



Session #1 | Preston Ely

Study Guide

Key Ideas

- Freedom is the root of all happiness, purpose and meaning in life.
- Preston's definition of FREEDOM: The ability or the power to do what is loving and right.
- Two components of Preston's success:
 - (1) Attitude (refusing to lose)
 - (2) A never-ending quest for truth
- Pain now (rather than ignoring or putting it off) is the way of the Champion... the way of the true warrior.
- Every important aspect of your life (spiritual/relational, mental/emotional, financial, physical) requires a sacrifice in order to achieve wholeness or success.
- The difference between "cause" and "effect" (or "symptom"). For example, financial freedom is an effect, or symptom, resulting from other choices or actions you have taken (the cause).

Opportunities for Self-Reflection

- Would you characterize your life as it is now as "one-dimensional"? If so, what is lacking?
- Are you prepared to welcome pain into your life if it means a greater good will follow?
- What aspect(s) of your life (spiritual/relational, mental/emotional, financial, physical) would benefit from exploration and sacrifice?