
To my children:
Work harder than the best.
And before you know it you will be trying to
Work harder than yourself!

(MESSAGE)

The Race Against Time

INSPIRING THE BRAIN TO THINK!

Dedicated to the Reader!

My intention when writing this book was to stimulate your thinking. To encourage you to think outside the box. To inspire you to reach for the stars and become more than you might believe yourself to be. This is not a book of answers, but a collection of questions and thoughts meant to guide you - to prompt you to seek your own answers, to uncover your life's destiny.

This book represents my personal journey. I'm not an expert, but I'm always learning. I wrote this book as I learned and progressed in my life. Therefore, I hope it helps you on your own journey, just as it has helped me gain the skills and knowledge to create the future I aspire to.

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CONTENTS

Introduction –	Page 6
<u>Chapter One:</u> Make That Change –	Page 11
A Story of Change – Defining Desires –	Page 15
7 Key Concepts of transformation –	Page 21
<u>Chapter Two:</u> What Do You Want Out of Life? –	Page 24
The Tale of Ask and You Will Receive –	Page 28
<u>Chapter Three:</u> Goals –	Page 32
The Rise - A Journey from Desolation to Triumph –	Page 37
<u>Chapter Four:</u> Staying Motivated –	Page 41
Focus - Focus: Unveiling the Path to Success –	Page 47
<u>Chapter Five:</u> Luck –	Page 51
Lucky Me (poem) –	Page 62
<u>Chapter Six:</u> Human Nature –	Page 65
The Conveyer Belt – Can you break free –	Page 71
<u>Chapter Seven:</u> Being the Best You –	Page 74
Discovering Self-Worth –	Page 78
<u>Chapter Eight:</u> Money –	Page 82
Financial Changes –	Page 87

Chapter Nine: *The Race Against Time* – **Page 95**

The paradox of Time – **Page 99**

Love – **Page 103**

My Daily Mindset – **Page 107**

Ponder On This – **Page 116**

Letter To Myself – **Page 118**

About The Author – **Page 122**

Q&A – **Page 124**

Introduction

Why is life often likened to a race? Simply put because the unpredictable nature of tomorrow underscores the urgency of the present. The journey to success isn't necessarily a mad dash to the finish line, but rather a pursuit to reach your desired destination before ending up where you'd rather not be, and before the window of opportunity closes.

Who desires to find themselves on their deathbed or in the twilight years, burdened by the weight of regret? While I may not be advanced in years, I can already envision the bitterness of wishing I had seized more from life, striving to improve it for myself and my progeny.

You've likely encountered the adage "It's never too late to start anew." This maxim holds true - it's entirely within your power to reshape your trajectory at any juncture, as the shadow of failure only creeps in when you relinquish the struggle.

So, ask yourself – what kindles your passion? Better yet, what pursuits lie dormant due to the fear of failure? Amidst the cacophony of doubts, it's easy to forget that the possibility of success exists.

Jim Carrey once shared a profound insight that set my introspection into motion. He articulated, **"You can fail at what you don't want, so you might as well take a chance on doing what you love."** This nugget of wisdom resonates deeply, as it uncovers the allure of comfort versus the fulfilment of passion.

In truth, many gravitate towards the path of least resistance – the monotonous nine-to-five, a choice borne not out of fervour but out of necessity. Somehow, we've been schooled in surviving rather than thriving. Yet, it is upon you as an individual to surge forth and claim what's rightfully yours. Charles Bukowski's piercing critique of the nine-to-five grind encapsulates its folly – **"How in the hell could a man enjoy being awakened at 6:30am by an alarm clock, leap out of bed, dress, force-feed, shit, piss, brush teeth and hair, and fight traffic to get to a place where essentially you made lots of money for somebody else and were asked to be grateful for the opportunity to do so?"**

Does this not spark a longing for self-sufficiency or at the very least a craving for something more substantial? If not, then what's the basis for complaint? I believe it ignites a yearning within you, else you wouldn't be perusing these pages. And if I haven't yet succeeded in kindling that spark, perhaps Ellen Goodman's words will:

"Normal is getting dressed in clothes that you buy for work and driving through traffic in a car that you are still paying for – to get to the job, you need to pay for the clothes and the car, and the house you leave vacant all day so you can afford to live in it.

This might appear ordinary, but does it feel right? Does it correspond to the life you envision for yourself? The resounding answer, I presume, is no. Ask yourself, what is the essence of your existence? Or, more poignantly, were you brought into this world solely to clear invoices, labour tirelessly, raise offspring, and then depart, leaving them bereft, or worse, burdened with your legacy of debts and unrealized ambitions?

Harsh as this might sound, it often holds true, yet it need not remain so – the power of choice is yours. Admittedly, some content themselves with the conventional nine-to-five, and that's valid. However, find solace in your chosen path or, even better, if longevity is your intent, strive for a vocation that fuels your passion.

Do not merely lament your circumstances without endeavouring to alter them. Do not shift blame onto others for your setbacks or the misfortunes you've endured. Your journey is uniquely yours, and your choices today sculpt the path that your tomorrows shall tread.

***If you do what you need, you're surviving.
If you do what you want, you're living. (Unknown)***

LET'S BEGIN

Now first let me just say in no way, shape or form is this book telling you how to live your life, or telling you that the methods I use will work for you, as everybody is different.

All I say is, just read it with an open mind, and my goal is that it inspires the brain to start thinking in a different way.

This book will let you know how my mind works, the things

I do to stay focused, positive and most of all HAPPY.

This is my story, and my journey to manifest the best version of myself.
in my own words...

***Life moves so fast you must run to stand still.
Don't waste it! (Unknown)***

Chapter One

Make That Change



Initiating Transformation

When the impulse to initiate significant change in your life emerges, its source can be as varied as pain, a stroke of luck, or even hitting rock bottom. Among the potent catalysts for change is fear – the fear of stagnation, the fear of rejection, the fear of failure, and more.

In my case, this urge for transformation arose from the conviction that life must offer more than the prescriptive path society lays out. From the moment of our birth, a predetermined life script is handed to us: grow up, attend school, secure a job, start a family, raise children, demonstrate the art of living until age takes its toll, and then depart, making way for the next generation to replicate this cycle (provided you're fortunate enough to have progeny).

However, if aspirations of something greater than this trajectory stir within you, or if nostalgia for a life richer in meaning prevails, the impetus for change must originate from you. Society equips us with basic tools for survival, but seldom imparts the wisdom needed to thrive.

It's intriguing how a slew of the world's most triumphant entrepreneurs chose to chart their own course, defying the conventional wisdom of pursuing a college or university education. This, to me, underscores that academic accolades don't guarantee success or affluence. Education undoubtedly holds value, yet it's imperative to recognize that these visionaries didn't achieve greatness through serendipity or sheer intellect alone. Their triumphs materialized from an unwavering passion for their ambitions. They were unyieldingly clear about their objectives, and they displayed an unswerving commitment to attaining their desired state of existence.

I don't mean to imply their journeys were unburdened by hardships – quite the contrary. I'm certain they confronted failures, numerous and perhaps disheartening ones, yet the crux of their triumph lies in their unrelenting perseverance. They were impervious to the cacophony of naysayers. They abstained from the allure of complaint and the lure of blaming external circumstances. Their eyes remained unwaveringly fixed on their goals, fortified by an unshakeable belief in their own potential.

In this realm, there exists scant room for fear or uncertainty, for doubt holds the potency to quash even the most splendid dreams. The reservoir of our potential is boundless – its extent should never be curtailed; it's a realm where possibilities are limitless. Should your

aspirations commandeer your every thought, then catalyze the change.

The act of transformation is a cognitive shift. Proclaiming, "I'm determined to change," is but the preamble; the true voyage to transformation commences in your mental realm. A crucial factor is the alteration of thought patterns. That said, if reshaping these mental paradigms doesn't occur at the snap of a finger, you must commence by recalibrating your thought processes. In my experience, "A Bug Free Mind" by Andy Shaw illuminated this journey for me, serving as an invaluable guide to transition from perceiving myself as a mere pawn in the nine-to-five world to one who is unequivocally worth more.

***Change starts with you. Change starts with me.
Change starts with all of us. (Judy Hopps, Zootopia)***

A Story of Change - Defining Desires

His name is Tyrell. At fifteen years old, he shared a modest three-bedroom council flat in South London with his mother, alongside his older brother Max, aged seventeen, and elder sister Nicole, at twenty-one. As the youngest, he often gazed up to his siblings, albeit plagued by a lack of confidence in his own right. He frequently found solace in solitude, a habit compounded by the sibling taunts of having no friends, being overly bashful, and even labeled a "cry baby."

The shadow of Tyrell's father looms large, cast by his early departure when Tyrell was a mere seven months old. Consequently, Tyrell remains devoid of any recollections of his father's presence and has been bereft of his influence ever since. According to his mother, Tyrell's father wasn't exactly a virtuous man; all he seemed to have contributed were three beautiful children, entwined with a cascade of stress.

All that remains of Tyrell's father is a single photograph, a haunting image of a man whose actions cast his family into a realm of hardship. Tyrell's older brother, Max, lacks the clear memory of their father due to his tender age at the time of departure. In contrast, Tyrell's sister, Nicole, possesses a mosaic of memories, mostly consisting of his

shouts at their mother and evenings spent indulging in drink. Nicole, however, can recall his sweet gestures, manifesting as gifts of confectionery and moments of kindness.

The future of Tyrell's relationship with his father remains uncertain. The trio of siblings has long abandoned any anticipation of his return. As far as they are concerned, his fate remains an enigma, raising the question of whether he even survives.

The seeds of transformation were sown within Tyrell's subconscious one fateful day. He dreamt of being someone significant, someone who could instigate profound change in the world. He confided in his mother about this dream, but her response was dismissive. She brushed it aside with the words,

"It's only a dream. Now can you bring down all that washing you've got in your room, or do it yourself for once?"

Tyrell's mother, a single parent courageously raising three children alone, operates on a different plane. She isn't an inadequate mother, but rather a woman preoccupied by the urgency of paying bills, sheltering her family, and providing sustenance. Dreams and fantasies find little

space within her realm of responsibilities.

Engulfed by the demands of her job, her presence at home is fleeting. Finding moments to spend with her children is an uphill battle, given her relentless work schedule. This dearth of time inevitably casts its influence on her children, Tyrell included.

In characteristic fashion, Tyrell internalizes the external perspective, allowing the dream to fade into obscurity. Days elapse, and the dream revisits him. The repetitive nature of the dream triggers a realization – there must be a deeper meaning to it. Could this recurring dream hold the key to his true purpose in life? Tyrell decides to capture the essence of the dream by transcribing his visions and crafting images of the scenes he encountered before returning to slumber.

Morning illuminates a shift in Tyrell's disposition. A newfound energy courses through him, infusing him with heightened confidence for the day ahead. His inexplicable positivity propels him forward, albeit without an understanding of its origin.

Driven by curiosity, Tyrell reveals his dream to his science teacher, offering the hand-drawn images as testament. The teacher's response comes as a surprise – dreams, he

explains, often serve as messengers, attempting to guide one's life trajectory. Tyrell's teacher inquires about his aspirations, urging him to contemplate what he envisions for his future.

Unsure about his path, Tyrell grapples with the question. The teacher probes further, asking if there are aspects of his life that require change. Tyrell hesitates, ruminating on his shortcomings. He silently acknowledges his desire for self-improvement, a yearning to enhance his self-assuredness and outlook on life. Though he doesn't voice these thoughts, a sense of inadequacy pervades his response.

As night falls, Tyrell confronts the prospect of metamorphosis. His contemplations lead him to a powerful epiphany: he must become the change he wishes to witness in his future. Dwelling on past actions is futile; the present is his canvas for transformation, a canvas he must paint with decisive actions to shape the future he craves.

Tyrell embraces a new ritual – chronicling his daily thoughts and actions, categorizing them as positive or negative. Initially, negativity dominates, but gradually, a shift transpires. A surge of optimism surges through him, and he realizes that the mood with which he falls asleep

colors his waking state. This newfound positivity fuels his readiness for each day, solidifying his self-assurance.

Over time, Tyrell evolves. He recognizes that external opinions hold little sway; self-perception is the ultimate arbitrator of his value. This insight propels him toward his chosen trajectory, infusing his pursuits with newfound determination.

Upon completing school and enrolling in college to study business, Tyrell radiates ambition and self-assurance, both of which astound his mother. His transformation spans the realms of personality, social interactions, and interpersonal skills – all accomplished in a remarkably short span.

Tyrell's siblings, Max and Nicole, witness his profound metamorphosis. His growth commands their respect, extinguishing their former inclination to tease their younger brother. Tyrell, now a wellspring of sound decision-making, becomes their sought-after advisor, even their occasional financial support.

Tyrell transcends his former self, evolving from a reticent schoolboy to a poised and calculated entrepreneur. By the tender age of nineteen, he founds his own business.

The pivotal spark? The realization that he possesses the power to mold his destiny.

His journey ignites with a dream – a dream that intimated world-changing potential. Perhaps he will eventually alter the course of history, but his initial transformation commences from within. This inner transformation is what his dream sought to convey. We all encounter signs pointing to the need for change, akin to Tyrell. He resolved not to let life drift by passively. He grasped that authentic happiness requires life to be led on his terms. Tyrell grasped the reins of his existence. He embraced failure and resilience, discarding all vestiges of fear. He assumed the mantle of the change he aspired to, guided by intuition and heart. The outcomes he reaped testify to the veracity of his risk-taking approach.

7 Key Concepts of Transformation

1. **Mental Shift: *Unleashing Change*:** Initiating a profound transformation in life is tantamount to undergoing a mental shift. The process commences from within, entailing a recalibration of thought patterns and perspectives. It's about transitioning from merely wishing for change to wholeheartedly embracing it.

2. **Unforeseen Catalysts: *Seeds of Change*:** Life-altering transformations can be triggered by the unlikely of catalysts. A chance encounter, a fleeting thought, or a moment of clarity can set in motion the remarkable journey towards a new reality. The potential for change exists everywhere; one must only recognize it.

3. **Architect of Change: *Empowerment to Transcend*:** The power to enhance your life rests squarely in your hands. Seeking a better existence, one marked by improved memories and experiences, necessitates your active involvement. Waiting for change to be orchestrated externally is a futile endeavour; embracing your role as the architect of change is the first step.

4. **Focused Determination:** *Gaze Upon the Prize:* The pursuit of transformation demands unwavering focus and resolute determination. Keep your gaze fixed upon your aspirations. Believe in your capacity to surmount challenges and reach your objectives. Your belief in the journey ahead shapes the path you tread.

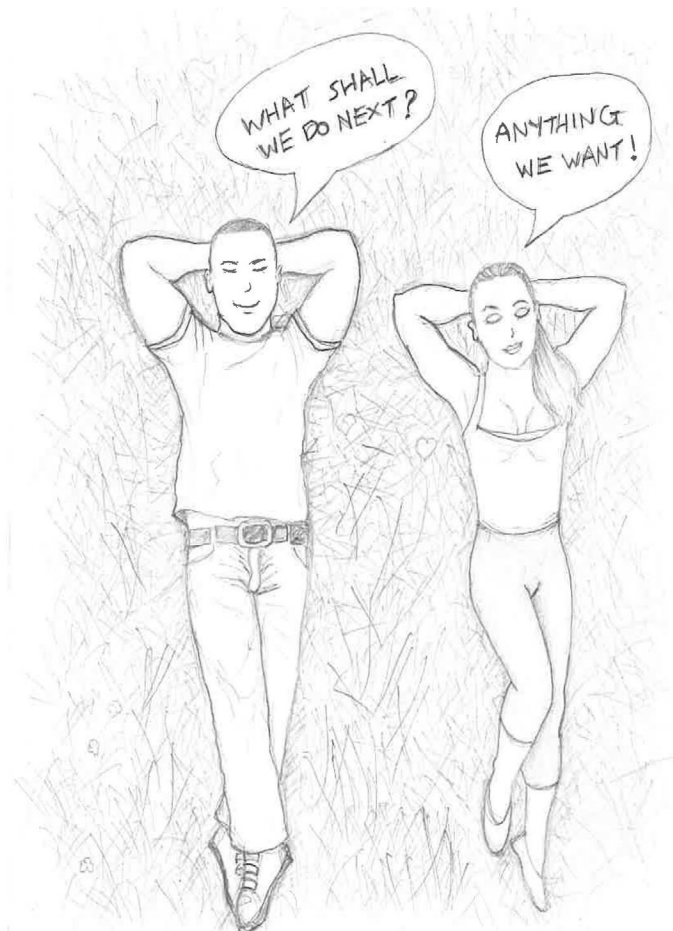
5. **Extinguishing Doubt:** *Forge Ahead Boldly:* Doubt possesses the potential to extinguish even the most fervent dreams. The shackles of uncertainty must be shattered. Recognize your limitless potential and refrain from imposing artificial limitations. Every bold stride forward is a testament to the boundless horizons of possibility.

6. **Yearning for More:** *Answering the Call:* If an unrelenting sense of longing pervades your existence, recognize it as a clarion call for change. Emotions often serve as guides, urging us to transition from the mundane to the exceptional. Heed the yearning for more; it is an invitation to create a life where your heart thrives.

7. **Perseverance Amidst Struggles: *The Unwavering Resolve***: Embarking on a significant life overhaul is a formidable undertaking. Challenges and setbacks are inevitable companions on this journey. However, the significance of the change's importance fuels your unwavering resolve. Embrace setbacks as stepping-stones, for relentlessness is the hallmark of those who realize the significance of their transformational odyssey.

Chapter Two

What Do You Want Out of Life?



The Power of Choice and Perception

No matter the path you tread in life, always remember that it's a conscious choice. Whether you embrace idleness or self-reliance, your attitude emerges from the core of your being. It's a reflection of your thought patterns, and the remarkable truth is that your life can undergo a profound transformation simply by altering these cognitive pathways.....