Blue Ocean Coaching Co.

The Acorn Principle, By Jim Cathcart

Book Summary/Highlights

The mighty oak was once a nut that held his ground…Unknown

How fully are you living your life? Rate yourself 1-5. 1 = running on empty, 5 – overflowing.

Go on a "thought diet" restricting unhealthy thoughts- replace with nourishing ones!

Know Yourself to Grow Yourself. Desire is Possibility Seeking Expression. ~ Ralph Waldo Emerson

- Personal Velocity – pace and intensity at which you perform best- your "zone"- high, medium or low? Determine your velocity, what drives it and strive to live there.
- Intellectual band-with: the amount of information which a person can process at once.
- 7 Kinds of Smart –(Gardner) Verbal, Visual, Physical, musical, Mathematical, Interpersonal, Intrapersonal/Self smart Which of the 7 are you? Know yourself to Grow Yourself.
- Background Imprint: The manner and level at which past experiences have on you- good or bad.

<u>About You Survey</u>

What qualities do you most admire in your friends?

What traits do you most desire from your mate?

What do you think children should learn in school?

Name one thing about the world that you would like to change.

If you had unlimited money and did not have to work, how would you spend your time?

What would you do with your surplus millions if you had them?

Your answers to these questions reveal much about *your* personal values. According to the Acorn Principle there are 7 natural values- which do you see reflected in your answers? See if you can summarize your answers and match them to one or two of the 7 principal values that are you.

Sensuality – the relative importance of one's physical experience

Empathy – feeling connected to other people

Wealth – ownership and worth

Power – control and recognition

Aesthetics - beauty, balance, order and symmetry

Commitment – having a mission, doing the right thing.

Knowledge - learning and understanding

Our personal values don't determine *if* something will appeal to us but rather HOW it will appeal.