

**The
Achievement
Alchemist**

**Discovering
Your Passion**

A Guided Journal

By Leigh St John

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www.AchievementAlchemist.com



The Passion is spreading...

What others are saying about *The Achievement Alchemist*:

“I would love to say I have read your book, but I took it home and haven’t seen it since! My son borrowed it and loved it, so when he was finished with it he loaned it to his girlfriend, who loved it so much she asked if she could loan it to her sister, who has since loaned it to a young girl she is mentoring.

What I can say is thank you for writing a book that transcends age, status, occupation, and for giving me the gift of a totally transformed son. I am yet to learn what he learned in your book but he is a different young man as a result. For the first time he is focused and happy and I thank you. Whatever you wrote in your book really reached him in a way that no one else has been able to.” *Clara West, Mother of three*

“Because the book is presented in journal style, I found it extremely effective in getting my Sales Managers to ‘activate’ the learnings themselves, as well as using some of the exercises to encourage their teams to improve their performance ...it is an easy read and quite visual...

Many training programs cover ‘what’ has to be learned but very few instill ‘how’ the activities have to be performed to get the best results. This journal does this and adds a little inspiration for good measure.” *Maureen Mulligan, State Sales Manager, Nutri Metics*

The Passion is spreading...

“Leigh, this wonderful book is a shining light and constant inspiration. Thank you for your gifts from the heart. You have touched more lives than you will ever know!” *Liza Foster, Managing Director of Soul Direction*

“Congratulations! Your powerful awakening to passion as the guiding light in your life is inspirational, bloody brilliant in fact!” *Samantha Backman, CEO of health researcher, Revivalife*

“Well done and thank you for the program! I thoroughly enjoyed it, took away many ideas to implement back in the workplace, and your book is excellent!”
Luke Weston

“Congratulations on your Website and the publication of “The Achievement Alchemist” (Discovering Your Passion). As a single operator you are so far ahead of many who for years struggle to make a difference.

It is obvious to me that you have a clearly defined model for success, and in particular apply that to your own personal development and your journey, which I can only imagine on many occasions is quite challenging. Many thanks and congratulations!” *John Braithwaite, Development Manager, King’s College*

“Passion for life is everything and you are to be applauded for creating the pointy end of the experience!” *Bonnie Sleep - Bond University School of Business Lecturer*

“You truly are an inspiration to people who want to aspire to excellence...and you have taught me that I have the answers to my own questions.” *Bindy Marshall, Bose*

The Passion is spreading...

“I knew once I picked up your book and before I finished the acknowledgements that my life had turned a corner because my husband and I had been struggling with what we wanted ideally and our reality of living in suburban rat race hell. We both so desperately wanted to make fundamental changes to our lives and yet lacked the road map of questions that we needed to ask ourselves. Yes we both have read seemingly all the motivational books out there however it wasn't enough, they tend to pump you up to take a few steps and then the hot air flows out of your momentum. I know it is our low self esteem and letting our disappointments overwhelm us, we have tried, I have tried and I know, I know, I know!

Then I picked up your book and boom, its not about telling me how I have a negative attitude, it is asking me to clean out the clutter, so I go and have a garage sale, take a whole heap of rubbish to the dump and my negative attitude goes with it! Now, how about those books that tell me that my disappointments are overwhelming me? No your book asks me to write down all my successes for each day and boom, no more over whelming disappointments.

Smell the sweetness of success because I know that you haven't done all this work for fame and fortune. Your inner light has wanted to help people who have struggled like you and you have shared your journey to empower us. With heartfelt gratitude I thank you for writing your book. And enjoy feeling all the positive energy pouring back to you from those of us who are reading your book and 'getting it'.” *Rochelle Ryan-Bax, Creative Memories*

The Passion is spreading...

A note from the Author, Leigh St John:

You will notice that those whose testimonials appear in this book are not all high-profile “celebrities” as is the case with the vast majority of books.

Although I have many well-known people to whom I could have turned for their thoughts on this Journal, I decided to go with the reflections from “every-day” people. After all, this book is designed not necessarily for the celebrities who have already discovered their passion and are living it from day to day – it is written for those who are yet to identify their purpose in life.

The Achievement Alchemist series is written for those who know there is more to life – it is written for **you** to help you find **your** place, **your** purpose, **your** passion.

“Put yourself in a state of mind where you say to yourself, “Here is an opportunity for me to celebrate like never before, my own power, my own ability to get myself to do whatever is necessary.” Anthony Robbins

The Achievement Alchemist

A Self-Discovery Guided Journal

“A man (or woman) is a success if he gets up in the morning and goes to bed at night and in between does what he wants to do.” Bob Dylan

What if you could be doing anything in the world that you wanted to be doing... What would that be? If there were no limitations... If money was not an obstacle... If education was not an obstacle... If family obligations were not an obstacle... What would your life look like?

The Achievement Alchemist provides a thirteen-week program that guides you from where you are through the journey of discovering your passion and realizing your potential.

Rather than ‘telling’ you what you should or could be doing with your life, **The Achievement Alchemist** provides you with the basic tools and then challenges you with a series of exercises and questions to help you **understand** and then **embrace the power of passion**.

“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” Mark Twain

“I can teach anybody how to get what they want out of life. The problem is that I can’t find anybody who can tell me what they want.” Mark Twain

The Achievement Alchemist – Discovering Your Passion will show you how to:

- Explore your life’s purpose
- Gain new confidence in your own creative powers
- Discover the power of focus
- Clear the clutter in your life
- Ask better questions to get better answers
- Dissolve self-limiting thought patterns
- Turn your aspirations into reality and
- Live the life of your dreams!

Whether you have a vague idea of your passion or no idea at all, **The Achievement Alchemist** will work with you through the process of not only discovering your passion, but also putting into practice the steps necessary to actually live your passion.

- What if you really could start your own business..?
- What if you really could become a doctor, lawyer, psychologist..?
- What if you really could teach English in China..?

You can do it! All you have to do is take the journey. *Ready..?*

“When the heart is ignored or suppressed, the result is the same for the organization as it is for the individual: unrealised potential.” Richard Chang, ‘The Passion Plan at Work’

This book is dedicated to my
great-grandmother,
Gladys May Parnell.

Nan, you were and always will be
my role model,
my guiding light and
my inspiration to be the best I can be.

"With every [one] I love who has been taken into the brown bosom of the earth a part of me has been buried there; but their contribution to my being of happiness, strength and understanding remains to sustain me in an altered world." Helen Keller

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Acknowledgements

"A friend is a person with whom I may be sincere. Before him I may think aloud." Ralph Waldo Emerson

How do you thank everyone who has ever touched your life?

I believe that each and every person with whom I have ever interacted has had a role in the writing of this book.

From some you learn information; from some you learn humility. From some you gain inspiration and from some you learn patience... and the list goes on.

"It's the friends you can call up at four a.m. that matter." Marlene Dietrich

I would like to thank in particular:

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Bella St John, my co-author – thank you for being my constant companion and the absolute light of my life!



To each of my other friends – those who make up the rest of my ‘chosen family’ – who are too numerous to list individually, I offer my sincere and heart-felt gratitude for your support and encouragement. Each one of you has made such an important contribution to my life and although I try to let you know how important you are to me, if I haven’t made it clear enough, please take this as a testimony to my gratitude and love.

“’Tis the privilege of friendship to talk nonsense, and have her nonsense respected.” Charles Lamb

Thank you to each of you for respecting me and my nonsense..! ☺

Introduction

“Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?...

Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you..

And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fears, our presence automatically liberates others.”

Marianne Williamson from A Return To Love:

Reflections on the Principles of A Course in Miracles

Let's start at the very beginning...

Congratulations!!! So many people talk about not being able to discover their passion and that's as far as they get. You have actually done something about it by at least starting to read this book.

Now, continue the journey, read the book, do the activities – you never know where it may take you...

How This Book Came To Be Written

- ❑ **What is my ultimate purpose?**
- ❑ **Why am I here?**
- ❑ **What is the meaning of my life?**
- ❑ **How do I get past all the clutter?**
- ❑ **What is my passion?**

These were the questions that I was hearing over and over again from people in different cities, in different countries, in different jobs, in different income brackets...

Then, in one training session, we were working with exactly these issues and one of the participants said, “you should write a book on this”, and this book is the result.

”I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”
Henry David Thoreau

What You Will Find In This Book...

Although you could simply sit down and read the book through, it is designed as a 'workbook' with the first four letters, -w-o-r-k- being the most significant. You are encouraged to carry out each of the activities and answer each of the questions.

It is also designed as a journal. There are spaces for you to write your responses, your thoughts and even doodle if that is what you need to do in order to tap into that part of your brain that is hiding your passion from view.

You will find that this book is about more than just discovering your passion. It is focused on helping you to realize your potential and be the best you can be.

You will learn to let go of the past, reward yourself for your achievements, acknowledge your strengths and develop a belief that you really can achieve anything to which you set your mind.

“Finish every day and be done with it. You have done what you could. Some blunders and absurdities no doubt have crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on yesterdays.” Ralph Waldo Emerson

The Achievement Alchemist – Discovering Your Passion is divided into three sections:

1. Introduction
2. Part 1 – Understanding the Power
3. Part 2 – Embracing the Power

Introduction

This is where you are now and where you gain an overview on the book and how to use it to your best advantage.

Part 1 – Understanding the Power

Looks at the ‘clutter’ in your life and the things that might be getting in the way of you being able to see and understand your passion – and preventing you from fully realizing your potential.

Part 2 – Embracing the Power

Once you have made the way clear to see your passion, this section helps you to find ways to embrace it and ‘live’ your passion and be everything you know you can be!

Quotes

You will also find an abundance of quotes that will hopefully provide different perspectives and inspire you to be the best you can be.

“A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral.” Antoine De Saint-Exupery
