, and you cross the bridge. Believe the wrong ones, and you stay where you are. You can only dream about what lies on the other side. What is it, then, that will push you into action? Clearly action is what is needed. Really, what will push you to take that first step, then to keep walking?

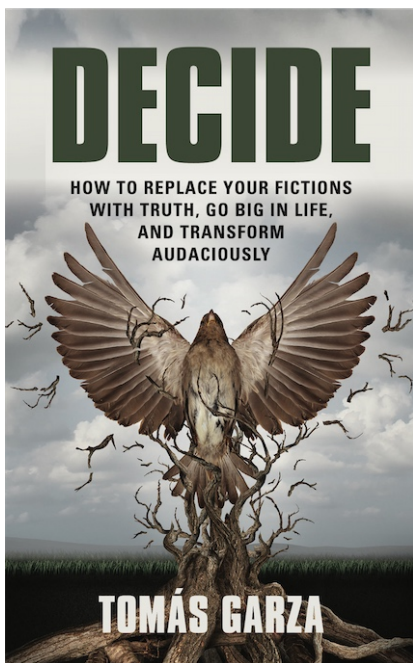
A decision. This will do it. Decide you are crossing to the other side.

Once you have decided, true and empowering statements will help you, the “right stories,” if you will. Believe them, and action will follow. Decide also to abandon the limiting stories; these will keep you stuck and block your growth. Believing the empowering statements, you will find yourself with added energy for the journey. You may even find yourself pushed along your way.

TOMÁS GARZA

What are the right stories, then? What are the wrong ones? We will see, but first you must decide.

The reason you are not on the happy side of the chasm is because you haven't decided to be.



Decide to replace your fictions with truth. Decide to go big in life. Decide to transform audaciously. Your best self is waiting. Learn to recognize and move beyond your limiting stories to become the person you were meant to be.

DECIDE:

HOW TO REPLACE YOUR FICTIONS WITH TRUTH, GO BIG IN LIFE, AND TRANSFORM AUDACIOUSLY

by TOMÁS GARZA

Order the complete book from the publisher
[Booklocker.com](https://www.booklocker.com)

<https://www.booklocker.com/p/books/10496.html?s=pdf>
or from your favorite neighborhood
or online bookstore.