

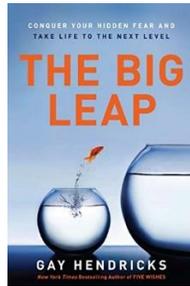
CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money



THE BIG LEAP

Conquer Your Hidden Fear and Take Life to the Next Level



BY GAY HENDRICKS, PHD

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226 PAGES

“The book shows you how to establish yourself in your Zone of Genius, beginning with a modest investment of ten minutes a day and culminating in spending upwards of 70 percent of your time expressing your true genius in the world. I hit the 70 percent mark in the mid-nineties, and rebirthed myself at midlife into a previously unimaginable degree of success in love, financial abundance, and creativity. That’s what I want for you. If that’s what you want for you, you will find precise tools here for identifying your natural genius and expressing it in the world.” – Gay Hendricks from *THE BIG LEAP*

BOOK DESCRIPTION (from Amazon)

“Gay Hendricks is a great role model for true success. He enjoys abundance and a deep connection with his own spiritual essence, and at the same time has lived for three decades in a thriving marriage. Now, he shows us how to do it for ourselves.”

— Mark Victor Hansen, co-author of *Cracking the Millionaire Code*

In The Big Leap, Gay Hendricks, the New York Times bestselling author of Five Wishes, demonstrates how to eliminate the barriers to success by overcoming false fears and beliefs. Fans of Wayne Dyer, Eckhart Tolle, Marianne Williamson, and The Secret will find useful, effective tips for breaking down the walls to a better life in The Big Leap.

NOTE INTRODUCTION

CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

Making the big leap is what this book is all about! Gay does a tremendous job of helping you identify those barriers within that are holding you back. The book is filled with practical questions that you really need a full journal to work through!

He discusses how we all have a self-imposed upper limit that regulates our success in life. We need to learn to take the big leap over that and enter our Zone of Genius

What is possible for you? Why not make the leap? Don't find yourself rusting from the inside out! Honor your agreement with the universe and leap into the reality you were born to do!

Get your copy of the book here, [THE BIG LEAP!](#)

Let's dive right in and discuss some great takeaways from this excellent book!

FEELING GOOD ALL THE TIME

"Am I willing to feel good and have my life go well all the time? At first glance, you might ask who wouldn't say yes to all of these questions. Well, for many of us, the idea of all of this positive emotion seems far-fetched to begin with. It is easy for us to just assume that with the positive comes the negative. To that I say, 'Why not get willing, and see what happens?' We humans have a long and wonderful history of transcending our beliefs about what's possible. In the early days of the steam-powered train, learned scientists urged capping the speed at thirty miles per hour because they believed that the human body exploded at speeds greater than that. Finally some brave people risked going beyond that limiting belief and found that they did not explode. I think we're approximately at that same stage of development with regard to our ability to feel good and have our lives go well." – Gay Hendricks from *THE BIG LEAP*

Wow! Is it possible to truly feel good and have life go well all the time? That is what Gay is challenging us with this book.

As therapists we all understand that we are products of our beliefs and what is possible is limited by those very beliefs.

Gay is challenging us here to expand our belief system to believe that feeling good all the time can happen.

I found some great humor when he wrote about scientists fearing humans would explode beyond thirty miles per hour, LOL! History is filled with many other such limiting beliefs like no way air travel could ever go beyond the speed of sound (mach 1)! And no one could ever run a mile in less than four minutes! Now this happens all the time!!!

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Essentially, when we utilize our bravery and risk going beyond what we feel is possible for us, then we have the ability to make the big leap!

I will end this takeaway by citing Gay's questions he asks the reader in the beginning of the book. Spend some time answering these questions for yourself:

"Am I willing to increase the amount of time every day that I feel good inside?"

"Am I willing to increase the amount of time that my whole life goes well?"

"Am I willing to feel good and have my life go well all the time?"

"Are you willing to take the Big Leap to your ultimate level of success in love, money, and creative contribution?"

THE DEAL YOU MADE WITH THE UNIVERSE

"You know deep inside you that you will never be fully satisfied until you have anchored yourself in your Zone of Genius. To do less would be to hold back, and long ago you made a handshake deal with the universe that you wouldn't do that. The seductive comforts of success, though, can lull us into accepting the status quo. In that state of comfort, it's easy to forget the deal you made with the universe to use yourself fully." – Gay Hendricks from *THE BIG LEAP*

Gay refers to your highest upper limit as your "Zone of Genius!" Making the big leap is all about making that leap into the Zone of Genius!

However, he goes a bit further by reminding you of the deal you made with the universe. Wait...what deal?

You know, that deal where you agreed to live your life to your fullest and not hold yourself back! A seedling agreed to become a full vibrant large tree! You agreed to become a full vibrant living human being operating in the zone of genius!

The book "The Secret" and many other books discuss in great detail the power of partnering with the universe to create and make things happen! Exactly!!! As that was the deal you agreed to.

The universe will give you what you put into it. I remember going to basketball camps in my youth. The coaches would always say, "you will get out of this what you put into it!" Live works the same way.

What have you been putting into the universe? Have you held up your end of the agreement?

YOUR INNER THERMOSTAT

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"Each of us has an inner thermostat setting that determines how much love, success, and creativity we allow ourselves to enjoy. When we exceed our inner thermostat setting, we will often do something to sabotage ourselves, causing us to drop back into the old, familiar zone where we feel secure... Unfortunately, our thermostat setting usually gets programmed in early childhood, before we can think for ourselves. Once programmed, our Upper Limit thermostat setting holds us back from enjoying all the love, financial abundance, and creativity that's rightfully ours. It keeps us in our Zone of Competence or at best our Zone of Excellence. It prevents us from living in the ultimate destination of the journey—our Zone of Genius." – Gay Hendricks from *THE BIG LEAP*

I really love this analogy! As therapists, we truly understand how our early experiences have shaped our lives and stories about ourselves. Those early beliefs we learned about what is possible for our lives. And how those things are seem to keep us in a comfortable place in our lives.

Well that is exactly what this thermostat is all about! Gay does a tremendous job of letting the reader know that whenever you have great success or are feeling great, that you will then sabotage that and bring yourself back to your normal level of functioning, much like a thermostat!

How many times have you done really well and feeling great, then all of the sudden you did something and there it goes? Your balloon has deflated! The wave you were riding has now crashed!

So what has been holding you back? Look to where your upper limit thermostat setting has been set at. Once you hit that upper limit...uh oh...scary time...must go back to what is normal for you!

The idea...make the leap beyond that upper limit! But to do so, you need to shine a flashlight on those limiting beliefs and stories holding you back!

JUST SMILE AND WAVE AT YOUR FEARS

"Unless you're very lucky or very enlightened, you're likely to hear those nattering voices and feel those nagging fears within you. They're part of the deal. I won't try to talk you out of them, and you shouldn't try to talk yourself out of them, either. Just notice the voices and feel the fears. That's all you need to do with them. You don't need to rid yourself of them. Where would they go, anyway? All you need to do is acknowledge them, wave to them, let them know you're aware of them. Then get busy learning to live in your Zone of Genius." – Gay Hendricks from *THE BIG LEAP*

I absolutely love the penguins in the movie Madagascar! One of my favorite lines is where Skipper says, "Just smile and wave boys, just smile and wave!"

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I totally thought about that movie line when I was reading this big takeaway! Funny how that happens huh?

Anyways, Gay is asking us to not get rid of our fears, but rather just acknowledge them, wave to them, and then keep moving on! Such an approach reminds me of applying Acceptance and Commitment Therapy (ACT) to your fears!

So, notice the fear feelings and voices...and then smile and wave as you continue to progress on!

A WORD ABOUT WORRY

“Worrying is usually a sign that we’re Upper-Limiting. It is usually not a sign that we’re thinking about something useful. The crucial sign that we’re worrying unnecessarily is when we’re worrying about something we have no control over. Worrying is useful only if it concerns a topic we can actually do something about, and if it leads to our taking positive action right away. All other worry is just Upper Limit noise, designed by our unconscious to keep us safely within our Zone of Excellence or Zone of Competence.” – Gay Hendricks from *THE BIG LEAP*

There are a couple key points from this highlight. Worrying is a sign that you have hit that upper limit and are then beginning to hold yourself back. That worrying is a sign that your thermostat has kicked in and you are going to hold yourself back.

The other great point reminds me of a key tenant of Stoic philosophy which is control what you have control over and forget the rest. If you are worrying about something you actually have control over and can address it immediately, then the worry is fine.

However, most of our worries are not of that type! Rather of “upper limit noise!”

So, when you experience that upper limit noise, just understand you have hit a self-imposed upper limit and will most likely begin to hold back. However, push on despite the feeling or noise! And begin to experience that big leap!

THE FINANCIAL OBSTACLES

“On Judgment Day, Mr. Lewin said, God will not ask, ‘Why were you not Moses?’ He will ask, ‘Why were you not Sam Lewin?’ The goal in life is not to attain some imaginary ideal; it is to find and fully use our own gifts.” – Gay Hendricks from *THE BIG LEAP*

“To find and fully use our own gifts!” Wow! Exactly! In fact, philosophers for years have stated the very same thing!

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It is always amazing to me that philosophers have written about this for centuries, yet as humans we continue to not follow such wisdom more consistently.

No need to compare yourself to anyone! Compare yourself to you!

What are your gifts? What do you do that time passes quickly and feel joy? What doesn't seem like work?

Gay describes many times in the book how when we are expressing and using those gifts we can finally enter the zone of genius. And that within the zone of genius our ego has no bearing. We are not bothered by comparisons, fears, criticisms, etc...

Find your gifts and bring them to the world! Kind of sounds like that agreement you made with universe we described earlier, huh?

LEAP! DON'T HOP!

"Discovering your Zone of Genius is your life's Big Leap. Everything up until now has been about hops, not leaps. Hopping, though it seems safe, is actually hazardous to your health. If you confine yourself to hops, you run the risk of rusting from the inside out." – Gay Hendricks from *THE BIG LEAP*

Making the big leap is what this book is all about! Gay does a tremendous job of helping you identify those barriers within that are holding you back. The book is filled with practical questions that you really need a full journal to work through!

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ABOUT THE AUTHOR OF “The Big Leap”



GAY HENDRICKS

Gay Hendricks has served for more than forty years as one of the major contributors to the fields of relationship transformation and body-mind therapies. Throughout his career, Dr. Hendricks has coached more than eight hundred executives, including the top management at firms such as Dell, Hewlett-Packard, Motorola, and KLM. Dr. Hendricks received his Ph.D. in counseling psychology from Stanford University. After a twenty-one-year career as a professor at the University of Colorado, he founded the Hendricks Institute, which offers seminars in North America, Asia, and Europe. Learn more about him at: <https://hendricks.com/>

ABOUT AUTHOR OF THIS MASTER NOTE



CHRIS SWENSON

Chris Swenson is a true [Private Practice Warrior](http://imchrisswenson.com) who believes that therapists in private practice are in the best position to truly make a difference in the mental health concerns of our world. He loves helping people succeed in private practice as he studies, embodies, and teaches the fundamentals of mastering private practice. Learn more about Chris at <http://imchrisswenson.com>