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LifeScribe™ System

How to describe what it's like being a lifescribe?

Lifescribing is an AMAZING tool on so many different levels and dimensions. It's difficult to know where to start when describing a system that on emotional, physical, chronological, physical levels allows you to escape debilitating patterns all while recreating and installing uplifting patterns for success, happiness, clarity, and relaxation! And LifeScribing installs those changes in an expedited rhythmic, personalized fashion that's so unique and 100% relevant to your OWN individual styles and patterns that massive life ingrained problems or "stuckness" can occur literally in a few days, hours, or instantaneously! The energizing change that LifeScribing installs in your existence generates profoundly centering doors to open, while sealing off dark destructive doors or options. You begin to see the entire CANVAS of your life and recognize it truly as masterpiece. Everyone -- from the billionaire who fears he's never experienced a genuinely passionate moment or the struggling artist horrified by failure, or the conventional worker feeling heavy by a mundane unfulfilled daily schedule -- all deserve to witness the rich dynamism and colorful and vibrant masterpiece of their life that is infinitely greater and more profound and passionate, successful, and exciting than they ever imagined. LifeScribing really erupts the uplifting patterns "we've been meaning to take" or those positive changes "we've wanted to ingrain" and it just gets it done. LifeScribing makes positive, galvanizing change occur on such a scientifically precise dimension with lightning-quick clarity instantly implemented into your life it's astonishing how little people use this truly awesome practice!

Why is it Important to LifeScribe?

Lifescribing not only creates success, but it stabilizes success. It helps you define your own personal success. Some people don't even know what the Tour de France is, but it's an important goal for success to complete that hundreds and hundreds of miles of biking for some people; some people need a sense of family and a hint of fulfillment from career to feel success; other people require a mandatory work regimen with constant goal achievements and a dash of humor; some people need tons of solitude for success; a gregarious person on the other hand find solitude confiding even imprisoning and needs constant interaction with people. What am I getting at? Every single person on the planet has their OWN individual life pattern for not just achieving success, but DEFINING IT. **Their exist 6.6 different, unique, and all completely accurate and "right on" definitions of success in the world; each individual beholds not just their own strategy for success, but their own dimension for defining success from their subjective view of the world!** So how DARE so many self-help books try to force feed our genuinely unique definitions, strategies, and dimension for success with some generic copy. We all deserve guidance and coaching with our own personalized success signature taken into account and my LifeScribing process cultivates that personal fulfillment. When was the last time you felt rewarded? Do you remember that? Do you remember what triggered that sense of accomplishment? Multiply that sense of reward by infinitely exponentially increasing effect and that will begin to install the massive achievement from just commencing the LifeScribe process! Your energy increases, stress decreases, awareness skyrockets Instantly from the Lifescribe process! Hand-in-Hand with the LifeChronicling system, we begin to unearth your authentic sources of clarity, fulfillment, success, and happiness and create patterns and routines to consistently experience the increasing occurrence of those galvanizing sources of passion and jubilation in your personal evolution.

What is Lifescribing?

Being a life scribe is simply journaling. But it's journaling on a highly technologically-advanced and sophisticated level. It's utilizing detailed life-chronicling of emotional chronologies, event process, pattern recovery and elasticity, reactionary sequences from events that happen to you every single day to examine causality (what caused which event. Do you know what causes you to feel the way you do Every single day? Your patterns you've installed. Many of these things people fail to notice because of lack of journaling! Why did this pattern keep happening to me? Oh yeah! Whenever I seemed to do xyz activity, I felt good afterward! Why was that? How can I replicate and an ex-

perience that was electrifying emancipating and install that into my personal evolution? All of those answers are the products of your personal discoveries from the LifeScribing process!

For example, I noticed that whenever I accomplished a bunch of errands or things that had been on my todo list and focused and worked hard and got it completely "checked off done" I repeatedly got really angry that same day! The only way I would've discovered what was going is if you journal and can see this pattern repeating every few months or so! In that specific example, what was going on was I had need a clean, uplifting, productive, successful "place to play" to complement the massive amount of hard work I'd done. I felt trapped in a dismal situation of working extremely hard and then simply feeling exhausted with no place to "recharge for play and enjoy!". I had tried and been disgusted by for years, the bar scene, and didn't have a play place that was actually fun. I then saw in the pattern that the next day (after the work day) usually felt really gentle and relaxed, so that my fits of screaming and rage and anger after not having a play place at the end of an intense workday, wore off and I enjoyed the next day. The pattern was so destructive because I felt everytime I did work I never had any reward but anger, so it discouraged me from working hard. But through the utilization of my journals, I discovered that the "relaxed day" effect after and my productivity increased because I knew the "gamut of the next day" after the work day, felt gentler, smoother, easier, more relaxing, and rewarding. Why did that happen? Because I simply validated giving myself permission to enjoy the day and still get things done, but to experience it in a relaxed, easy fashion and gentle approach.

Can you imagine the liberation from that destructive pattern? The ONLY way to vindicate yourself from countless, dozens and dozens, hundreds and hundreds such patterns is to LifeScribe! Patterns like the one described above can understandably drive a person to dire straights, causing their work ethic to plummet, poor eating habits to increase (after all, you don't ALWAYS eat that junk food right? It's only at certain times! After what types of experiences do you find yourself eating junk food or after what uplifting actions do you find yourself eating healthy food?) ALL of those patterns and answers you discover and can quickly radically alter through lifesccribing.

You begin to look at your life as an open book when you seriously commit to LifeScribe

journaling. I'm so massively excited about this system because it's something I've been personally practicing for 8 years. In one year, my 2008 Scribe-journal alone, I wrote 159,000 words (1,015 double-spaced, 508 single-spaced pages) JUST in that one year's journal!! The year before that was over 100,000 words as well.

I can't even begin to explain how many colors you install into the resounding changes that occur in your life, your habits, the synergy you'll begin to experience, the clarity and precision you'll begin to conduct your days. Why? Because you won't be reciting someone else's affirmations or mantra or doing some deep breathing "remedy" or ruminating on the Law of Attraction all pseudo-remedies that rarely even fit into your own life culture.

In Anthropology, one's "kulturbrille" represents the composition of their own "personal lens"; it literally means "culture glasses". Everyone has a unique "to thy own self be true" kulturbrille. When a Peruvian sees a jaguar they may say a sanctified prayer of respect. Why? Because to a typical Peruvian, from their kulturbrille of spirituality, experiences, culture, and societal customs, jaguars are sacred! To a wandering American tourist who stumbled onto the path and met the gaze of a wild jaguar, well, from the American "kulturbrille" of customs, and teachings, and culture they'd go screaming, running for their life. Remarkably different reactions each because of a remarkably unique "kulturbrille". Now the panther analogy is an extreme and humorous example but it's entirely relevant to our lives. A mathematician finds joy, pleasure even, and clarity from numbers and doing math; a struggling math student may run in fear from math and feel confusion! The experiences we have shape our lives. That positive experience at xyz place for you, was followed by a negative experience at the same place for person abc, resulting in a slightly different kulturbrille. Our own kulturbrilles are so massively unique and distinct and precisely wired with intricate infinitely complex individualities that it's utterly absurd, ridiculously, just phenomenally ludicrous to ever consider that a static unchanging generic self-help book such as "the Law of Attraction's the Secret" or the numerous self-help books on the market could target and assist each of our own incredibly unique and colorful and melodious kulturbrille masterpieces! The audacity, how dare a book try to implant some generic formula on our own individualized patterns and kulturbrille, right?! Right. Our experiences DO shape our lives, but our patterns and reactions to those experiences is where we elicit upward energizing, galvanizing choices that implement consistent freedom in our lives! Lifescribing gives you your own personalized

remedy. Each person's LifeChronicle Remedy is unique to them and is sustained by derivations from your own LifeScribe journal!

We'll walk you through your path to success and emotional validation to establish consistent patterns of energetic creativity, clarity, freedom, and immense jubilation! No more of that, "wow, that felt so exciting, weird, too bad I can't feel on a regular basis!" All your positive experiences can and will be installed on a regular basis to remarkably illuminate your personal evolution!

to "fix your problems" and achieve your goals, NO!! Instead you'll have an Inscribed Inculcation for change Precisely engineered from your Own scribe journal. You'll have a precisely-engineered day, life and experience. You won't go floundering into destructive relationships, or make career changes or commitment that run into dead-ends. Constantly confused about what to get at the grocery store? Hhhmmm didn't Oprah recommend xyz product? But taht other book said this or that was better? No!! None of that works! None of that is engineered and architecturally lifecoach designed to operate from your own life formulas and unique traits, habits, and personality quirks and forms of excitement, pleasure-pain; but life-scribing DOES derive it's formulae for success. Any "tip or trick or mantra or guideline" (or any guideline) that you could get from an other form of self-help book, let's face it, it typically works for the author best, right?! I mean look at Atkin's diet. That worked for Atkiins. Someone else who goes on that diet and their weight could skyrocket, their physical endurance could plummet, some people could break out in hives from all the new influx of different food, the list goes on and is as misleading as the sense of feeling lost that can arise from following someone elses' premade "life remedy". You exist as your own life. Self-help books work best for the author who wrote them and RARELY work for you completely. Why? Because of your own choices, upbringing, culture, interests, dislikes, sources of enjoyment, personal distastes, habits, idiosyncracies, past friendships, future friendships, how you label things as "good" or "bad" ---All of those are UNIQUE to each person in the world. There's 6.6 MILLION UNIQUE sets of all those beliefs and individualities I just listed on the planet!! How DARE an author or a lifecoach think that they're prescribed set of guidelines will work for you and your unique experiences and style and preferences and history! LifeScribing completely revolves around your own individuality. From your LifeJournal you extract the distilled version of your ScribeChronicle for the LifeScribing process. So the remedies, pattern shifts, and changes you want to make and do make -- the very

solutions and pathways for cultivating those changes -- are derivatives of your OWN individual life experiences, habits, and personal life culture! LifeScribing is a truly remarkably life-uplifting and life-illuminating phenomenon and I'd love to share it with you!

What did you do the day you woke up after that Horrible breakup? What reaction did you have and feel? Better yet, how do you know you have not repeated the same self-destructive pattern over and over again leaving you feeling trapped simply because didn't have the awareness of the triggers of the downward-spiralling pattern? LifeScribing resolves all those ambiguities and uncertainties and provides you with this immensely rich palette to begin sensing entirely new textures and to become familiar with synergy and consistent liberation and dynamic upward-spiraling change that synchronizes with you and only you from your LifeScribe journal. You become the author, the lifecoach, the historian, the architect for your own new and improved relationships, career, health, and life as a whole with Lifescribing!

Are you Aware you Live in the Dark Ages Without LifeScribing?

Did you know that we have 60,000 thoughts everyday? Fascinating huh?! Well, what's even more remarkable is 90% -- NINETY PERCENT -- that's 54,000 thoughts you have today you also had yesterday!!! (Groaning in exasperation now accepted) haha! But what if you you could elevate the energy of your evolution to such a level that those same 54,000 thoughts are ALL specifically catered to you and your life pattern and evoke, uplift, liberate, and enhance your own personal definition of freedom, happiness, success, and fulfilment?!! LifeScribing is literally and factually the ONLY way to do that. What's the problem with most all conventional self-help books? They install more thoughts to have over and over again! The body adapts with the mind. Our cognitive conscience will out thinks static, repetitive thought patterns. To constantly keep positive patterns installed in your life you need a dynamic reference book. The lifescribe is just that it's your own pathway to your own individualized success! We'll work with you on shaping your dream vision, success path, defining your career, defining your ideal relationship, setting health goals and all those definitions will be perfect awesome textures that reflect your own compatibilities. Your life is a wonder and a source of tremendously precise and lucid success and enjoyment. Let's start living it that way with LifeScribing!

Get Yourself Out of the Dark Ages!

An Example of How Awesome LifeScribing Is

I can zoom back in time and re-examine ANY and every Event, thought I had for the past 8 years till 2001! I've kept journals and incredibly scientifically detailed and organized calendars and run-logs. Some journals for each year totally over 100,000 words!! They're extremely detailed! This cultivates success for me when I "do my homework" and create synopses of my emotional patterns, triggers, what was going on at this time, why xyz event preceded abc, or how this lead to that, or what caused me to feel anger, joy, rage, as a result of Random Events. ALL that miraculous story of your life and emotional patterns and sources of clarity you can go back and access to learn from to track and scrutinize and take inventory of how you reached a peak state and how to maintain good emotional clarity, freedom, happiness, and success and what to avoid and what to bring into your life. People continually cycle into the same patterned traps because they don't journal and review their emotional lives on a regular basis. I'd say the average person has the scope of 1-2 weeks. They can recall and reflect back 1-2 weeks into their past; anything longer than that gets blurred and obscured and softens into "way too long ago to care"! But those myopic people SHOULD care. Because the event that happens every maybe 4 months or that same problem state that pops up every 6 months or whatever your obstacle is will be impossible to overcome without journaling. Journaling illuminates your past and gets your out of the "Dark Ages". The Dark Ages was the age in Greece where there was little writing; we have no historical evidence of what went on for the 350 years from 1100 to 750 bc in Greece! That sounds outrageous right?! Like totally outrageous, historians know everything about Greece right? Wrong, 350 years of core history completely blacked out non-existent. Well, guess what most of this disorganized, unclear, myopic people DO live their lives in the dark! 90% of the world's people are dark, shambling, fools who failed to extract any meaning from their life! I am saying my method and system of journaling and reviewing your life to NOT be in the dark ages and to have a clarity about your own personal history, IS a superior way of living! You can't make changes without awareness. You can't have changes unless you journal and review emotions and reactions and patterns and phases and stages of your life. I chose to enter this more lucid, more energetic, infinitely oh INFINITELY more impassioned and enthusiastic and simultaneously INCREDIBLY more peaceful and lucid part of my life to become a lifecoach in 2000 and I've kept at it; constantly improving my life; clarifying myself and trying to do the same for others. Improving thyself is the key here. These disgusting people who drag their brainless zombie corpses around with that 1-2-maximum scope of their life are CLUELESS and in my opinion highly DANGER-

OUS because they fail and refrain from choosing to engage the possibility of inculcating tremendously aligned clarity in their life. Basically, those people who don't journal, who remain perpetually in their own myopic "dark ages" or downward-spirallers -- and their are TONS of those obfuscated people. So bottom-line: be the change you want to see in the world, get exercise, journal, review your life and patterns, and constantly upgrade the quality of your life. Because I journal and stay organized and massively aware of the belongings I have I'm always living from the most recent upgrade, the most advanced system while 90% of the world is dragging their lost, confused, miserable Dark Ages lives through 1-2 week scopeless life. The ability to look back on the personal history canvas of your life and see your experiences as a source of entertainment, intrigue, emotional understanding, and to see elements of causality is a galvanizing, and clarifying experience!

LifeScribing Your Life Change Program

Basically what you're going through is changing your life program. Everyone has a life program -- a series of steps and procedures, strategies, and environmental cues that make what they do simpler, easier, and feel more productive. I remember doing some work for a comedy club in North Hollywood. I planned to make some calls to invite more people to the club. To do that I had access to the back office which cut through the kitchen, where I could see the chef at work. Now the chef had all of his ingredients laid out. He happily rolled some kind of tortilla while he had multiple burners cooking food. You could tell his life program was comfortable cooking. He could and did crunch out 40-50 full meals that evening and he did it simply, smoothly, and in a way that felt like he was getting stuff done. An hour later after making the calls I watched the comedian on stage. You could tell, by how relaxed he was, but simultaneously confident, and happy he looked on stage making people life with his set material, that he had manufactured a life program that enabled him to feel comfortable on stage telling jokes and making people laugh!

We all have these life programs -- a sequence of steps, procedures, environmental cues, stimuli, and internal responses combined with techniques and strategies -- that make something feel natural, simple productive and exciting! The trick is to learn what makes one life program work and apply those same qualities and strategies to another task

(like if the comedian had to work in the kitchen, I'm sure he'd use similar strategies of engaging other chefs to learn what to do or if the chef had to work as a comedian, he may have a procedural approach that he used preparing meals and dishes to presenting his material!)

If you're interested in shifting from a life program of continuing to be able crisply, clearly, and actively provide help to your clients during your business appointments or to quickly, smoothly, naturally, and joyfully experience your health goals, or to gracefully and with style (yeah go style!) achieve your career goals, but to additionally add-in the capacity to have that same crisp, clear, focused, helpful problem-solving state where you know what to do and how to do it with your own challenges and tasks for your own personal (organizing, earning, and building muscle health) life start LifeScribing!

The Game of Life

I remember taking a computer science class and the complex final exam was to create your choice of a sophisticated program. We, the students got to choose from :

- A replicating DNA-like simulation program
- A Chess program
- The Game of Life program

my project partner and I chose the chess game program, but in hindsight I was most interested in the Game of Life program and have expanded that into a neuro-linguistic programming, life-coaching context. What is the game of life program? What if we were able to examine life not as a problem to be solved or some routine to be executed, but as a fantastic, joyful, and exciting actual Game! More compelling, complex and detailed than the most detailed interactive video game, or more expansive than imaginable type of game, the game of life should be fun, engaging, and have frequent success joys in your own evolution. I'm going to take that approach and I encourage you to do the same; now when someone asks me what am I working out for? What are you training for, man? I'll know: I've got to get in the best shape of my life: I'm training for the biggest game in my evolution: I've got to get in shape for the game of life, bro!

