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Designed Specifically for Women Who Worry*



# HOW TO CREATE AN EXTRAORDINARY LIFE

*Three Surprising  
Truths You  
Need to Know*

"THIS BOOK CAN HELP INSPIRE YOU TO CREATE MORE OF THE LIFE  
YOU WANT EASIER AND FASTER. IT WILL HELP YOU TO FULFILL YOUR  
PURPOSE." --JIM ESTILL, CEO

# **HOW TO CREATE AN EXTRAORDINARY LIFE**

*Three Surprising Truths You  
Need to Know*

**Denise Marek**

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*“Reading is essential for those who seek to rise  
above the ordinary. We must not permit  
anything to stand between us and the book that  
could change our lives.”*

- Jim Rohn (1930-2009)  
World-Renowned Business Speaker

... This book will change *your* life!

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## **Foreword**

As a child of 6 or 7, I had a conversation with my brother Glen, who would have been 5 or 6, about what our father was. We knew he was not a fireman or a policeman. We knew he did not drive a truck or bulldozer. We knew he did not drive an ambulance. After discussion, we decided he was "just a plain ordinary man." Now that he is no longer here, I realize he was extraordinary.

I am still young but I have led an extraordinary life so far. I started a business and grew it to \$2 billion in sales. I invested in, advised and mentored tech entrepreneurs, experiencing such things as sitting on the board of Blackberry for their first 13 years since before it went public. I received awards like the Order of Canada and Honorary Doctor of Laws. More than 25 of my 150 start-up ventures and investments were profitable exits. I now own and lead a great company – Danby Appliances. I often say, "I lead a charmed life."

I have been able to use my extraordinary life to fulfill my purpose – to help others. I became known for the 87 refugees I sponsored to come to Canada. I am less known for the other helping I have been able to do anonymously.

As I read *How to Create an Extraordinary Life*, I realized I could have accomplished more, faster and easier, had I known the 3 surprising truths. This book can help inspire you to create more of the life you want, easier and faster. It will help you fulfill your purpose.

Enjoy the journey. Keep learning.

Jim Estill  
CEO Danby Appliances

## Introduction

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# You Can Create an Extraordinary Life

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Do you know what tomorrow will look like for you? If you're like most people, tomorrow will look a lot like today does – in the same way today looks a lot like yesterday did. For most, tomorrow will be filled with the same story, the same characters, and the same scenery as you travel the same route to work with the same thoughts running through your mind. You'll likely even *feel* the same way tomorrow that you feel today. In fact, it's quite likely not much will be different at all. It will be familiar, known, and ordinary as you live your life on autopilot.

The familiar, known, and ordinary *seems* comfortable and easy – but is it? Are you fulfilled? Do you wake up brimming with excitement about the possibilities of what could be for this day? Do you jump out of bed with enthusiasm about your life?



Or do you wake up – possibly even having achieved the goals you thought would make you happy – and feel as though something is missing? Do you ever think, *I know I'm meant for more than this?* Of course you were meant for more! You were meant to live an extraordinary life!

Just about a year ago, my life felt anything but extraordinary. I was in a really dark place in terms of being severely depressed. Every morning in my shower I would cry and call out, “God, help me.” When I was in that depressed place I couldn't focus on things that mattered to me anymore. I couldn't go into my home office to work. I just could not go in there. I felt so alone.

I felt hopeless. I couldn't see any light at the end of the tunnel. Thank God I have my two daughters Lindsay and Brianna. If I didn't have them, I understand how people end their lives when they get to that low, low point. That's how bad it was for me.

One day during a phone conversation, I confided in my sister about how I was feeling. She said, “Denise, don't ever end your life. It doesn't stop the pain; it just passes the pain on to the people who love you.” I could not for the life of me imagine passing the pain I was in onto my kids. I thought *if I have to suffer with this pain for the rest of my life so they don't have to suffer, that's what I'm going to do.*

I have friends who, when they find out now what I was going through then, ask, “Why didn't you

call me and reach out for help?” Let me tell you, when you get to that dark place where you feel there is no hope, you can’t call somebody and reach out for help. You’re in too much pain.

What I could do and what I did do was call out to God every single day – and He heard my cries. He hears the cries of the broken-hearted. Sometimes God will talk to you through other people. That’s how He showed up for me. One day, my friend and pastor of the church I attend, called me on the phone and said, “Denise I need to speak with you in my office.”

I hadn’t reached out to him for help. He reached out to me. That was God’s hand for sure.

During that meeting he asked, “Denise, on a scale of 1-10, where do you think your life is right now?”

I just burst into tears and I said, “I think it’s at a one.”

He said, “Oh, I would have given you at least a four.” That made me laugh for a moment and lightened the mood. That meeting was the first step in getting my life turned around and back on track. Our conversation sparked just enough hope that I was able to take a step and another step and then another out of the darkness and into the light.

Today, I can honestly say, I am fulfilled! I have vision, clarity, and purpose. I actually do wake up brimming with excitement about the possibilities for the day ahead. I wake up filled with gratitude

about my life. I'm not exaggerating. My first waking thoughts are of thanks. I'm thankful for the work I'm blessed to do and I wake up happy just thinking about doing it. I often think, "Just look at all the incredible things I get to do today!" I now joyfully go into my office and, on some days, I write for 12 hours! Pretty remarkable considering just a short time ago I couldn't even step foot into my home office without feeling empty and alone.

Every morning, I lie in bed for a few minutes giving thanks for it all. Most days I'm *even* filled with gratitude for my bedsheets – for the wonderful way they feel against my skin. I'm no longer just *alive* – breathing, surviving, going through the motions. I'm *living* a truly extraordinary life!

Looking back, I'm glad I endured that season of difficulty. It provided me with a deep understanding of what others are feeling during their own seasons of difficulty. I know what it feels like now for people who have lost hope. I'm also thankful because it strengthened me and equipped me with lessons on *how* to get out of the dark place I was in – and I did figure out how! Now I have the experience and authority to pass these strategies along to help you! As C. S. Lewis said:

*Hardships often prepare ordinary people for an extraordinary destiny.*

What you'll learn in these pages will spark

hope. Sometimes all you need – like I did – is just that little spark of hope to help you take a first step and a second step and then a third. You can do it! You’re about to discover that regardless of your current situation – no matter how insurmountable it seems – you can succeed. You can move beyond surviving in an ordinary existence, and begin thriving in an extraordinary life. This book will show you what, why, and how.

Each of the first three chapters will reveal one of the *Three Surprising Truths You Need to Know*. In these three chapters, you’ll receive guidance as to *what* it takes to create an extraordinary life. I uncovered these truths after doing over 800 interviews in nine months on more than 120 episodes of hosting a television talk show called *Daytime Durham*.

These first three chapters take you on three of my guests’ journeys, journeys which demonstrate the three surprising truths in action. More importantly, their stories will show you it’s possible for *you* too, to create an extraordinary life.

In Chapter Four, you’ll discover the *why*. You’ll learn the *ultimate reason* for creating an extraordinary life and the impact that reason is going to have on you. You’ll also learn *why* the three surprising truths are truths *you need to know*.

Finally, in Chapter Five, you’ll learn *how* to make these three truths actionable in your life and implement what you’ve learned. This chapter is

crucial because in order to create an extraordinary life, you've got to take action. In this section, I'll reveal the six-step CREATE process to renew your mind and restore hope.

The CREATE process is the six-step process I used to break free from strongholds in thoughts and behaviours that had me trapped. It helped me free myself from addictions that were preventing me from being the best me I could possibly be. It helped me navigate through relationships and to let go of those that were no longer in my best interests to maintain. It helped me determine what I really wanted for my career and I began living that dream. It helped me get unstuck in areas I felt really and truly stuck and got me moving again. It helped me make a more significant difference in the lives of others and it gave me hope, peace, clarity, and direction. It worked for me and I know it will work for you too.

There is hope, clarity, and direction in these pages! It's time to wake up from autopilot and consciously direct the vehicle called *your life!* It's time to grab hold of the wheel and direct your life in a way that's fulfilling to your spirit, soul, and body. Choose today to create something new. Choose to create your new extraordinary life. You really can do it! It's not too late. You're smart enough. You're strong enough. You can turn it all around and move beyond an ordinary life and step into the extraordinary life you were born to live.

***Declare It!***

Make a declaration right now. Declare:

I *can* create an extraordinary life!

If you *already* have an extraordinary life,  
fantastic! Declare:

I can create an *even more* extraordinary life!

This book will help you do just that – it will help  
you move forward and transform your life forever!  
Thank you for joining me on this journey . . . let's  
begin!

## Chapter One

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### **Truth #1: *Ordinary People* Create Extraordinary Lives**

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#### ***A Big Dream***

Jean Nsanzeryaka is a young man I interviewed on my TV show. He is an ordinary person just like you and me. He doesn't have super powers: he can't become invisible on command or put on a cape and fly around town. He needs air to breathe, food to eat, and water to drink to survive – just as you and I do. And, like many ordinary people, Jean had a big dream. His dream was to earn a university degree.

While Jean is an ordinary person, like you and like me, the circumstances in his life at the time of his big dream were likely quite different than yours or mine. You see, Jean was born in a small country in East Central Africa that was troubled for decades by poverty and political strife, including a civil war

that displaced thousands of people. As a result, Jean spent his entire life in refugee camps.

After completing Grade 12, Jean thought it was the end of everything. He didn't think he had a chance of continuing his education.

While you might not know what it's like to grow up in a refugee camp, perhaps you know what it's like to feel trapped. People feel trapped in different ways. Some feel trapped in jobs they dread because they have bills to pay and a family to support. Others feel trapped in unhealthy relationships. Some even feel trapped in their own bodies after an accident or after years of self-abuse and neglect. They feel stuck and believe there is no way out. Maybe you're in a place of feeling stuck or trapped too.

Jean understands what that's like. He thought his dream was over and those thoughts were challenging for him.

Yet Jean still longed to fulfill his dream and he was about to discover it wasn't over for him. In fact, it was just beginning. The *University of Ontario Institute of Technology* (UOIT) selected Jean to become one of its students.

Have you ever wished something like that would happen to you? You stumble across a magic lamp, give it a rub, and a Genie pops out to grant you three wishes? As much as it might seem so at first glance, Jean wasn't given a magic lamp with a Genie. Yes, he was given an incredible opportunity.



However, it would still require several *bold* actions on his part to make this dream a reality.

Imagine what it was going to take. Jean had lived in refugee camps his entire life. He had to leave behind all he had ever known. He had to leave what was familiar. He had to leave his family, fly on a plane (which, of course, he had never done before) to a country he had never been and in which he didn't know anyone. He would be studying at a school called the University of Ontario Institute of *Technology*. The key word here being "technology." Jean had never used a laptop in his entire life and now it would be required!

### ***Stepping into the Unknown***

*"If you are not willing to risk the unusual, you will have to settle for the ordinary."*

*- Jim Rohn*

When you pursue your big dream, it often requires stepping away from the familiar and comfortable. This is scary stuff. Listen, even when your "familiar" is a refugee camp, it doesn't make taking those actions any less bold. It's still leaving what you know. It still involves **stepping *outside of your comfort zone and stepping into the unknown.*** It's still putting yourself out there where you've never been before to become more than you've ever been before.

Leaving your comfort zone can be frightening. You will face fear. You will face doubts. You might say, “I’m not skilled enough.”

Let me suggest you *are* skilled enough. May I suggest you’re just hiding? You’re just afraid. And there is nothing wrong with being afraid. We are programmed to withhold, not to be bold. Past experiences have programmed you to be fearful. But you don’t have to listen to that old, negative self-talk. You can break through the fear.

Understand, fear is not a signal that you’re taking a wrong step. Fear is simply a wall everyone bumps up against in pursuit of their dreams. You just need to push through it; your dream is on the other side.

Stepping through fear changes you. It plays a part in preparing you to succeed at achieving your dream. It’s necessary for you to learn to step through it so that it doesn’t stop you.

In my online course titled *CALM Online* (<https://calmonline.denisemarek.com/>), I teach a proven four-step process to transform worry into inner peace. This process contains the strategies you need to take action in the presence of fear. You’ll read about this simple, yet powerful, four-step process coming up in Chapter Five.

In the meantime, feel the fear and take bold action anyway. Don’t hide; come out and be bold. Come out and be the best you that you can possibly be and leave a mark on this world. I’ve heard it said:

*You can't leave your footprints in the sands of time if you're sitting on your butt. And who wants to leave butt prints in the sands of time?*

When you are stepping outside of your comfort zone, it may *appear* as though you're stepping *into* fear. Consider that you're stepping *through* fear and into a new space in which you can create something new – something like your new extraordinary life.

You can create *anything* you want for your life but you have to take the bold action of stepping outside your comfort zone in order to make it happen. You must step outside your comfort zone in order to become all you were born to be!

That's part of creating an extraordinary life. Remember, the first truth is *ordinary people create extraordinary lives*. We define ordinary people as everyday people, people like you and me. Some of these people have more and some have less; they are all just people. What, then, is an *extraordinary life*?

### ***Becoming All You Can Be***

Part of an extraordinary life is *a life designed to become all you can be*.

Jean stepped away from all he had ever known to become all he could be!

Now, here he was in Canada, four years later, sitting in front of me as UOIT's first refugee student to graduate.

During the interview he said, "Being selected to become a UOIT student was a huge milestone." He said, "Being accepted to come here was quite unbelievable first of all. It was a dream come true."

He said UOIT was incredible in his transitioning to life in Canada. He said, "When you hear words like 'love your neighbor as you love yourself' they are just words. But, when you see them in *action* it's a whole different story." The teachers helped him a great deal. Jean would ask them to speak more slowly and they did. The students helped him with all sorts of things he didn't know about, like laptops.

He explained it was hard to adapt because "technology is the main focus of the school" – but he did adapt. He said about the phase of learning: "I love learning. It was challenging but I enjoyed it to learn new things."

Here's part of what I learned from Jean's story:

*Stepping outside of your comfort zone is not an "either/or" deal – it's an "and" situation.*

### ***Embracing the "And"***

While you're creating an extraordinary life, there will be obstacles *and* there will be breakthroughs.

There will be uncomfortable moments *and* there will be enjoyment and happiness because you are pursuing things you love.

Near the end of our interview, I asked Jean, “Your dream of continuing your education has come true. You are a UOIT graduate. Now another dream will begin and that is to pursue the next part of your life. What is it you’re hoping for now?”

He replied, “For me I think after 4 years, I think of sharing the process of learning. I know so many students who have grown up with a struggle in life around the world and tell them there is hope. I think that’s a huge thing for mankind; to understand that if you take out hope, so many things cannot go forward and I think that’s my main focus right now.”

He achieved his dream and a new dream took root – to spread a message of hope to struggling students around the world. That’s a pretty big dream! Notice he didn’t simply say he wants to spread hope to students who struggle on his own campus. He said he wants to spread hope to students who struggle *around the world*. What is it going to take of Jean to pursue this new big dream? It’s going to take more bold action. He’s going to have to step outside of his comfort zone again.

This was a huge ah-ha moment for me. There was a common dominator I noticed in all of the ordinary people I met who were out there creating extraordinary lives. There was a pattern that

repeated, time and time again and it was this: Once the unknown became known, once the unfamiliar became familiar, once the uncomfortable became comfortable – they set off again into where they had not yet been – pushing boundaries and becoming more in the process.

In other words, they took bold action *unceasingly*! And that's the second truth I discovered in those over 800 interviews: Truth #2: Ordinary People Create Extraordinary Lives *by Taking Bold Action Unceasingly*.

## Chapter Two

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### **Truth #2: Ordinary People Create Extraordinary Lives By Taking *Bold* Action *Unceasingly***

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#### ***A Bold Action***

A *bold* action is different than *ordinary* action. Brushing your teeth, eating breakfast, and buying groceries, for example, are – for most people – ordinary actions. They may be important to do, but they’re things you can do without much thought or effort.

*Bold action*, on the other hand, is putting yourself out there where you’ve never been before to *become more* than you’ve ever been before. As described in Jean Nsanzyaka’s story, one of his bold actions included leaving all he had ever known

to pursue his big dream. That's definitely a bold action! Here are some additional examples of *bold* action:

Perhaps in the area of career, for years and years you've talked about starting your own business. A *bold* action for you could be to register your business name online – and then announce it to your friends and family!

Imagine in the area of health, you value fitness and vitality. If you've been wanting to join a fitness class but have let fears and insecurity stop you, a *bold* action for you could be signing up and attending that first class. Or perhaps you know you need help to regain control over your alcohol consumption, a *bold* action for you could be reaching out to a 12-step program.

Suppose in the area of family you value harmony and love. A *bold* action could be to call that family member against whom you've been harboring a grudge and to ask for forgiveness and find resolution. That's pretty bold!

That's what *bold action* looks like. Now let's look at the word *unceasingly*. What does it mean to take bold action *unceasingly*?

To take bold action *unceasingly* is to take bold action with relentless, determined, never-ending effort. It means you don't stop. As described in the previous chapter, it means you step outside of your comfort zone into the unknown and once the unknown becomes known, the unfamiliar becomes



familiar, and the uncomfortable becomes comfortable, instead of staying in the new comfort zone you take bold action again. Once that becomes known, familiar, and comfortable, you take action again. You don't stop taking bold action. You stay in motion. You become unstoppable.

### ***Becoming Unstoppable***

Make another declaration right now. Declare:

*I am an unstoppable bold action taker!*

You need to make bold affirmations like this to help you combat fear-based thoughts and doubts. Affirm it even if it doesn't *feel* true yet. As you're building new beliefs and thought patterns, it's normal for your old, fear-based thoughts and beliefs to coexist alongside your new ones.

That means, while you're declaring, *I am an unstoppable bold action taker*, you might also be thinking, *I'm not good enough. I'll never succeed. I'm too afraid. I can't do it.*

That's okay. It's part of the process of building new thought patterns. You need to continue to reinforce the new positive thoughts and make those declarations anyway. As you work on building new, healthy replacement thoughts, the old negative, toxic thoughts will eventually die off and go away. Your brain is *extraordinary!*

You've got to do the work, however. Decide you won't make any excuses here. The fact is:

*You can have reasons or you can have results – but you can't have both.*

Choose to continue making positive declarations – even when they don't *feel* true. Before you know it, being unstoppable won't just be your declaration, it will be your reality.

Speaking of unstoppable, reflecting back on my time with Jean, simply by coming on set and doing the interview, he was taking a bold action towards his new dream. He was sharing his message on live television. He told me he was nervous before the interview because it was his first time on TV. That means, during the interview, while he was *talking* about the bold actions he had taken, he was smack dab in the middle of *taking* another bold action. He wasn't stopping.

When you decide to put yourself out there and go where you've never gone before to become all you can be – and when you decide to continue to take bold action *unceasingly* – something amazing is going to happen. Your comfort zone gets massive.

### ***Creating a Massive Comfort Zone***

What was uncomfortable becomes comfortable. Rather than resting in this new expanded comfort

zone, you take bold action and step into unknown territory again. This unknown territory now becomes your new expanded comfort zone. Then, you step outside of that ring and you push the boundaries again and that becomes your new comfort zone.

**The more bold actions you take, the larger your comfort zone gets. The larger your comfort zone becomes, the greater impact you can have in this world.** You'll have a larger platform to make a difference. You'll more easily seize opportunity. Imagine the kind of extraordinary life you can create in that space!

There was another guest on the show who was creating an extraordinary life by taking bold action unceasingly. He (like you, like me, and like Jean) is an ordinary person. He doesn't have any super powers. He needs air to breathe, food to eat, and water to drink to survive. One thing he *may* have had more of than you and I, are siblings. He comes from a family of ten children. He has five brothers and four sisters.

This ordinary person also had a big dream. His dream was to become the best basketball player he could be. His name is Anthony "Buckets" Blakes and he is a basketball player with the world-famous Harlem Globetrotters. At the time of our interview, he'd been a Harlem Globetrotter for 14 years, playing in 79 countries!

During the interview, he wowed viewers with

his incredible basketball skills. At one point he even had the ball spinning on *my* finger. As the ball was spinning on my finger, I asked him, “How tall is the shortest Globetrotter? He said, “5 feet, 2 inches.” To which I responded, “So you’re saying I’ve got a chance!”

I asked him about his nickname “Buckets.” He said, “I can score a lot of baskets in a hurry.” Not only can he do that, he can make some pretty incredible shots! During the interview he talked about the time he went to the top of the old Maple Leaf Gardens in Toronto, all the way up to the catwalk, and made a basket into a hoop they had set up down on the ice. **Just imagine what it takes to get to that elite level.** Just imagine what it takes to make a shot like that – to earn a spot on a team like that. It takes unceasing bold action for sure. It really is remarkable.

During my time with Buckets, what I found to be equally remarkable was how incredibly humble he is. This man – even with all of his accomplishments and fame – was so down to earth. He didn’t walk around with an air suggesting he thought he was better than anyone else. He was an extremely nice and respectful guy.

I asked him how he managed to stay so humble. He said his parents taught him and his nine siblings “to always be the best people they could possibly be each and every day.”

Think about that for a moment. What did his

parents teach him to be? To be the best person he could possibly be; becoming all you can be (including the best person you can possibly be) is one part of creating an extraordinary life.

How often did they suggest he do that? *Each and every day*. Not when the mood strikes, when all the planets are aligned, when you wake up on the right side of the bed, when everything is going your way but *each and every day!* That's *unceasingly*.

It explains how Buckets got to be where he is today – playing a game he loves on a world-famous team. But catch this, because it's about to get really good: It's not *just* about playing a game he loves. In fact, during the interview Buckets said, "It's pretty awesome to be part of a team, to play a game you love, but also to give back at the same time."

Wait a minute! Hold the phone! What does he mean: "give back at the same time"? Buckets explained that the Harlem Globetrotters are known as the "Ambassadors of Goodwill." He said they visit over 400 schools a season, well over 300 hospitals, and have several community outreach programs.

This was an amazing insight for me. There was another layer to creating an extraordinary life that I had previously missed. *All* of the ordinary guests who were out there creating extraordinary lives took bold action unceasingly to become all they could be **and then used all they had become to be of service to others.**

Ah-ha! Another significant piece of the puzzle

is revealed. Remember earlier I said *part of* an extraordinary life is a life designed to become all you can be. Here's the *full* definition:

### ***Defining an Extraordinary Life***

*An extraordinary life is a life designed to become all you can be—not because of what you will get; but because of what you can give by becoming more. Becoming the best you can be allows you to be of maximum service to others.*

### ***Being of Maximum Service***

After the interview Buckets was going to a school to talk to the kids about the ABCs of Bullying Prevention. He wants kids to know this:

*“It’s not just about the game of basketball for us and being popular; it’s about the game of life and treating everybody with respect.”*

Buckets has taken what he has become – a world famous Harlem Globetrotter – and is using it to make a positive difference in the lives of others.

As I was studying the over 800 interviews with guests who had the greatest impact on me personally, I saw this trend repeated time and time again. At some point on their journey to becoming the best they could become, there was a shift from

*self* onto *others*.

When I clued in to this shift it blew me away! Instead of taking bold action to *get*, they were taking bold action to *give*. They used what and who they had become to be of service. Their big dream had shifted into a *purposeful vision*.

That brings us to the third truth: Truth #3: Ordinary People Create Extraordinary Lives by Taking Bold Action Unceasingly *Towards a Purposeful Vision*.

## Chapter Three

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### **Truth #3: Ordinary People Create Extraordinary Lives by Taking Bold Action Unceasingly Towards A *Purposeful* Vision**

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#### ***A Purposeful Vision***

A *purposeful* vision is the big picture of what you were put on this earth to do. It's the meaningful goal or dream you're pursuing that will positively impact *others*. A *purposeful* vision is one in which there has been a shift from *self* onto *others*.

At some point on the journey, the focus shifts from:

*How will achieving this big dream contribute to and impact my life?*



to:

*How can I use my having achieved this big dream to contribute to and impact the lives of others?*

Buckets Blakes fulfilled his dream of becoming a professional basketball player and is using what he has become to fulfill the purposeful vision of helping kids to become the best they can be, to treat everyone with respect, and to end the cycle of bullying.

Jean Nsanzeryaka fulfilled his dream of becoming a university graduate and is using what he has become to fulfill the purposeful vision of bringing hope to struggling students around the world.

There were many guests who had fulfilled (or who were in the process of fulfilling) their dreams and who were using what they had become so far to impact others in a positive way. One of those guests was Ron.

Ron (just like Jean, just like Buckets Blakes, just like you and me) is an ordinary person who had a big dream. His dream was to play the flute.

The first day of music class in Grade 9, the teacher went around the room and asked the students, "Which instrument do you want to play?" Ron had always loved the way the flute sounded; he told the teacher he wanted to play the flute.

The teacher said, "Flutes are for girls." He was

then told to choose a different instrument. Ron did not play the flute that year.

One year later, it's the first day of music class in Grade 10 and Ron has a new teacher. This teacher went around the room and asked the students, "Which instrument do you want to play?" Ron once again says he wants to play the flute.

How is that for taking bold action unceasingly? He put himself out there again and risked rejection from a new teacher. He put himself out there and risked possible ridicule from his classmates since a previous person in authority had already told him flutes are for girls.

### ***Overcoming the Fear of Rejection***

This is a place where many of us retreat into familiar territory. We get rejected and decide we won't step into the unknown again because it's too painful. But remember it's not an "either/or" deal. It's an "and" situation. There will sometimes be rejection *and* sometimes there will be acceptance and approval.

When Ron told his Grade 10 teacher he wanted to play the flute, this new teacher said, "Okay, go pick it up off the shelf." Ron played the flute that year. In fact, he continued working with the flute as he had an obvious natural talent to play by ear and create melodies. He went on to study with the Royal Conservatory of Music and won a scholarship to

study at the University of Toronto Faculty of Music and he graduated with honours.

This talented musician, Ron Korb, went on to perform for Queen Elizabeth and Princess Takamodo of Japan, just to name a few. He has shared the stage with Peter Gabriel, Liona Boyd, Olivia Newton-John, and many others.

Ron was a guest on my show to perform a song from his 7th album *Asia Beauty* – which, by the way, received a nomination at the 58<sup>th</sup> *Grammy Awards*!

He has played his music on stages throughout the world including Shanghai, where he performed at a gala charity event that raised over \$165,000US to pay for operations for children with congenital heart disease. These particular children come from poor families and wouldn't otherwise be able to pay for surgery.

Ron fulfilled the big dream in his heart of playing the flute and uses it to fulfill the purposeful vision of bringing joy through music to others. He used his talent to raise money for life-saving operations for children. He was just an ordinary person creating an extraordinary life by taking bold action unceasingly towards a purposeful vision.

There is another extraordinary life that Ron's story reveals. It could be easily missed so it's really important to catch it. It's that of Ron's Grade 10 music teacher. Having become someone in an authority position who is responsible for teaching, guiding, and leading our youth, that teacher

released Ron from society-imposed limits, giving him the freedom to follow the big dream in his heart of playing the flute. That's extraordinary.

The teacher's example here is so important because creating an extraordinary life doesn't mean you need to become a world-famous sports player or walk the red carpet at the Grammy's. Creating an extraordinary life is about taking bold action to become the best you can be at whatever it is your heart is calling you to become. And that calling is unique to each of us. *There is a purposeful vision that you alone – with your uniqueness – can fulfill.*

### ***Fulfilling Your Purposeful Vision***

By choosing to become the best you can be – whether it's a musician, a teacher, a university graduate, basketball player or anything in between – and using what you have become to give back, it ripples out and changes the world.

Imagine a family, a community, a company, an organization, a country, and a world in which each person strives to become the best they can be and then use all they have become to be of maximum service to others. What would that look like? What would it feel like? It would look and feel like joy, peace, and contentment. It would look and feel like a happy world.

That brings us to the ultimate reason for creating an extraordinary life . . .

## Chapter Four

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# The Ultimate Reason for Creating an Extraordinary Life

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### *The Ultimate Reason*

The ultimate reason for creating an extraordinary life is fulfillment.

Taking bold action unceasingly to become all you were born to be – in whatever it is your own heart is calling you do to – not because of what you will get by achieving it, but because of what you can give by becoming more, is a key to lasting happiness, joy, inner peace, and fulfillment.

Imagine for a moment being fulfilled, and the impact that being fulfilled would have on your life. Really think about it. How would your being fulfilled impact your family, your relationships, your career, your finances, and your health? These important areas of your life would truly prosper.

There would be growth, health, and vitality.

One of my past seminar participants said it best when she said, “I have noticed when my peace is interrupted so is my level of success. When peace stops, success stops. When I’m at peace, it flourishes.”

Being fulfilled generates deep peace. You arrive in a place of peace where you can actually be in bed feeling thankful for the sheets! You’re no longer worried about what will go wrong tomorrow or so depressed it feels difficult to move through the day. There is no room to create in that space.

But when you are doing the right thing, when you’re taking action to be the best *you* you can be, and you’re using what you have become to be of service to others, that fulfillment leaves a space. It leaves room for you to create something new – for you to create your new extraordinary life.

In the introduction of this book, you were asked:

“Are you fulfilled? Do you wake up brimming with excitement about the possibilities of what could be for this day? Do you jump out of bed with enthusiasm about your life? Or, do you wake up – possibly even having achieved the goals you thought would make you happy – and feel as though something is missing? Did you ever think, *I know I’m meant for more than this?*”

That *more* you’re searching for is the extraordinary life you were born to live. So how

about it? Will you choose to follow the dream in your heart? Will you choose to become the very best you that you can be each and every day? I assure you it's not too late. It's not the end; it's just the beginning. Don't let the music die in you. Be bold, don't withhold. Tune out the outer-doubters; tune in the inner-winner. Step into the unknown, outside of your comfort zone.

No matter who you are, where you are, or what you've been through, now is the time for you to take bold action unceasingly towards your purposeful vision and step into the extraordinary life you were born to live!

### ***Putting It All Together***

In the introduction to this book, I promised to show you it's possible for *you* to create an extraordinary life and how to create it by taking you on a journey with three guests who demonstrate three surprising truths. Now let's put it all together.

First, Jean Nsanzeriyaka shows us:

Truth #1:

*Ordinary People Create Extraordinary Lives*

He taught us ordinary people create extraordinary lives and that even when the odds seem stacked against us, there is always hope. When seemingly insurmountable circumstances

make you feel you can't pursue your dreams, there is hope for you too.

This first truth is important because it means any person – *no matter who you are or what you have* – can create an extraordinary life. It means *you* can create an extraordinary life – or an *even more* extraordinary life!

Regardless of your circumstances, regardless of your age, regardless of what you believe to be true about yourself right now, you are someone special and you were born for greatness. The world is waiting for you to take a bold step. That's all it takes. It just takes a first step to make a beginning possible.

Remember, when you step outside your comfort zone, it's not an "either/or" deal you're stepping into – it's an "and" situation. There will be obstacles *and* there will be breakthroughs. There will be uncomfortable moments *and* there will be enjoyment and happiness.

Second, Anthony "Buckets" Blakes showed us:

Truth #2:

Ordinary People Create Extraordinary Lives  
*by Taking Bold Action Unceasingly*

He taught us how to reach an elite-level life by becoming the best we can be *each and every day* – unceasing in our bold actions.

This second truth is needed because it



illustrates how to create a massive comfort zone by staying in motion, pushing your boundaries, and expanding your territory. The larger your comfort zone, the greater the impact you can have in this world!

And, third, Ron Korb, his Grade 10 teacher, Anthony “Buckets” Blakes, *and* Jean Nsanzerkaya all showed us:

Truth #3:

Ordinary People Create Extraordinary Lives  
by Taking Bold Action Unceasingly  
*Towards a Purposeful Vision*

They taught by example how we can take what we have become and use it to positively impact others.

This third truth is significant because it gives you direction for your unceasing bold actions and creates a pathway to the *ultimate reason* for creating an extraordinary life – fulfillment, happiness, inner peace, and joy.

Now it’s time to move to the final chapter in this book where you’ll learn how to make these three truths actionable in your life.

## Chapter Five

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# Making the Three Truths Actionable in Your Life

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### *The Big Questions*

It's time to take these three truths and make them actionable in your life. You can do so by reflecting on and answering the following questions:

- 1. Do you believe you can create an extraordinary life?**

In the introduction to this book, you were asked to declare: *I can create an extraordinary life!* If you are *already* living an extraordinary life, you were instructed to declare: *I can create an even more extraordinary life.* The question for you now is: Do you really believe it?

In order to create an extraordinary life it's

crucial for you to believe it's possible. When you believe something is possible, you change the way you talk to yourself. Positive self-talk generates positive feelings. Positive feelings generate positive actions. Positive actions lead to positive changes in your circumstances.

*In essence, your situation becomes a reflection of your self-talk.*

For that reason, as you build your belief in your ability to create an extraordinary life, that life will begin to take shape. If your doubts are stronger than your beliefs right now, you can begin building your beliefs. Start doing so by choosing your mindset.

Your mindset is your established set of attitudes. Your attitudes are comprised of your set way of thinking or feeling about something.

Since our thoughts determine how we feel, choosing your mindset means predetermining how you're going to think about something to generate how you feel about it. That "something" could be your day, yourself, other people, your life, your relationships, your career, and so on.

Choosing your mindset in advance, before heading into your day, is a game-changer. It can turn around how you feel regardless of what happens. It can transform obstacles into stepping stones. In fact, it can even transform relationships,

improve your business, generate more fun in life, help you to create that extraordinary life you were born to live, and so much more!

Choosing your mindset is the first lesson in Module 4 of the brand new online course called *CALM Online: A Proven Four-Step Process to Transform Worry into Inner Peace*:

<https://calmonline.denisemarek.com/>

Module 4 of this online course is titled *Master Your Mind*. It includes the brand new six-step process to renew your mind and even restore hope; it's called the CREATE process. CREATE is an acronym. The first step is the "C", which represents:

*C = Choose Your Mindset*

Here you'll learn:

- Four steps to choose your mindset
- How to build new, healthy, thought patterns and free yourself from toxic thoughts
- A five-step system to control your thoughts instead of allowing your thoughts to control you!
- How to focus your mind for massive progress and maximum results

By consciously choosing your mindset for the day – in both thought and word – you unleash the power to transform your life!

**2. Would you like to move to an elite level in your business, your family, your personal life?**

Do you, like Buckets Blakes, want to live an elite-level life? Remember, part of an extraordinary life is a life designed to become all you can be. Buckets Blakes was just an ordinary person who strived to be the best he could possibly be “each and every day.” Striving to be the best you can possibly be – in your family, in your career, in your life, and so on – is what it takes to make it to that elite level.

A special note here on being the best you can be each and every day. On some days, your best will be better than on others. During times of illness, extreme stress, heartbreak, or loss, for instance, doing your best will be different than on days when you’re feeling good.

That’s okay! The key is to do your best. It’s not about perfection. It’s about making *being the best you can be* a daily habit and understanding your best will vary from time to time.

Part of what will help you to become the very best you can be, is to choose your mindset each and every day as covered in the answer to the previous questions. Another strategy that will help you is to

read daily.

Whether it's a strategy to create a successful business, an insight to create harmonious relationships, inspiration to break through doubts and limiting beliefs that block you from being the best you can be or anything in between, reading can fill in the missing information to help you move forward and potentially solve the current challenge you're facing. This is the second step of the CREATE process (and the second lesson in Module 4 of *CALM Online*).

*R = Read*

In this lesson, you'll learn:

- How to use reading as a way to break cycles in habitual thinking
- A tracking system for recording the ideas, gems, and strategies you uncover
- Four steps to incorporate daily reading into your routine

As Jim Rohn (1930-2009), a world-renowned business speaker, said:

*Reading is essential for those who seek to rise above the ordinary. We must not permit anything to stand between us and the book that could change our lives.*

### **3. What is your big dream? What is your purposeful vision?**

Jean Nsanzeryaka, Buckets Blakes, Ron Korb and his Grade 10 music teacher each demonstrated that *it is possible for you to fulfill your big dream – and then take what you have become, in the process of fulfilling that dream, to be of service to others.*

In order for that to happen though, you first need to know what your big dream is. What is your *big dream*?

If you know what your big dream is – or if you have *already* fulfilled it – great! Now you need to get clear on your purposeful vision. Your purposeful vision is the meaningful goal or dream you’re pursuing that will positively impact *others*. What is your *purposeful vision*?

If you’re not crystal clear on the answers to these questions, the next two steps in the CREATE process can help you to find them! The third step (which is the third lesson in Module 4 of *CALM Online*) is the “E”, which represents:

*E = Engage Your Spirit*

You are a spiritual being. You are spirit, soul, and body. You have a spiritual nature that is separate and distinct from both your soul (made up of your thoughts and emotions) and from the physical body in which you live. Engaging your

spirit is a crucial component to mastering your mind and creating that extraordinary life.

Part of what you'll learn in this lesson is how to actively look for – and find – the answers to your questions through strategic prayer. You'll discover how to catch answers you might otherwise miss – such as doors that have been opened as a result of your seeking, people who have been sent into your life to give you comfort while you're going through a storm, or directions that illuminate the roadmap to your next bold step.

In this lesson, you'll also learn:

- The *science* of prayer
- The scientific research confirming prayer increases frontal lobe activity and intelligence
- A three-step approach to strategic prayer to help you uncover your big dream and purposeful vision

Once you've identified your big dream and your purposeful vision, the next step in the CREATE process will show you how to use your thoughts and words to support those goals and dreams and fulfill your purposeful vision. That next step (in the fourth lesson in Module 4 of *CALM Online*) is the "A" and it stands for:



### *A = Affirm the Positive*

Every thought you think and word you speak is an affirmation. You are constantly creating your life and your experiences with your words. In affirming the positive, you'll learn how to stop using your words to *describe* your situation and start using your words to *change* your situation.

You'll also learn:

- How to uncover your *true* wants, likes, and values in the 8 main areas of your life: family, friends, intimate relationship, career/job, health, personal life, financial life, and spiritual life
- How to “Tame Your Tongue”
- How to use the 24- to 48-hour window of opportunity you have to change your thoughts using your brain’s automatic “amplification process”
- How you can dump toxic thoughts and build neural pathways that serve you in taking bold action

**4: Are you feeling stuck or trapped, as if there is no way for you to take the next step towards your extraordinary life?**

If your current situation looks like taking the next

step – or even the first step – is impossible, walk by *faith* not by *sight*. Just like Jean Nsanzeryaka demonstrated in Chapter 1 – having lived his entire life in a refugee camp – it *is* possible for *you* to fulfill your big dream – even if your current situation looks like taking that next step is impossible!

How? The next step in the CREATE process will help. It's the "T" (the fifth lesson of Module 4 in *CALM Online*) and it represents:

*T = Track Your Thoughts and Feelings*

Just because you *feel* stuck or trapped, doesn't mean you *are* stuck or trapped. It's important to understand that just because something *feels* true, doesn't make it true.

Suppose, for instance, you're in a store. A woman nearby looks over at you and then leans over and says something you can't hear to the man beside her. How does that make you feel?

If you think she judged you and said something unfavourable about you to that man, you might feel bad about yourself or angry for the judgment.

If you think she looked in your direction for a moment and said something that had nothing to do with you, you might feel indifferent.

If you think she looked in your direction and said something positive about you, you might feel good about yourself.

How you feel comes from what you think. It

comes from the story you tell yourself about what happened and the meaning you give to it. It comes from the way you appraise the situation. The meanings, appraisals, and interpretations we give to things affect our emotions and our emotions affect our behaviours and actions.

How you appraise situations is largely dictated by your past experiences. For that reason, your appraisals aren't always correct or optimal for your emotional well-being.

What we are doing in the CREATE process (and in this step of tracking your thoughts and feelings) is working at building new thought pathways, and strengthening those new pathways over time so they form part of an automatic and much more helpful way of appraising situations and yourself.

In this lesson, you'll also learn:

- A seven-step system to regulate your emotions and end emotional suffering
- How to connect with your true feelings
- How to identify and replace *Stinkin' Thinkin'*
- How to process negative emotions quickly to make massive strides forward

Speaking of making massive strides forward, move to the next question.

## 5. Are you an unstoppable bold action taker?

When you become an *unstoppable* bold action taker, you create a massive comfort zone. The larger your comfort zone becomes, the greater the impact you can have in this world. You'll have a larger platform to make a difference, you'll more easily seize opportunity, and so much more! Imagine the kind of extraordinary life you can create in that space!

In order to be an unstoppable bold action taker, you'll want to make taking bold action a habit. The final step of the CREATE process, the "E" (which is the sixth lesson of Module 4 in *CALM Online*) will help you to do just that. It represents:

*E = Execute Bold Action:*

Here you'll learn:

- Two daily focus questions that will help you *get results* in the areas of your life that matter most to you

Do you remember the third truth to creating an extraordinary life? Ordinary people create extraordinary lives by taking bold action unceasingly towards a purposeful vision. In this lesson of *CALM Online* you'll experience progress in areas of your life that matter most to you – progress towards that purposeful vision.

The pursuit of meaningful goals plays an important role in your psychological well-being. You'll find you're happier and more satisfied with life when you're making progress. Simply put:

*Making progress makes you feel better. When you feel better, you can do better.*

Positive emotions keep you in motion! For this boost in your psychological well-being, the dream you're pursuing must be something that matters to you.

## **6. Are you stuck in your comfort zone? Are you afraid of stepping into the unknown?**

Sometimes comfort can be the biggest enemy of living an extraordinary life. You want to take bold action but your desire for comfort stops you. Is your desire for comfort stopping you? Or is it something else? Is it fear perhaps?

Leaving your comfort zone and stepping into the unknown can be frightening. You will face fear. You will face doubts. You might say, "I'm not capable." I suggest you are capable! Perhaps that doubt is just fear. I've heard it said, "fear is faith in reverse." There is nothing wrong with being afraid. We are programmed to withhold, not be bold. However, you can break through the fear!

If you're stuck or afraid, and nothing else

you've tried has really worked for you, *CALM Online* will get you the results you're after.

<https://calmonline.denisemarek.com/>

You can read testimonials from others who have finally experienced results and breakthroughs in their lives here:

<https://calmonline.denisemarek.com/p/calm-online>

*You* can experience these kinds of results and breakthroughs too!

### ***Creating an Extraordinary Life - The Six-Step Process***

As you worked through the answers to the questions in this chapter, you discovered the six-step CREATE process.

C = Choose Your Mindset

R = Read

E = Engage Your Spirit

A = Affirm the Positive

T = Track Your Thoughts and Feelings

E = Execute Bold Action

As I mentioned in the introduction, the

CREATE process helped me personally to break free from strongholds in thoughts and behaviours that had me trapped for decades. It helped me to free myself from addictions that were preventing me from being the best me I could possibly be. It helped me to navigate through relationships and to let go of those that were no longer in my best interest to maintain.

It helped me to determine what I really wanted for my career and I began living that dream. It helped me to get unstuck in areas where I felt really and truly stuck and got me moving again. It helped me to make an even more significant difference in the lives of others and it gave me hope, peace, clarity, and direction. It worked for me and if you follow the process I know it will work for you too.

All of the strategies, blueprints, and tools to implement these six steps into your life are included in Module 4 of *CALM Online: A Proven Four-Step Process to Transform Worry into Inner Peace*. That's only one of five modules in the course! Imagine how much more value you'll get with access to all five modules!

### ***Gaining the Courage to be in Bold Action - The CALM Process***

The thought of taking bold action towards your big, bold, audacious goals can create paralysis or fear. One way around that is to break your goal down

into tiny steps.

For instance, are you daunted to run a marathon but dream of doing it and crossing that finish line with your arms in the air? Then break it down into a five-minute run today and just add one minute each day. These smaller – yet still bold – steps don't have to be daunting or fearful. In just a year, you'll be running more than a marathon!

In addition to breaking your bold actions down into tiny steps, it's imperative you learn how to stop worrying and gain the confidence to take risks. You might be thinking, "What? Me worry? I don't worry." I hear you.

However, I've been internationally known as the Worry Management Expert and have presented around the world for more than 20 years – even to CEOs and executives in major corporations who were *convinced* they didn't worry! After learning the CALM process they were incredibly surprised at how much worry really was actually affecting their lives – both personally and professionally! They were even more impressed by the transformation and results they experienced after applying the CALM process.

*CALM Online* will provide you, too, with the techniques that have already helped thousands of seminar participants gain the courage to be in bold action, let go of worry, regain inner peace, and develop a renewed passion for life. It's the ultimate



blueprint for creating and living an extraordinary life!

There was a time you could only learn the CALM process by sitting in on one of my live seminars or presentations. Now it's available for you to learn from the comfort of your own home or office and at your own pace.

*CALM Online* contains a four-step process to transform worry into inner peace called the CALM process:

- C = Challenge Your Assumptions
- A = Act to Control the Controllable
- L = Let Go of the Uncontrollable
- M = Master Your Mind

To parallel the process, this course is divided into five modules. Module 1 through Module 4 each introduce a step in the CALM process. In Module 1, you'll discover that assumptions create worry and you'll learn the key questions for challenging those assumptions. In Module 2, you'll discover how to use worry as a prompt to take action. Module 3 delivers fresh, new strategies to stop worrying about those things that are beyond your control. Module 4 outlines the six-step CREATE process to renew and master your mind.

Module 5 of *CALM Online* puts the entire four-step process together – including the CREATE process. It's in this chapter where you'll find

Transformation Tracking Sheets. These transformation sheets are your personal template for worry-free living and can be used to help deal with all of life's challenges– big and small – with inner calm and peace of mind.

### ***Making the Decision to Live an Extraordinary Life***

Do you want to create an extraordinary life – a life in which you strive to become the best you that you can possibly be and use what you have become to impact others in a positive way? Do you want to leave your mark on this world? You can! But you have to make a decision to do so.

*A decision is an action.* The Latin word for “decide” (“decidere”) means “to cut off from.” That means when you make a decision, you are cutting off any other alternatives.

Making the decision to create an extraordinary life means you are choosing to cut off the alternatives. You are choosing to cut off the possibility of spending the rest of your days living an ordinary existence, in a tiny comfort zone, in which you feel unfulfilled.

Instead, you decide to take bold action unceasingly towards your purposeful vision and create the extraordinary life you were born to live!

*CALM Online* is the next bold step in your journey. This course is designed to help you adjust what you say within yourself so you can reduce

stress, free yourself from worry, and live a more fulfilled life. However, you have to make the decision to register in the course and do the work.

### ***Taking Your Next Bold Step***

Follow the link below to watch a short video about the *CALM Online* program and to enroll in the course:

<https://calmonline.denisemarek.com/p/calm-online>

In addition to the video, following the link above will give you an outline of the course, testimonials, answers to FAQs, and so much more!

Enroll in *CALM Online* today! Don't wait any longer. Choose today to live your most extraordinary life starting right now!

<https://calmonline.denisemarek.com/>

## Afterword

You are now equipped with the three surprising truths you need to know about creating that extraordinary life:

Truth #1:

*Ordinary People Create Extraordinary Lives*

Truth #2:

Ordinary People Create Extraordinary Lives  
*by Taking Bold Action Unceasingly*

Truth #3:

Ordinary People Create Extraordinary Lives  
by Taking Bold Action Unceasingly  
*Towards a Purposeful Vision*

Now consider this: We are all ordinary people. This means **we can also all be extraordinary** since extraordinary people – like those you’ve read about in this book – are just ordinary people too.

Be extraordinary! There is a unique calling on your life that you and you alone can fulfill. No matter where you are right now or where you’ve

been, God's gifts and calling on your life won't be taken away. He never goes back on His promises. He will make a way for you to fulfill that dream in your heart and He will give you provision for your purpose.

Go after that calling and create an extraordinary life by becoming all you can be – not because of what you will get; but because of what you can give back by becoming more – and using what you've become to be of maximum service to others.

Experience the deep peace that comes from being fulfilled and the growth, health, and vitality that will occur in all areas of your life. You were born for this! You were born to live an extraordinary life.

If you know someone who needs ideas and inspiration to help create the extraordinary life you know he or she was born to live, please share this book by providing that person with the link to receive their free copy of *How to Create an Extraordinary Life*. Or contact the author at [operator@denisemarek.com](mailto:operator@denisemarek.com).

As for you, you're already well on your way by getting to the end of this book! The next important bold step is for you to enroll in *CALM Online*. If you have excuses about why now is not the right time for you to register into the course, remember: **You can have reasons or you can have results** – but you can't have both.

*CALM Online* will give you the results you're looking for. You are not alone. It is possible. There are proven strategies available to you. Challenge yourself to change what you do. Be bold. Act today and register now.

<https://calmonline.denisemarek.com/>

I leave you with a final thought:

*An extraordinary life isn't created by chance; it's created by choice. Choose to take the next bold step in your journey of creating an extraordinary life!*

I'll meet you over inside the course!

## About the Author

**Denise Marek** is internationally known as “The Worry Management Expert.” In addition to being regularly called upon as the authority in her field by national and international magazines such as Martha Stewart’s *Body + Soul*, United Kingdom’s *Red*, Australia’s *CLEO* and *Insight*, and Canada’s *Chatelaine* and *Canadian Family*, Denise is the author of *CALM: A Proven Four-Step Process Designed Specifically for Women Who Worry*. As testament to their overwhelming success, her books have been published in several languages, including Spanish, Italian, German, French, Dutch, Bulgarian, and Korean.

Through her proprietary CALM™ methodology, lectures, consulting, videos, articles, and books, Denise has helped individuals and corporations around the globe free themselves from worry and cultivate inner peace. She works with CEOs, senior-management teams, and executives – along with their clients and the people they lead – helping them eliminate worry in their personal and professional lives. Denise’s client list includes companies such as American Express,

Toyota, CEO Global, RBC Royal Bank, Deloitte & Touche, Dundee, Manulife Financial, TD Canada Trust, Clarica, and AIG. She is regularly asked to speak at corporate events and provide on-site training and consulting, resulting in more effective and efficient work environments, less stress, and greater strategic-planning success.

For more information about Denise, visit: **[www.denisemarek.com](http://www.denisemarek.com)**.

### ***Stay Connected***

- Register for *CALM Online*, visit:

<https://calmonline.denisemarek.com/>

- Follow Denise Marek on social media:

@MarekDenise

- Book Denise Marek to speak at your next conference, event, or meeting, contact us via phone or e-mail as listed below:

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