

This is the outline for *Choice – The Meaning of Life: How to Have More and Better Choices in Business, Relationships, Government and Life*. Once the book is published, I'll probably have to take it off-line (understandably). This outline will serve to help you decide if you want to purchase a copy of the book. (All those years outlining in grade school and beyond; who would have thought I'd actually use it? This is the kind of outline you have to send publishers in book proposals, for those of you curious or thinking of writing a proposal for a non-fiction book yourself. If so, good luck!)

Choice – The Meaning of Life Outline

I. “A Day in the Life” (Preface) Shares a story of me hanging out in the middle of a herd of bighorn sheep in Rocky Mountain National Park after being flown out to Denver and paid \$2500 for a twenty minute gig as a comedian. Shares the highlights of successes in my life and cites my decision-making process, the COR-system, as the reason.

II. “Why I Wrote this Book” (Introduction) Discusses the generalizations of self-help and sets up the purpose of my system after illustrating the need for it.

III. “The Meaning of Life” How being ruled by cycles in nature causes us to create cycles in life, many of which we don’t actually need that we end up treating as though they are rules we must follow. How this practice of creating cycles has caused us to create a cycle of life we expect everyone in society to follow and how we’ve misidentified this cycle as love. We erroneously identify this cycle—i.e. love—as the meaning of life. Why we are wrong and why choice is the actual meaning of life, whether you are religious or atheist. It is the cycles we create that cause us to often feel like we don’t have any choices.

IV. “The Only Certainties in Life” What I realized about life in college that unencumbered me.

- 1) You are the only person responsible for your happiness.
- 2) The only person you have to live with is you.
- 3) People only have the power over you that you give them.
- 4) You will die.

V. “Inhibitors” Universal common practices that impede making good choices. A personal story regarding each inhibitor is shared.

- 1) Opinion.
- 2) Don’t address our real intent.
- 3) Let others dictate our choice.
- 4) Let responsibilities falsely deter us.
- 5) Ignore elders or those with relevant wisdom.
- 6) Fail to observe.
- 7) Fail to process and conclude.
- 8) Assume.
- 9) Follow irrational society norms.
- 10) Spend a great deal of time dictating choice to others.
- 11) Excuses and validation.
- 12) We hold ourselves back.
- 13) Don’t question or look to practices that already exist.
- 14) Focus on being right instead of doing right.
- 15) We ask ourselves the wrong questions.

VI. “The BLC’s—Basic Life Concept Questions” The only questions you need to answer. Can be applied to anything from your entire life to specific projects, such as taking a camping trip or redecorating your living room. Keep your answers simple. Revisit your BLC’s every few years or whenever you experience a life-changing event, as your answers will change.

- 1) What do you need?
- 2) What’s important to you?
- 3) What are your responsibilities?
- 4) What are your limitations?

VII. “Circle of Repetition (COR)” Using our familiarity with cycles as a diagram to make good choices. Keep your COR’s simple. The COR represents the cycle we wish to break. We break the COR with:

- 1) Instigators - Real, also known as True.
- 2) Motivators - False instigators, which encourage us to find real ones.

VIII. “Principles” An instigator you practice repeatedly to break a COR becomes a principle.

- A. An angle is an instigator. There is always an angle; you just have to find it.
- B. Isolated COR’s are ones you only need to break once.
- C. Repetitive COR’s are ones you need to break continually, which is where principles come into play.
- D. The five questions you need to answer, again simply, when creating or re-examining principles (never implement or keep a principle for which the answer to 4 or 5 is “no”):

- 1) What is the principle? Define it.
- 2) Why is it a principle?
- 3) Have circumstances changed since it became a principle?
- 4) Is it effective?
- 5) Does it comply with your responsibilities (from your BLC-list)?

IX. “Enablers” Universal practices that enable good choices. Again, a personal story is shared for each.

- 1) Know your audience.
- 2) Interpret data.
- 3) Remember you always have a choice.
- 4) Delivery is greater than content in communication.
- 5) Practice clear, direct communication.
- 6) Avoid gossip.
- 7) Avoid the contradictive choice.
- 8) Don’t prove yourself; improve yourself

- 9) Have real pride not false (being right instead of doing right).
- 10) Look beyond the initial appearance and rhetoric.
- 11) Don't burn your bridges.
- 12) Consider other peoples' perspectives.
- 13) Be prepared.
- 14) Don't be afraid to make mistakes.
- 15) Open more doors than you close.
- 16) Never put yourself before your responsibilities.
- 17) Don't waste effort trying to control what you can't.
- 18) Avoid vengeance.
- 19) Remove your opinion from the equation.

X. Business Applications of the COR-system in business.

XI. Dating and Relationships Applications in dating and relationships.

XII. The One Rule You do not have the right to interfere with someone else's ability to choose unless they are doing same to you.

XIII. Government and Politics Applications in government. A law is simply a rule protecting nature's or peoples' right to choose from someone's bad choice. Laws of opinion are just that and unjust; they are ineffective principles and thus need to be rescinded. All laws of opinion are eventually rescinded but often create numerous other problems and heartache during their tenure, some of which does not go away when the law does (for example, the mob after prohibition was rescinded).

XIV. Nature Applications in the environment.

XV. Responsibility How as a society we've come away from being responsible for our choices and the detrimental impact it has had on our world and lives.

XVI. Final Observation. Closing. Explains how, ironically, the more powerful we become the less opinion we can have, as responsibility rises with power and opinion lowers with responsibility. Mixing power with opinion leads to making bad choices. Discusses that perhaps that is why God stays out of things—part of being God is the realization that for things to work properly opinion needs to stay out of the decision-making process.