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*"Discovery consists of seeing what everyone has seen, and thinking what no one has thought" --- Albert Szent-Gyrgoi Von Nagyrapolt*

## **Optimize DNA for Transformation**

**By Yu-Chen Chi**

(John Maxwell certified Leadership Trainer, Coach and Mentor)

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**New Heights Partners**

[www.newheightspartners.com](http://www.newheightspartners.com)   [ycchi@newheightspartners.com](mailto:ycchi@newheightspartners.com)   630 881 9094

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## Optimize DNA For Transformation

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*"If you work hard on your job, you can make a living, but if you work hard on yourself, you can make a fortune". --- Jim Rohn, American entrepreneurs, Author and Speaker*



### **GROWTH IS THE EXPANSION BEYOND CURRENT BOUNDARIES**

#### *Growth needs resources*

Since most of us are living a life designed by someone else, we are customized and get used to the life we are living now. Therefore, we might need help from outside sources to help us in identifying our challenges or constraints that have prevented us from making progress. Think about how you are going to invest your growth this year so that you can optimize your DNA.

#### *Growth needs nurturing*

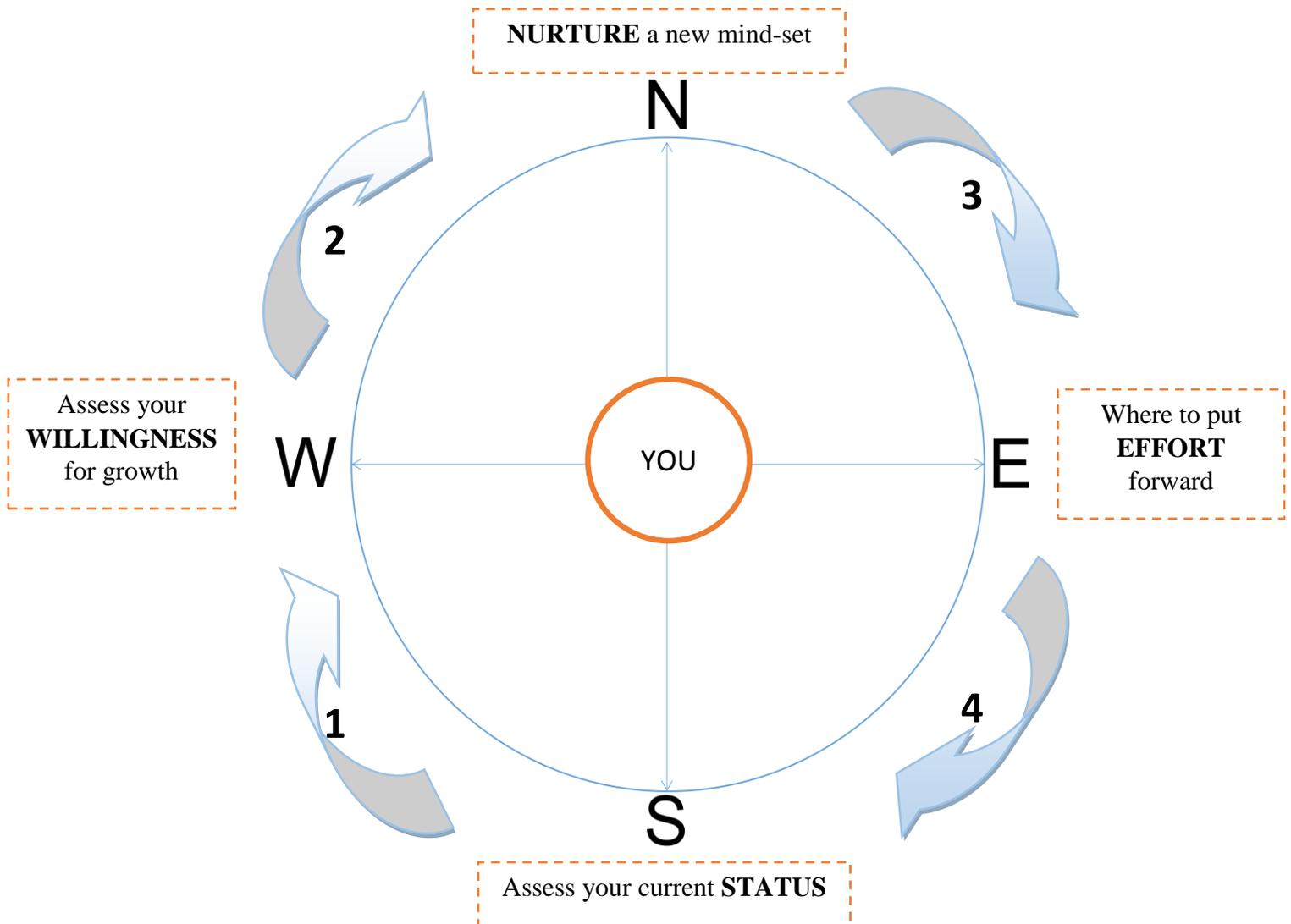
Growth needs to be nurtured. When we plant a seed, the seed needs soil, nutrients, water, and light to grow. If we neglect to nurture our soul, our mind and our body, we may live the same lives year after year and refuse to make a change. Then, if suddenly, an unplanned change occurs, we lose our balance, which might lead to frustration, hopelessness or depression,

#### *Growth needs learning*

Growth requires constant learning. We will gain new knowledge through learning. Knowledge can be identified as the cause of an outcome. If the outcome is desirable, we know what to do in order to achieve that outcome. Please remember that "LEARNING" means changing certain behaviors. The "skill of learning" is about developing integrity and overcoming barriers.

## Optimize DNA For Transformation

Optimize DNA for transformation is a growth process. We will work through a 360° growth circle to learn what it takes to experience growth. It starts from south, west, north and east.



This process will help you think differently, so you can make a shift and plan for growth.

# Optimize DNA For Transformation

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## *D-component: Discovery*

### South - Status

Until you are aware of where you are and where you want to be, you will have difficulty making changes in the direction of your life or business. Spend a few minutes to assess the following:

		<b>Where you are</b>  1 = Lowest 10 = Highest <b>(Rank 1 - 10)</b>		<b>Where you want to be</b>  1 = Lowest 10 = Highest <b>(Rank 1 - 10)</b>	<b>Gap</b>
Personal Growth					
Body/Health					
Spirit/Belief/Faith					
Career or Business					
Family Life					
Significant Others/Romance					
Relationships (Friends, Relatives and Co-workers)					
Finance & Home Maintenance					
Social Life (Fun & Pleasure)					
Community life (Voluntary)					

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## D-component: Developing

### West - Willingness

Upon discovery the gap from where you are to where you want to be in the areas of personal growth, spirit, health, relationships, finance and career, you need to have strong will or desire to grow in order to close the gap.

#### Let's assess where you are at in your growth journey

Find out: Are you on accidental growth path or intentional growth path?

<b>Accidental Growth</b>	<b>Where you are</b> 1 = Lowest 10 = Highest <b>(Rank 1 - 10)</b>
Plans to start tomorrow	
Waits for growth to come	
Learns only from mistakes	
Depends on good luck	
Quits early and often	
Falls into bad habits	
Talks big	
Plays it safe	
Thinks like a victim	
Relies on talent	
Stops learning after graduation	
<b>Total score</b>	

<b>Intentional Growth</b>	<b>Where you are</b> 1 = Lowest 10 = Highest <b>(Rank 1 - 10)</b>
Insists on starting now	
Takes responsibility to grow	
Learns before mistakes	
Relies on hard work	
Perseveres long and hard	
Fights for good habits	
Follows through	
Takes risks	
Thinks like a learner	
Relies on character	
Never stops learning	
<b>Total score</b>	

Data Source from John Maxwell: "*The 15 Invaluable Laws of Growth*")

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### *N-component: Nurturing*

### North - Nurturing

Now you have identified areas in which you want to grow. In order for growth to take place, it requires nurturing. When we plant a seed, the seed needs soil, nutrients, water, and light to grow. The same applies to us. Growth is a process.

John Maxwell in his book - **The 15 Invaluable Laws of Growth** illustrated that "There are no successful day traders in personal growth development. What matters most is what you do day by day over the long haul". He introduced five phases of personal growth.

<b>Five phases of personal growth</b>	<b>Reflection and Action</b>
<i>Phase 1</i>  I DON'T KNOW WHAT I DON'T KNOW	As long as you don't know what you don't know, you aren't going to grow.
<i>Phase 2</i>  I KNOW THAT I NEED TO KNOW	To be conscious that you are ignorant of the facts is a great step to knowledge.
<i>Phase 3</i>  I KNOW WHAT I DON'T KNOW	What can you realistically do on a continual basis to bring you closer to becoming a successful and influential person?  What is your plan for growth?
<i>Phase 4</i>  I KNOW AND GROW, AND IT STARTS TO SHOW	Ask yourself – “How hungry are you to learn and glean and grow?”  When you recognize your lack of skills and begin a daily discipline of personal growth, exciting things start to happen.
<i>Phase 5</i>  I SIMPLY GO BECAUSE OF WHAT I KNOW	Once you have studied and created a day-to-day process, your instincts will guide you on your journey – this is “The Law of Process”.

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One of the most important starting steps is to nurture your mind. Laozi (ancient Chinese philosopher) said: "Thoughts affect behavior, behavior affects habits, habits affect character, and character affects destiny".

Changing your thinking will change your life. Be open to outside inputs; especially from a mentor or coach, which can bring you energy and guidance to advance your life and business.

## Jim Rohn's Formula for Success & Failure

Just a few acts of self-discipline...

Practiced daily...

Over a reasonable period time!



Choice



Just a few errors in judgments...

Practiced daily...

Over a reasonable period time!



## *A-component: Awareness*

### East - Effort

Where do you put your effort in attempting to improve your current status?

*Alvin Toffler said: "The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn".*

Unlearning happens when you are open to a new prospective to the things you already know.

Relearning happens when you accept a new perspective and appreciate your knowledge from that perspective.

When you put your effort in increasing your self-awareness, you will be able to shift your paradigms (A group of unhealthy habits that is holding you back).

#### Seven Level of self-awareness

1. Animal	Fight, React vs. Respond
2. Mass	Follow the crowd
3. Aspiration	Desire without action
4. Individual	Express uniqueness
5. Discipline	Give oneself a command and keep it
6. Experience	Real learning
7. Mastery	Respond vs. React

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## Action steps

*"Don't let your learning lead to knowledge; let your learning lead to action." ---Jim Rohn*

Go back to South (Status Session) and select one of the areas you want to make changes in 2017:

Your target area of improvement: \_\_\_\_\_

Where are you now?	Where do you want to be by the end of 2017?

In order to close the gap, please answer the following questions:

What do you need to learn, unlearn and relearn?

What price are you willing to pay to get where you want to be?

What habits do you need to change that will add value to your future?

Your Action Steps	Target Date	Commitment level (1 to 10)