



Ray Edwards Show, Episode 490
How to Transform A Tragic 2020 Into A Terrific 2021

Announcer (00:00):

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The Ray Edwards Show. This is the podcast for prosperity with purpose.

Ray Edwards (00:18):

Welcome back to the Ray Edwards show. Maybe you didn't see 2020 coming. Maybe when we started the year, you did not see ahead to all the stuff that was on the way you didn't see the preview reel of the Hornets of the virus, of the lockdowns, of the riots, of the fires of the bonfires of the vanities of the elections. And maybe you're ready for it to be over. Can I get a good, amen from anybody

Kris Edwards: Amen.

Ray: All right. So this is the podcast where we're going to show you how to turn tragedy into triumph. Turn the trials into treasures and move from victim to victorious. Transform your 2020 into a victorious, terrific. 2021 that's coming up.

Announcer (00:55):

Does anyone want to live a life that has long prosperous, Spiritual Foundations

Ray (01:01):

Spiritual foundations- I want to share with you that your misery, your suffering is not meaningless. Now I know that you might not feel that you're suffering right now, but a lot of folks I've talked to are, I've talked to so many people who have somebody in their family. who's ill. They've the person I'm talking to is lost their job, or their spouse has lost their job or I've talked to people who've lost their homes that have just been really harshly affected by this year. And the one question that keeps coming up in conversations with my coaching students, with friends and people that I just run into that I'm talking with- cause I talk to people because I found that people like to talk these days because everybody's wearing a

mask and not talking. So I converse. I conversate and people feel like, is there any point to this?

Ray (01:51):

And when I'm in those coaching conversations, those private calls, I've heard a lot of this talk about this all just seems meaningless. There's what's the point to my suffering like this. And here's the real question that I think is underlying all that. If there is a God and God is good, why is he letting us suffer this meaningless misery? So let me share with you something from 2 Corinthians, chapter four, Paul writes "do not lose heart. Though our outer self is wasting away. Our inner self is being renewed day by day." So first of all, do you feel like perhaps your outer self is wasting away in these last few months? I think a lot of people could sign onto that statement. Paul goes on to say "this light momentary affliction is preparing for us and eternal weight of glory beyond all comparison. As we look not to the things that are seen, but to the things that are unseen for the things that are seen are transient.

But the things that are unseen are eternal." So without digging too deep into this and going into big theological thing, what Paul is saying here is all this stuff that we're so upset about is temporary. It's going to be here and gone. Even the hardest stuff we're going to. And it means that your suffering means something. Not only, I'm going to read you something from John Piper, we'll put a link to this in the show notes. You can go hear his whole sermon. I'm only gonna read you a couple of paragraphs of it. You're welcome. Piper said "not only is all your affliction, momentary not only is all your affliction light in comparison to eternity and the glory there, but all of it is totally meaningful. Every millisecond of your pain from the fallen nature of fallen, man, every millisecond of your misery in the path of obedience is producing a peculiar glory.

You will get because of this" Piper said, "I don't care if it was cancer or criticism. I don't care if it was slander or sickness, it wasn't meaningless. It's doing something it's not meaningless. Of course you can't see what it's doing. Don't look to what is seen when your mom dies," says Piper. "When your kid dies, when you've got cancer at 40, when a car careens into the sidewalk and takes her out, don't say that's meaningless. It's not. It's working for you. And eternal weight of glory." And Piper wraps up by saying, "therefore do not lose heart, but take these truths and day by day, focus on them, preach them to yourself every morning, get alone with God and preach this word into your mind until your heart sings with confidence that you are new and cared for." And as I said, there's a link in the show notes to the John Piper sermon at this came from.

And I would just say to you, when you spend that time alone with God in the morning that this is what I'm doing when I'm, when I'm having my quiet time with God, people think, I don't know what they saying. They think that means I'm reading a page or two from guideposts or something. I'm preaching to myself, the sermon I need to hear for that day. And I refuse to get up until I am changed. That's what I suggest you do as well.

Announcer:

Now, simple hacks that make life cheaper, easier and faster. Ray's tip of the week.

Ray: So here is an app for our tip of the week that works to help reinforce what I was talking about earlier about preaching to yourself. It's called thinkup.me. Thinkup.me. What often stops us from achieving our goals. Building our businesses are becoming more of who we want to be is the thoughts we have all the time.

Our thoughts and our mindset have an enormous impact on our self-esteem our health, our prosperity, our happiness, our feelings of spiritual wholeness, positive affirmations, and self-

talk are a simple and proven technique that has been recommended by therapists, life coaches, personal development gurus to make our mind work for us and thinkup.me is an app you can use to set notifications. You can get affirmations already written for you. From the top names in the personal development fields, you can use motivational affirmations to overcome depression, anxiety, to relieve stress, to achieve goals. You can pray with Joel O'Steen. You can have your miracle morning with Hal Elrod himself and so many other thought leaders in this area, you can even write your own affirmations and record your voice into the app. It'll put your affirmations over a nice music track. You choose which track you want to use, and you can play back your affirmations in your own voice. This is a super powerful app. I use it myself and I recommend you check it out. You can find it thinkup.me- And yes, it's available for both iOS and Google Android.

Kris (06:31):

This week's episode of the Ray Edward show is brought to you by the six figure small group intensive. This is a group of eight entrepreneurs committed to not only starting their business, but to generating a six figure revenue in six months or less. Obviously that's not for everybody, but if you're ready, visit Rayedwards.com/group membership requires a personal one-on-one interview with Ray. Once in the group, you'll have three days of intense focus laying the groundwork for your business and working with Ray to develop a 12 month actionable plan. There are two sets of dates to choose from and the first one happens soon, November 12th through 14th. And the final intensive is next month, December 17th, through the 19th. If you're ready to lay the groundwork to build your six figure business and do it in only three days without stress or overwhelm visit Rayedwards.com/GROUP

Announcer; and now our feature presentation

Ray (07:28):

Okay. Now, Kris, I know you thought this was a challenge for me to cover this in one episode and keep it less than an hour. I'm going to do it.

Kris: I have faith in you.

Ray: Seven steps to transform a tragic 2020 into a terrific 2021. Are you ready?

Kris: I'm ready.

Ray: All right. Step one, you've got to process 2020. This is the touchy feely part a lot of you won't like. Get out of pen and paper in your journal or your journaling app or your text editor on your computer. And I would recommend you write out all your wins, all your losses and all your learnings, especially write up the bad stuff that you feel happened in 2020. And this is the time to step two release and redeem the emotions. So if there are things that happened for you in 2020, that you feel upset about, especially if you're angry with God or angry with yourself or angry with someone else, if you were hurt in some way, you hurt yourself, you hurt someone you love hurt you. God, you feel like God let you down. Pour this out onto the page, or into the app. And what I'm going to recommend that you do is use a separate sheet of paper or a separate document on your computer for this, and really pour out how you feel, say all the nasty things you don't want anybody to ever read, let it fly- later you can destroy it. But for right now, you need to, I feel like you need to process these emotions and get them

out. My belief is that when we don't do that, when we stuff these emotions down, we start feeling that anger toward God or towards somebody else or toward ourselves. And we just push it down and we never deal with it. It builds up inside us and it will find its way out in the form of diabetes, heart disease, cancer, panic attacks, Self-sabotage. Somehow it's going to get you. Deal with them. Get rid of them, releasing them as speaking them out, writing them out in the most vivid, colorful, embarrassing scandalous language you possibly can go deep in the emotion. If you feel just a little bit peeved about something, dig deeper for the anger. That's there.

Speaker 1 ([09:48](#)):

Feel your anger. Know the power of the dark side. Channel, your inner emperor, Palpatine.

Kris: You know, I've never seen all the Star Wars, but I'll assume those are powerful references.

Ray ([10:04](#)):

I've- I need to process the emotions I'm feeling right now. Number three, once you've expressed them, then let them go. And you might say, well, I need to process for that. Okay. Let me give it to you. It's very complex. Let them go. Let me give you a physical example so you can understand it. Take a pen or a pencil and hold it tightly in your grip until your hands shake. Pause net. Welcome to my world. Now, just open your fist and drop the pen or pencil. That's how you let them go. It's that easy? Just try it. Sometimes you have to release them two or three times. Cause you can just let them go once you've processed those emotions and let them go. And yes it is that simple. If it's, if you, if it's more difficult for you, you are making it that way. ([11:00](#)):

Let them go. Step three. Now you've got a blank canvas in front of you and you don't have any little critters inside of you looking to sabotage your plans. You can deal with that. However you feel appropriate. Think about what you want in 2021. And I'm going to suggest you come up with three to five big asks, requests, goals, things you want to have happen in 2021. It's the biggest- I really recommend three. The biggest three positive things you could get out of 2021, prioritize them. What's the most important one. What's number two. What's number three. And then step four is I recommend you energize those three goals. And what I mean by energize them is- this is where we get into doing a visualization or a meditation, which is kind of spooky for some people, but it just means close your eyes. And imagine- maybe that first goal or priority for 2021 is you want to pay off your house. ([12:07](#)):

So close your eyes and imagine what it would feel like if this time next to you, let's say a long about end of October, 1st of November, you could just write a check and pay off your house. Go to the bank and tell Mr. Potter to shove that mortgage where the sun doesn't shine.

Kris: That's the reference I get.

Ray: You're welcome. I mean, that's, that's a moment I was watching our faces and we both are smiling. Cause we're like, yeah, I could get into that. Paying off the mortgage. That's when you have that feeling, that inner excitement to inner joy, that little chuckle little laughter that's you've energized that goal in your brain in your neurology energize the other two or three or four. However many you wrote down goals for 2021, visualize them, put yourself in that moment. Feel the joy that you'll feel when you accomplish that, the satisfaction, the relief, whatever those emotions are, make it real in your imagination, make it so real.

([13:16](#)):

You can feel yourself there. And it's important. You really get into this process because there have been many studies that have verified through functional brain scans that your brain cannot tell the difference in many ways, between a vividly imagined scenario and the actual events happening. Now, there obviously are some ways that your brain can tell the difference. Like if you're visually vividly imagining jumping out of an airplane, I guarantee you will know the difference between imagining it and actually doing it. But if you imagine vividly enough, what happens is you actually form the neurological connections in your brain to start up like a little deer path in your head that says to you, it says to your subconscious, I know how to do this. I've been here before. So one of the studies they've done repeatedly is they will have individuals do light exercise, like lift weights, say 20 reps of a lightweight three times a week for six weeks. [\(14:26\)](#):

And at the end of that six weeks, they can measure changes in the muscle tissue of the subjects in the study. They have more muscle tissue. That makes sense, right? You're working against resistance. You're tearing down tissue response from the body. It starts rebuilding and comes back stronger. That's how you build muscles. Well, they also had the other subjects in the study vividly imagined lifting weight and visualize it. I don't remember the exact numbers. I think that the people who have lifted the actual weights had like a 30% increase in muscle mass or way too much. But the proportions will be correct. People who vividly imagined it didn't actually lift the weights, but just imagined it had like 15%. So their body had a response to their imagination. What's my point. When you repeatedly vividly imagined an outcome. You begin memorizing the future. What it feels like to be there.

[\(15:30\)](#):

You're forming a neurological pathway, a famous neurologist once said neurons, that fire together, wire together. So you're forming muscle memory. If you will, in your brain, that helps you find your way to that place, where you actually accomplish the thing you're after. And you have to believe it in order for it to happen. The Time warner illustration is that of Roger Bannister, who was the first man on record to run a four-minute mile. Up until he did it, doctors said it couldn't be done. They thought your heart would explode. Roger Bannister proved them wrong. And once he did it, people all over the world began doing it. Whereas they'd never done it before. Why? Just because they knew it could be done. So you got to let yourself know it Can be done. Number five, step number five, to transforming your tragic 2020 into a terrific 2021.

[\(16:30\)](#):

Make a list of things you can eliminate delegate and automate in your life. This is the step where you're buying back your extra time. There are things you're doing right now in your business, in your life that are a waste of your time. You're doing repetitive tasks that could be done by a robot. And as I have said, many times, I probably stole it from somebody else. Like most of what I say, I just can't remember who I stole it from. If it can be done by a robot, it should be done by robot. What can you eliminate? Like what things are you doing? Just track your activities for a week or two and ask yourself, do I need to do that? You'll have lots of instances to ask. Everyday I stop by this fast food restaurant and buy that hamburger and French fries and Coke.

[\(17:23\)](#):

Do I need to do that? Or should I eliminate that from my life? Eliminate it. What can you delegate? What could somebody else be doing that you're now doing? What can you automate? Like you can use a tool like SaneBox and deal with most of your emails, spam and trash. I find the real time-suck is not spam and trash. It's the emails that are in between those two from people, you know, are sorta know and you feel bad about unsubscribing from their list. You don't want to read their emails either. SaneBox can just route that off quietly to a dark inbox. You never see. Step six, set up your goals and your actions to meet them. And number seven, this is the key point. I think most people miss- schedule your habits, your routines, your

reviews, and your assessments. Now some of you may have already figured out there's a lot of depth in these seven steps.

[\(18:20\)](#):

I could have built a whole information product out of these. These could be seven, two hour modules on a training. It could sell for a thousand dollars, but you o wise listener can listen to these short cut steps because you're so smart. You can fill in the blanks and do them for free schedule your habits. If you've got a weight loss goal, here's why something that's much better than meticulously planning out your meals. Just develop a habit of not eating crap. Develop a habit of eating like the same things for breakfast everyday, like maybe have just bacon and eggs instead of bacon, eggs, and a bagel and a donut and a sugary coffee drink. Just schedule your good habits, your routines, the things you need to do every day. You can chain habits together into a ritual or routine. What do I mean? It's like, if you want to read a book every day and you want to drink a Bulletproof coffee every day and you want to listen to a meditation every day, chain together, make your coffee read while you're drinking your coffee. You've linked those two pleasant things together. And after you finished your reading, just put on your headphones while you're still sitting there and do your meditation by linking them together, you make it much more likely you're actually going to do them. You can check out a book called *Atomic Habits* to learn more about this. It's written by James Clear.

Kris [\(19:30\)](#): I just got that book on audible yesterday.

Ray: You're going to love that book.

[\(19:34\)](#): It's Really awesome. I, when I first saw it, I thought I probably know all this. Oh, that's a big mistake. I did not know all of it. Excellent book. Can't wait hear what you think of it. All right. So those are the seven steps to transform a tragic 2020 into a terrific 2021. You may say, well, how does one have anything to do with the other think of 2020 as your motivation to have the opposite kind of year in 2021. It is within your control no matter who ends up being president. And finally, there's one more thing I'd like to share with you about making your next year, your possibly your best year you've ever had. And that is you need, I think, we all need to be in some kind of mastermind group. You didn't see that coming. Did you, Kris?

Kris: I did not. I just had a flash through my brain of what other smart people do I know. there's not a lot.

Ray: Oh, there's at least one.

Kris: Oh yeah, yeah.

Ray: Ellie.

Kris: Yup.

Ray: So why am I talking about a mastermind group? Well, because this has been probably not probably this has been the most powerful influence on my success, such as it has been over the last 15 to 20 years, I've been doing this particular kind of, and it's simply a group of people who come together. If you've read Napoleon Hill's *Think and Grow Rich*, or you've heard anybody talk about mastermind groups and you know this already, I won't, I won't dig into this right now, but it's a group of people who come together at a regularly appointed time for the purpose of mutual benefit. So you come to the group with a challenge or problem, a project, the other members of the group, listen to your challenge, your problem, your project for that week, they pour into you wisdom. [\(21:11\)](#):

And the leader of the group helps facilitate this process and focus it so that you're all held accountable. This is the fastest way to build up rapid accelerated success. And the accountability is key. Having people in the group who are committed to holding you to what you say you'll do and asking you why that didn't happen if it doesn't is important. Jim Rohn that's the Rohn ending was H N not Rome, not the sportscaster, but the self-help guru. Jim Rohn, the guy who taught Tony Robbins how to be in that business. He was Tony's mentor is famous for having said, you become the average of the five people you spend the most time with. And I would enhance that statement by saying the five people you spend the most intentional, deeply, meaningful time with. So if the other five or six people that you spend, most of that kind of time with, they spend talking about life and how you feel about it and its meaning and what you want to get out of life.

You really spend quality time, absorbing their worldview, letting them influence you. If those five people are all broke and bitter and spend their off hours drinking or taking drugs to dull the feelings they have about their life, guess how you'll probably end up. And this gets tricky for a lot of people because they feel like, well, there's people in my life. I love that. They're maybe not at the level of life that I want in certain ways, but I love them. I don't want to abandon them and leave them behind. And often family comes up. People say to me like what Ray, I can, I can be in a mastermind group, but I can't anything about my family. I live with them and they're miserable. Well, Tony Robbins said one time, this has stuck with me. I've I've only heard him say this once or twice. You love your family, but you choose your peers. So you got to choose some people in your life who are living in an elevated state where you want to be in your life. So the people in your mastermind groups should be at your level, or hopefully above your level in certain areas, maybe not in all areas of life, but in some areas. So choose your mastermind group effectively. All right, I'm ready for a great new year. I started it November one. I got tired of waiting for the account calendar to get to the answer. I just crossed out 2020 wrote 20, 21 at the top. I've got two extra months in 2021.

Kris: Some might call that delusional. I call it brilliant.

Ray: Good. We're on the same page, Then

Kris: if you would like to check out all the show notes for this fantastic episode, including a complete recap and all the links visit Rayedwards.com/490.

Ray: And finally, are you subscribed to this here podcast? Well, you should be. You won't miss an episode. We'll come to automatically. If you put it in your podcast, subscriptions directory using Apple podcast app or the Google play app or Spotify or Stitcher, or however you get your podcasts. Wherever your Podcasts are served. Until next time. May you enjoy long life, good health and great prosperity, peace to you and peace to your house. See ya!

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