

INTRODUCTION

A “help-wanted” sign posted in the window of a business is an invitation for someone with the right resume to step in and fill a need. Within those two words, the unwritten message is, “This job suits you, for you alone possess the special talents, gifts and strengths needed to complete the task.” Imagine another kind of “help wanted” sign. This one has your name on it, and the job is a specific life mission tailored for you. In a world where making a “to-do” list for one day is rare, the notion of discovering and carrying out a life mission is a stretch for most. Yet history has been made by those who recognized their unique gifts on “help-wanted” signs, and willingly took down those signs to signify that the job was filled and they were ready to start work.

Thomas Jefferson saw a sign that read, “Someone needed to write the Declaration of Independence.” George Washington saw a sign that said, “Someone needed to be the father of a new nation.” Abraham Lincoln’s help-wanted sign said, “Someone needed to save a great nation from division.” On another continent Mother Theresa’s help-wanted sign said, “Someone needed to care for the poor and needy of Calcutta and personify compassion.” These were not mere job seekers, but mission seekers who stepped forward and took down the helped-wanted signs with their unique missions written upon them. The world is a better place because they did. Each had unique experiences in life that prepared them for the exclusive opportunities they were presented.

There are many important and varied missions that must be filled for humankind to advance. A young man born February 11, 1847, in Milam, Ohio, saw a help-wanted sign that read: “Someone needed to light the world.” Something stirred in Thomas Alva Edison and he soon invented an electric vote recorder. At age 30 he invented the phonograph. At age 31 he invented the electric light bulb and formed a little company called General Electric, which became one of the largest corporations in the world. He went on to invent the motion picture camera and eventually held 1,093 patents. Edison summed up his philosophy of life – his mission statement: “I never perfected an invention that I did not think about in terms of the service it might give others. I find out what the world needs, then I proceed to invent.”

Perhaps as you read these names you are tempted to say, “I’m just an ordinary person without any extraordinary gifts or talents.” Indeed, your sphere of influence may be much smaller than those mentioned above, but that does not mean that there is no mission for you. Before those men and women of legend stepped up and filled their life missions, they, too, were just ordinary people. Abraham Lincoln had his fair share of failures before he became a winner. His experiences with failure as an “ordinary person” were part of the process that molded him into a president who refused to let his nation fail. Your own mission may be far more important than you can imagine. What does your “help-wanted” sign say? What is your life mission?

Over the course of your life you have had hundreds and perhaps even thousands of valuable experiences that prepare you for that mission. Imagine how beneficial it would be to recall all those lessons learned from life so you could clearly see what you have been prepared to do, and remove the obstacles to doing it. This book can show you how to do exactly that. To begin, you need only invest minutes a day to recall everything of significance learned in your life thus far. And then you can start using those lessons of the past to shape the future.

An editorial in a pioneer era newspaper explained the value of keeping written records of life experiences: “If man keeps no diary, the path crumbles away behind him as his feet leave it; and days gone by are but little more than a blank, broken by a few distorted shadows. His life is all confined within the limits of to-day...” (*Deseret News*, July 16, 1862.)

An executive of a Fortune 500 company told the story of a meeting called to discuss the possible candidates for promotion to an important position within the company. Someone suggested that a long-time employee be offered the promotion since he had 26 years of experience with the company. Another executive spoke up and said, “Actually he has one year of experience repeated 26 times.” The employee missed his chance to accomplish something significant because he had not learned from past experiences. When you likewise fail to learn lessons from your experiences in life, opportunities will pass you by. Those lessons learned prepare you to step up and tackle your life mission.

Perhaps your valuable experiences are now only “a few distorted shadows” because you failed to record them, and you think they are lost forever. That is absolutely not true. You just need to use the right memory cues to call past events forward. You *can* remember significant experiences from your life. You

may be thinking, “How? I couldn’t even find my keys this morning!” My father had a little saying he always used when he had a memory lapse. He would say: “I don’t know whether I found a rope or lost a horse.” Your keys, even your horse, may be lost, but the experiences that left deep impressions on you are there waiting to be recalled with the right memory cues. Let me help you recall these experiences from the past and use them to your best advantage. The process is called *The 3 Word Journal*.

Fifteen things *The 3 Word Journal* will teach you how to do:

1. Record a journal entry in approximately 10 seconds
2. Recall and record all the significant experiences and lessons from your life
3. File every lesson from life by topic and have them instantly available
4. Become a far more interesting conversationalist
5. Prepare effective speeches, lessons and presentations very quickly
6. Easily write a multi-volume history of your life to leave for posterity
7. Have an endless supply of material for teaching, reminiscing, books and blogs
8. Enjoy a hobby for life that you will never tire of
9. Greatly increase your knowledge and make better decisions
10. Feel increased gratitude for what you have and find more happiness in life
11. Discover your strengths and talents and how to use them to reach your potential
12. Realize the weaknesses that are holding you back and how to overcome them
13. Understand more clearly why you feel and act the way you do
14. Set 100 life goals that will provide both direction and motivation to your life
15. Discover your personal mission in life