

TRAVEL COMPANION HANDBOOK

FROM THIS MOMENT ON...

**PERSONAL REMINDERS FOR MASSIVE SUCCESS
AT SCHOOL, AT WORK, AT PLAY, AND IN THE SHOWER.**

CO-CREATED BY JAVIER SANCHEZ AND MARSHALL L. SHORTS, JR.

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Printed and bound in the United States of America
First Edition Published: May 2014



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THERE'S NO SUCH THING AS A SELF-MADE MAN OR WOMAN.



In my opinion, anyone who claims that they are self-made is either lying or forgetful. Humans by nature are a communal species. That means if you want to survive and especially if you want to thrive in this world, you can't do it alone. As I think about the journey that I am on I've learned that to travel best, I need to have companions. I believe that if you truly want to experience massive success you need to have at least 3 travel companions; someone to follow, someone to travel with, and someone to lead.

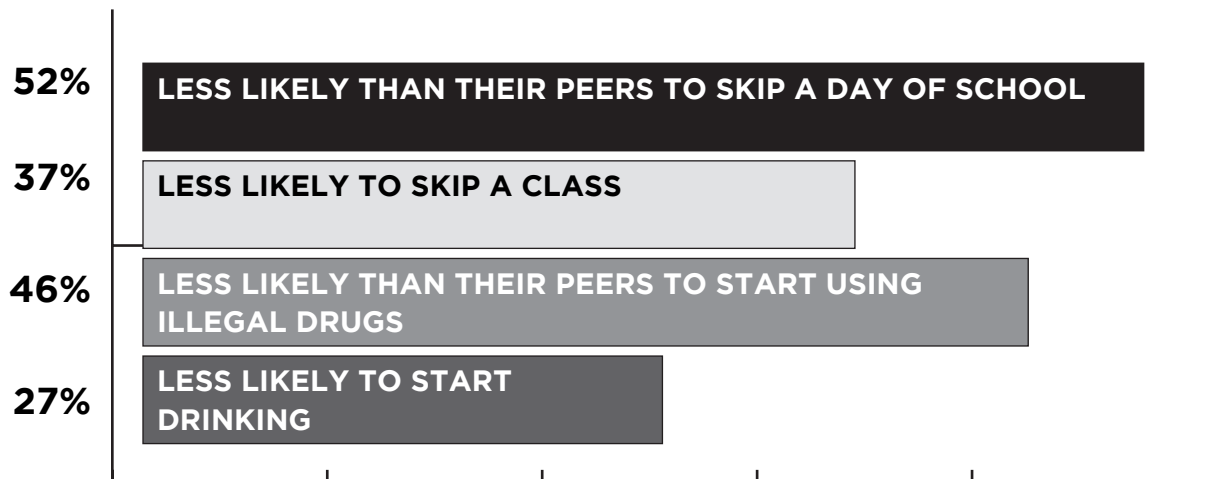
The person you are **following** should already be where you desire to be, either educationally, vocationally, socially, physically (health & wellness), financially, or spiritually. Since they have already been where you are aspiring to go, they are in a position to give you excellent travel tips.

The person you **travel with** should have the same or similar aspirations when it comes to educational, vocational, social, physical (health & wellness), financial, or spiritual success. The two (or more) of you can be a constant and consistent source of support, encouragement, and accountability for one another.

As you have been given to and guided on your journey, so too should you give back and be a guide to someone else. Through your growth and success you become a resource of information and inspiration to someone coming behind you. **Leading someone else** should also compel you to want to continue further on your journey and to travel on your path the best way possible.

TRAVEL COMPANION SUCCESS STATISTICS

Students who meet regularly with a mentor are:



(Public / Private Ventures Study of Big Brothers Big Sisters <http://www.bbbs.org/>)

A comprehensive study in 2006 by Gartner, a Connecticut-based research firm of over 1,000 workers over a 5 year period, revealed the following benefits of mentoring:

- 25% of employees who enrolled in a mentoring program had a salary-grade change, while only 5% of workers who did not participate in a mentoring program had a change
- Mentors were promoted 6 times more often than those not in a mentoring program
- Mentees were promoted 5 times more often than those not in a mentoring program
- Mentees experience higher career satisfaction, career commitment, career mobility, and positive job attitudes (B.R. Ragins, J.L. Cotton, and J.S. Miller, J.S, 2002).

BENEFITS OF HAVING SOMEONE TO FOLLOW

- Great advice, encouragement and support
- A chance to get honest feedback
- Learn from their experiences
- Gain social, academic, and vocational confidence
- Develop better decision making skills
- Develop better communication, study and personal skills
- Develop strategies for dealing with challenging issues
- Identify goals and establish a sense of direction
- Gain access to new opportunities and resources
- Develop new and profound relationships

BENEFITS OF HAVING SOMEONE TO TRAVEL WITH

- Friendly competition to accomplish goals
- Develop interpersonal and social skills
- Encouragement to keep going knowing you're not alone
- Increase your confidence and motivation
- A chance to get honest feedback
- New ideas and perspectives
- Increase your circle of friends

BENEFITS OF HAVING SOMEONE TO LEAD

- Develop communication and personal skills
- Develop leadership and management qualities
- A chance to reinforce your own study skills and knowledge of your subject(s)
- Increase your confidence and motivation
- A chance to engage in a volunteering opportunity that is valued by employers
- Enhance your CV
- Develop new and profound relationships
- Gain recognition for your skills and experience
- Benefit from a sense of fulfilment and personal growth

USER GUIDE

So how can you use this handbook? It will help you establish and sustain meaningful relationships with your Travel Companion(s). Use the exercises, discussion guides, and activities included in the handbook to nurture a relationship with your Travel Companion(s) that is engaging, relevant and a mutually beneficial experience.

Ultimately the choice is up to you. There are four kinds of people in this world. I call them wanters, watchers, waiters, and way makers. Wanters settle for wanting, wishing, or hoping for success, but never make any effort to actually DO anything to be successful. Watchers watch success happen to others (and usually hate on them in the process), but never do anything to make success happen for themselves. Waiters are waiting for that perfect moment to start their journey, but that perfect moment never seems to come.

All three of these examples have a common thread...FEAR. They are all rooted in the fear, particularly the fear of the unknown. For many, the road to success is an unknown road and when we don't know something our tendency is to start making stuff up. Another one of our greatest fears is the fear of being alone. That's what makes your **Travel Companion Handbook** a vital tool for your massive success. You will never have to travel the road alone. You and your Travel Companion(s) can work together to become **Way Makers**.

A **Way Maker** is that unique individual that refuses to settle for wanting, watching, or waiting, but is absolutely committed to **MAKING A WAY** for themselves and those they are traveling with.

If you've read this far there is a 99.9999% chance you are a Way Maker. The true test will be your determination to finish your journey. I believe you have the passion. It's up to you to start the process of experiencing massive success...From This Moment On

WANTERS, WATCHERS, WAITERS AND WAY MAKERS

I KNOW WHO I WANT MY TRAVEL COMPANIONS TO BE, NOW WHAT?

Once you have identified prospective travel companions you should engage them about the opportunity. Explain to them that you are aspiring to be a better person and to help make the world a better place and that you'd like to invite them to be part of your journey. Also keep in mind that more than likely the person that wants to follow your lead will most likely engage you first. At that point you can offer them a Travel Companion Handbook as a guide for the relationship.



HANDLE YOUR TRAVEL COMPANION(S) WITH C.A.R.E.

Here are 5 tips to help you nurture and maintain an effective and productive journey with your Travel Companion(s):

COMMITMENT – Make sure that you and your Travel Companion(s) are mentally AND emotionally committed to the journey. My mantra is either you're ALL IN or you're in the way. This journey should not be seen as an obligation, but rather an opportunity for mutual growth and development.

AND THEN SOME – You and your Travel Companion(s) should be willing to do what's required...AND THEN SOME. Bare minimum effort produces bare minimum results. The most successful people in the world are those who are willing to operate in the realm of the AND THEN SOME. You and your Travel Companion(s) should push each other to do the same.

RESPOND – ABILITY – You and your Travel Companion(s) are on this journey together because you value one another's insight and observations. When information or emotions are shared we must be mindful of how we respond. If your Travel Companion is having a difficult experience it's important that we are respectful of where they are at and what they are going through. Make sure you are not dismissive of their issues. The expectation isn't that you have all the answers either. Being a listening ear is often times the most appropriate response. Also listen for opportunities to share resources that you may be aware of that will help them navigate their experience.

ENVIRONMENT – Make sure you and your Travel Companion(s) are intentional about creating an environment where each person on the journey knows they are safe, valued, and necessary.

REAL CONNECTION THROUGH REAL CONVERSATION

In your first meeting with your Travel Companion(s) answer these questions so you can get to know one another.

1. Tell a story about a time that you laughed really hard.
2. Talk about 5 things you are really thankful for and why.
3. Talk about one of the most caring and giving people you know or have heard about.



AS TRUST INCREASES SO DOES COMMITMENT

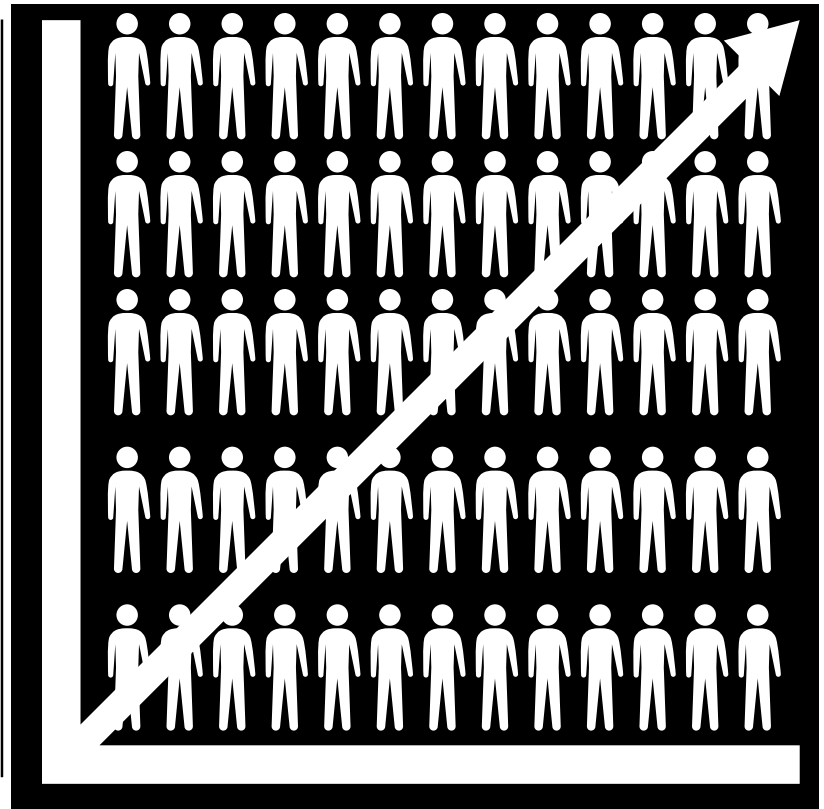
TRUST AND COMMITMENT CONTRACTS

Trust is the foundation of any relationship, business, personal, or otherwise. Before your Travel Companion(s) can commit to this journey with you they must have a clear understanding of what you're asking them to commit to in terms of time and energy. They will also have commitment expectations of you as well. But before anyone can commit to anything there must be a foundation for trust established. As trust in one another increases, commitment to one another's expectations will increase as well.

As you and your Travel Companion(s) work through the Trust and Commitment Contracts, keep in mind both formal (times, locations, tasks, etc.) and informal (honesty, punctuality, enthusiasm, etc.) commitments that you expect one another to make. You should also have a conversation about the projected duration of the relationship (one month, six months, 1 year, etc.).

HIGH COMMITMENT

LOW COMMITMENT



LOW TRUST

HIGH TRUST

TRAVEL COMPANION COMMITMENT CONTRACT

In order to have a successful journey we must both to the best of our ability, make a mental and emotional commitment in the following areas for the duration of our relationship:

COMMITMENTS

COMMITMENTS

Travel Companion Signature **Date**

Travel Companion Signature **Date**

TRAVEL COMPANION TRUST CONTRACT

In order to successfully make a mental and emotional commitment to one another's expectations for the duration of our relationship, we must trust each other to :

I TRUST YOU TO:

I TRUST YOU TO:

Travel Companion Signature **Date**

Travel Companion Signature **Date**

RIGHT NOW I AM BECOMING.

Has anyone ever asked you, "What do you want to be when you grow up?" That question is misleading because it makes you think that you cannot BE or DO anything important with your life until you "grow up." The other problem is we only equate that question with a job or profession. Our identity should go way beyond what we do to earn an income. The way to reframe the question is to ask ourselves, "Who and what are we becoming RIGHT NOW?" Who and what are we becoming RIGHT NOW when it comes to our attitudes, our actions, and our aspirations?

I AM BECOMING...

I AM BECOMING MORE (ATTITUDE: I.E., POSITIVE, PEACEFUL, KIND, FOCUSED)

I AM BECOMING BETTER AT (ACTIONS: I.E., STUDYING, EATING HEALTHY, HELPING OTHERS)

I AM ASPIRING TO BECOME A/AN (DREAM JOB: I.E., ENTREPRENEUR, ENGINEER, PROFESSOR, PILOT)

WHAT IS YOUR CORE BELIEF?

Every successful company has a powerful mission statement. As individuals I believe it is close to impossible to experience personal success without a personal mission statement. Your core belief is that central truth that you stand on for your life. Malcolm X once said, "If you don't stand for something you will fall for anything." That is true, but I also think that if you don't believe in something, you will end up believing anything. That is why it's so important to establish your core belief. Maybe it's a famous quote or a verse of scripture from a religious text. It could be a family value or tradition. It could even be a line from a song or movie. The bottom line is you cannot step into success without standing on firm foundation. That foundation is your core belief.

For Example:

"My past doesn't disqualify me from my future." - Javier Sanchez

"Where there is no struggle, there is no strength." - Oprah Winfrey

"Be the change you wish to see in the world." - Gandhi

MY CORE BELIEF IS....

WHO AND/OR WHAT DO I LIVE FOR?

Everyone is always talking about what they would DIE for. I want you to identify who or what it is you LIVE for. A lot of times when we're given the opportunity to make a bad choice, our attitude or response is, "What do I have to lose?" By identifying who and/or what we live for we give ourselves a reason not only to avoid bad choices, but also be intentional about making good choices. Knowing who and/or what you live for gives you a sense of purpose. Having a sense of purpose helps you discipline yourself. And disciplining yourself leads to an attitude and lifestyle of excellence and an opportunity to experience life to the fullest in a healthy, safe, and positive way. So identify the people or things that you live for. Is it your art? Academics? Athletics? Family? Faith? Future? You might have one thing. You might have five. What's important is that you identify who and/or what it is you live for.

I LIVE FOR...

WHAT IS THE EVIDENCE?

Earlier you identified who and/or what you live for. Now the question is...where is the Evidence or what is the proof? If you were on trial and the goal was to prove that you truly lived for what you say you lived for, whoever was making the argument would look to three areas; physical evidence, documented evidence, and the testimony of others. That means that if you TRULY live for what you say you live for, it should be demonstrated in your daily activities (physical evidence), it should be demonstrated by what you post on social media (documented evidence), and you shouldn't have to talk about what you live for because other people are telling your story (testimony of others). The bottom line is the Evidence should speak for itself so you don't have to.

THE EVIDENCE OF WHAT I LIVE FOR IS...

WHAT IS AMAZING ABOUT YOU?

American youth collectively spend an average of \$120 BILLION dollars every year on food, fashion, health & beauty products, and entertainment. They are the most marketed to age group in the history of the world. Young people see more commercials in a day than anyone else. Radio, TV, Internet, Magazines, Billboards, etc. You can easily be exposed to anywhere between 500 to 5,000 ads in just one day. Advertisers and marketers usually have two goals...to make you think something is wrong with you and to make you think that they care enough to fix you. Something is wrong with the way you look, the way you dress, what you're eating, or where you're going. Something is wrong with you because you're not buying this music or going to see this movie. You are "broke" and they can "fix" you. All you have to do is buy their stuff. Young people are sold that lie 500 to 5,000 times a day. That means that's 500 to 5,000 times a day we get told we're not cute or handsome enough, not cool enough, not strong enough, or not liked enough. We can see with young people experiencing high levels of depression, self-abuse, anxiety, and fear that there's a chance these ads could be working. Annual spending of \$120 Billion dollars makes a pretty strong case for it. We MUST counter the 500 to 5,000 times a day we're told something is wrong with us by telling ourselves what is RIGHT with us. When we focus on the negative we are magnifying it and when you magnify something you are taking something small and making it appear bigger. What we need to do is amplify the positive things about ourselves. When you amplify something you are taking something strong and making it stronger. Take some time and be VERY INTENTIONAL about identifying all the amazing things about yourself. Then read those things aloud to yourself everyday.

Example:

THE AMAZING THINGS ABOUT ME ARE...

I am hardworking

I am intelligent

I am valuable

I am worthy

I am loveable

I am focused

I am creative

WHAT DO I WANT TO BE REMEMBERED FOR?

Most of the time when we think about this question we are thinking about it in the context of after we die. One of the keys to massive success is to have this question in the forefront of our minds everyday. When you wake up in the morning you should ask yourself what you want to be remembered for at the end of the day. When you go into a classroom you should ask yourself what you want to be remembered for at the end of the class. When you go to a job interview, when you go on a date, when you do a school presentation, when you're given a project at work, when you perform on a stage, when you play in a sports competition, and when you are posting on social media, one of the most important questions you can ask yourself is...how do I want to be remembered? Think about it...if the last thing you said to someone was the last thing you could ever say to them...is that what you want to be remembered for? If the last thing you did to someone was the last thing you could ever do to them... is that what you want to be remembered for? If the last thing you posted on social media was the last thing you could ever post...is that what you want to be remembered for? Understand that LAST impressions are just as important as first ones.v

I WANT TO BE REMEMBERED FOR...

LIFE MANAGEMENT PLAN

WHO SHOULD I BE WITH? WHERE SHOULD I GO? WHAT SHOULD I DO?

Freedom, loneliness, and stress can be extremely challenging experiences. For each of the following categories identify PEOPLE you can be with, PLACES you can go to, and THINGS you can do (both formal and informal) that will help you navigate Freedom, Loneliness, and Stress in a healthy, safe and positive way.

FREEDOM

LONELINESS

STRESS

PEOPLE

PEOPLE

PEOPLE

<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
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PLACES

PLACES

PLACES

<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
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THINGS

THINGS

THINGS

<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
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LIFE ISN'T PERFECT, BUT YOUR REACTIONS AND RESPONSES TO LIFE CAN BE.

FROM THIS MOMENT ON... SCHEDULE YOUR SUCCESS

I believe it's vital that we schedule our success. If you don't put success on a to-do list then how will it ever get done? The 3P Calendar is an opportunity for you to schedule your success. The 3 P's are the following:

PEOPLE: Schedule people you can meet and talk with that can push you one step closer to accomplishing your goal.

PLACES: Schedule places you can go that will push you one step closer to accomplishing your goals. (workshops, classes, seminars, conferences, the gym, etc.)

PRACTICES: Schedule things you can do to push you one step closer to accomplishing your goals. (reading a particular book, practicing yoga, performing at an open mic, etc.)

Of course the idea is that your Travel Companion(s) assists you in scheduling your success.



3P CALENDAR - SCHEDULING YOUR SUCCESS: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
People:	People:	People:	People:	People:	People:	People:
Places:	Places:	Places:	Places:	Places:	Places:	Places:
Practice:	Practice:	Practice:	Practice:	Practice:	Practice:	Practice:
People:	People:	People:	People:	People:	People:	People:
Places:	Places:	Places:	Places:	Places:	Places:	Places:
Practice:	Practice:	Practice:	Practice:	Practice:	Practice:	Practice:
People:	People:	People:	People:	People:	People:	People:
Places:	Places:	Places:	Places:	Places:	Places:	Places:
Practice:	Practice:	Practice:	Practice:	Practice:	Practice:	Practice:
People:	People:	People:	People:	People:	People:	People:
Places:	Places:	Places:	Places:	Places:	Places:	Places:
Practice:	Practice:	Practice:	Practice:	Practice:	Practice:	Practice:

DOCUMENT YOUR PROGRESS

The Progress Reports are an excellent way to document your journey and keep yourself accountable to your Travel Companion(s). They can also be shared with other people you meet with along the way. Think of them as milestones. So for example if you schedule a meeting with someone who is not your Travel Companion, you can show them your reports to demonstrate your level of commitment and so they have a better idea of where you're headed and how they can support you on your journey.

TRAVEL COMPANION PROGRESS REPORT

As a result of meeting with _____
on _____, I now:

As a result of going to _____
on _____, I now:

As a result of _____
on _____, I now:

KNOW (INFORMATION):

FEEL (INSPIRATION):

AM READY TO (ACTIVATION):



Once when my son was about 3 years old we went to family reunion. Unbeknownst to us the house that the reunion was being hosted at had an in-ground swimming pool. Unfortunately he did not have his swim trunks nor did he know how to swim so he was forced to spend his time at the edge of the pool watching all his older cousins play in the water. I let him take his socks and shoes off so he could stand on the top step of the pool holding the arm rail. At least from there he could splash around in the water with his feet since the water was only just above his ankles. After a while, under my watchful eye, he took another step into the water where now it was just above his knees. He was still holding the rail and I was right there so I figured he was okay. Shortly after that and before I could stop him he took that third step which was the step into the abyss of no return! He plunged into the water and immediately sunk to the bottom. In a split second I jumped up and pulled him out. He was coughing and spitting, and crying, and completely traumatized by the whole 3 second experience. As I held him and wiped his face off, I made several feeble attempts to comfort and console him. I told him he was okay, daddy was here, and I was proud that he took a chance. 3 or 4 times I told him I was glad he took a chance. After a few minutes he had begun to calm down and I set him down. Standing beside the pool he held his hand out to me and said, "Hold my hand daddy." I took his hand then asked him what we were doing. His response was priceless. Without blinking he said, "I want to took a chance again!"

Often times on our journey through life and towards massive success, we feel like we've taken a plunge into uncertain and unknown waters. In those moments it is vital that we are willing to reach our hand out to receive help FROM others and lend a helping hand TO others.

And remember that if you have any desire to be massively successful you must always continue to KEEP TAKING CHANCES...**From This Moment On.**

Javier Sanchez



Javier loves helping people add process to their passion. As an author, performer, and filmmaker, Javier has the opportunity to deliver life-building messages to youth and adults all over the planet while keeping them entertained through comedy, spoken word poetry, and powerful stories from his own life. He absolutely loves his work, but the best part of what he does is coming home to his beautiful family!

Marshall L. Shorts



Marshall L. Shorts, Jr. is a passionate creative that loves to help people reach their potential. As an artist, and a brand and visual communication consultant he has worked with artists, businesses, and arts organizations to help bring their visoins to reality. His passion for design is rivaled by his commitment to being a father, community resource and advocate. This has led him to starting a number of ventures aimed at exposing underserved communities to the arts and design. The Cleveland native and father earned his Bachelor of Fine Arts degree in Industrial Design with a minor in Advertising and Graphic Design from the Columbus College of Art & Design (CCAD). He is a member of Alpha Phi Alpha Fraternity, Inc.