

INNER EXCELLENCE

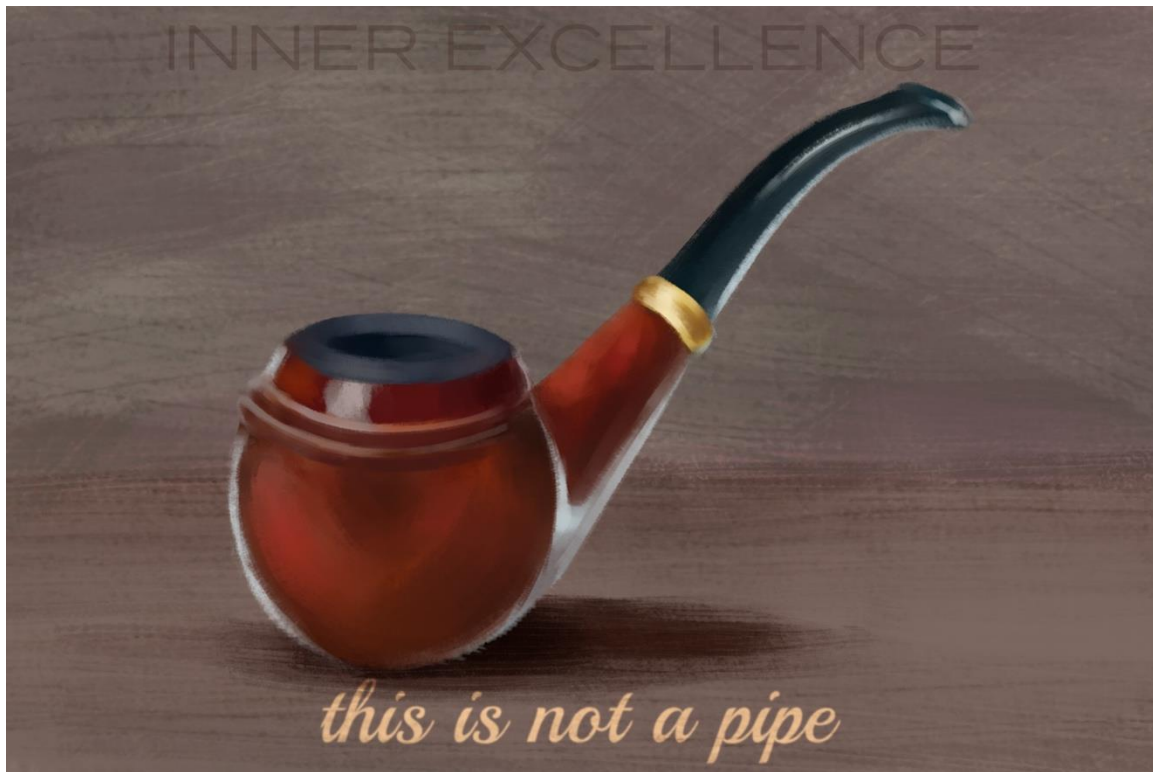
TRAIN YOUR MIND FOR
EXTRAORDINARY PERFORMANCE
AND THE BEST POSSIBLE LIFE

REVISED EDITION

JIM MURPHY

Inner Excellence

Presuppositions (Assumptions)



(It's a picture of a pipe.)

Inner Excellence

Figure 2.1 The Path to Fear

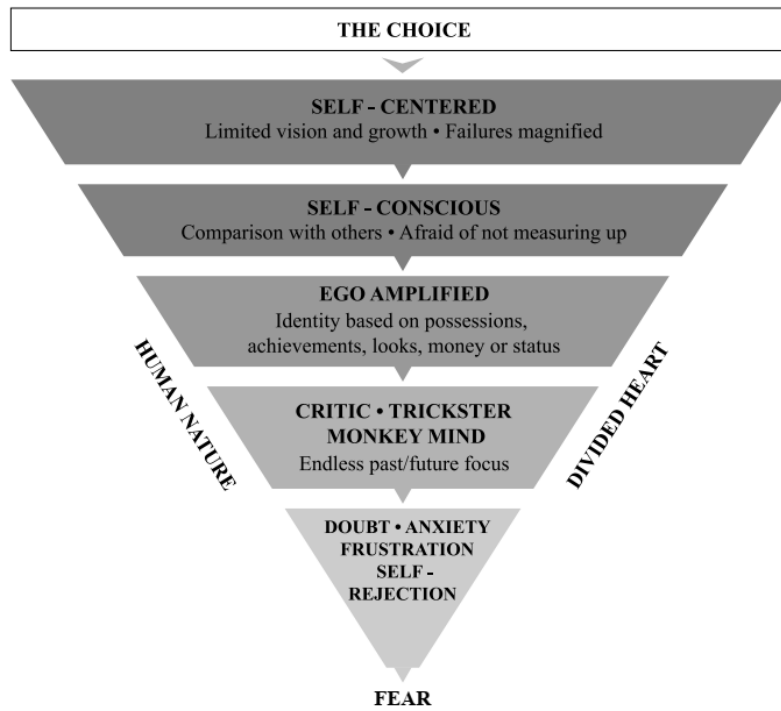
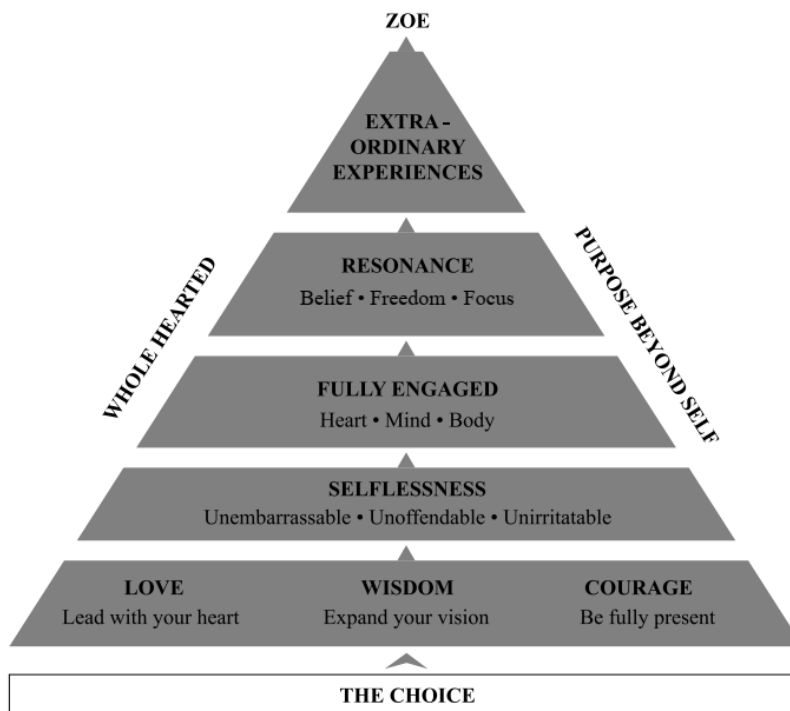


Figure 4.1 The Path to Zoe



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Figure 4.2 The Life Diamond

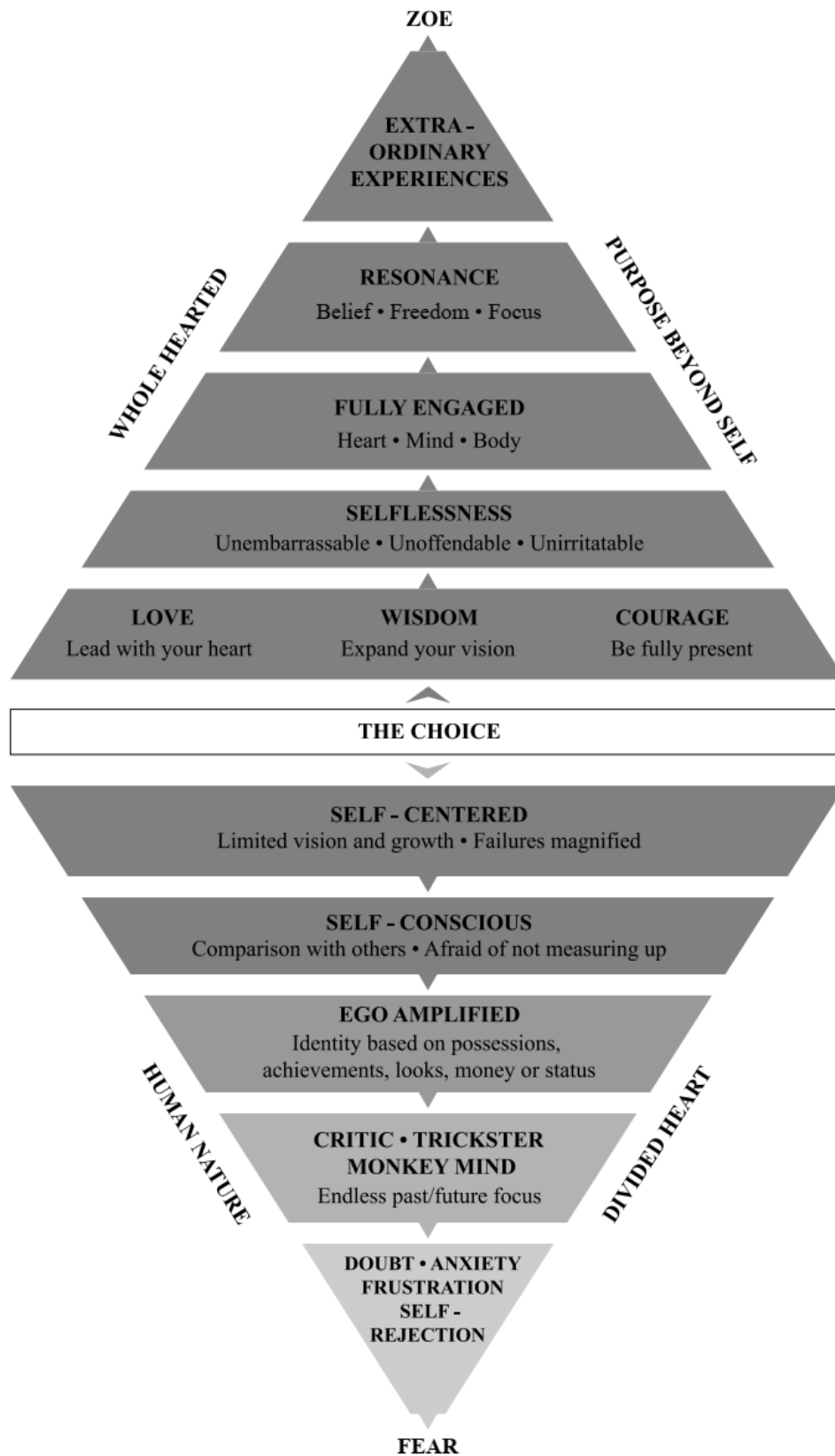
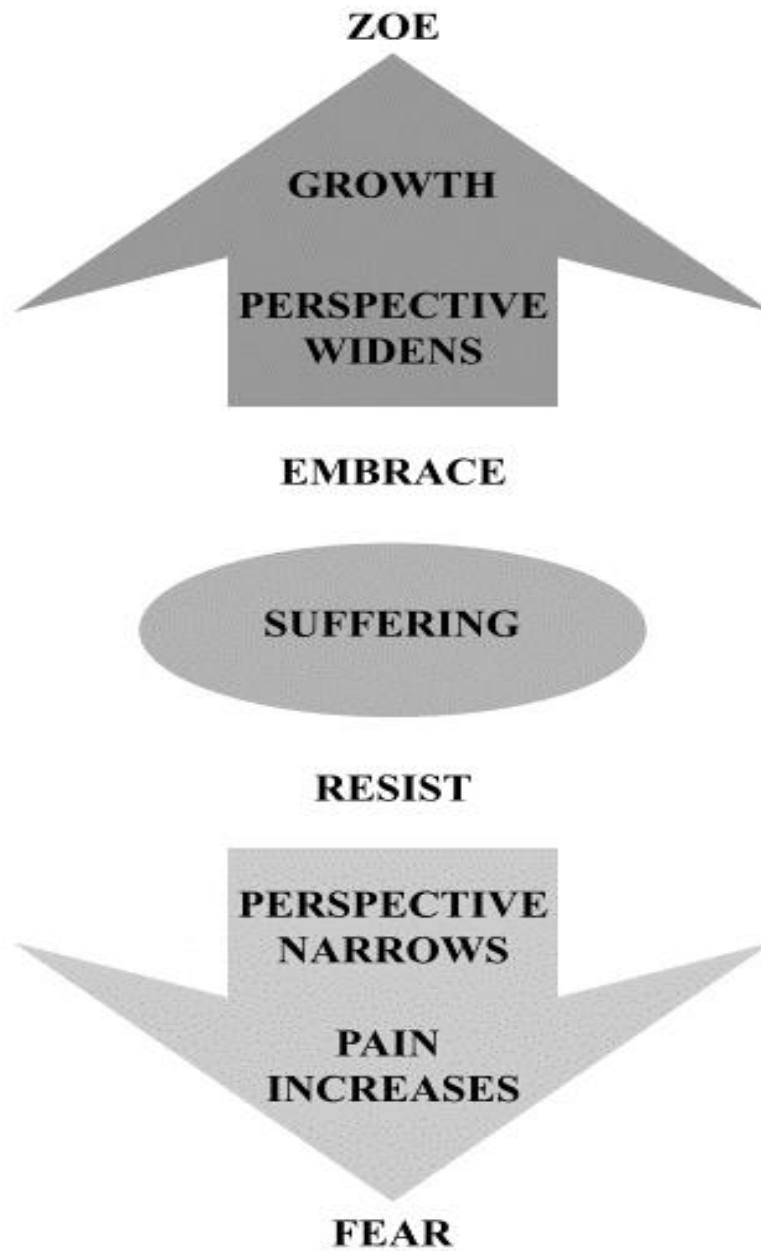


Figure 5.0 A Comparison of Mastery and Ego

Mastery	Ego
Selfless	Self-centered
Strong sense of self	Self-conscious
Unembarrassable	Easily embarrassed
Unoffendable	Easily offended
Unirritable	Easily irritated
Grateful	Entitled
Compassionate	Judgmental
Always learning	Always comparing
Win the battle within	Win at all costs
Process-oriented	Outcome-oriented
Best shot	Win or lose
Willing to look foolish	Afraid of humiliation
Fully present	Living in the past and future
True to self	Unaware of true self
Willing to sacrifice	Seeks instant gratification
Ability to suffer/be uncomfortable	Comfort seeking
Feeling of control	Controlled by results
Freedom and passion	Fear and tension
Embrace the opponent	Hate/fear opponent
Humble	Arrogant
Seeks growth	Seeks validation
Broad vision	Limited vision
Sees beauty first	Sees flaws first
Walks by faith	Walks by sight
Centered	Scattered
Seeks wisdom	Seeks status
Few needs	Needy
Purpose beyond goals	No real purpose
Unlimited imagination	Bounded by experience
Transcends circumstances	Attached to circumstances
Stable	Unpredictable

Figure 5.1 The Lifeline of Suffering and Growth



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Figure 6.1 The Path of Thoughts, Feelings and Actions

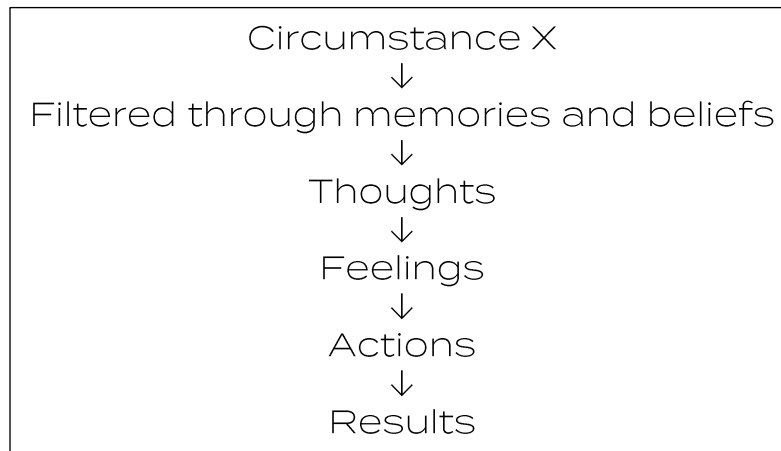


Figure 8.1 The Expansive Power of Being Fully Present

