

The Only Self-Help Book You'll Ever Need!

~~\$795~~

~~\$595~~

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Only \$9.95



A Success Workbook by
Rich DiGirolamo

The Only Self-Help Book You'll Ever Need

by Rich DiGirolamo

Not \$995 Not \$595 Not \$495 Not \$395

Cheap – at a lousy \$9.95!

(c'mon, you're worth it, aren't you?)

The Only Self-Help Book You'll Ever Need

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First edition

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I Like You Anyway**

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CHAPTER 1

Congratulations!

You did it! You are about to make an investment of time in the only person who really matters - **YOU!**

I'm not going to waste your time with boring theory and useless information, which doesn't apply to your life, nor do you care about nor understand. So let's jump right in.

Identify the one thing you are most looking to change or fix right now:

Yes, I do realize there is only room for one item; one thing at a time dear. You and I both know you're not going to transform your entire life all at once.

Do not turn this page until you are absolutely clear what needs to change!

CHAPTER 1 (con't)

"The purpose of writing is to inflate weak ideas, obscure pure reasoning, and inhibit clarity. With a little practice, writing can be an intimidating and impenetrable fog!"

- Bill Watterson

Huh? What does that mean?

Did you do it? Did you clearly identify and write the task at hand? Or are you once again rushing to find out how things are going to end up without doing the hard work?

Now go back to the previous page if you are not clear.

**Otherwise, proceed
with a sense of fun,
excitement, and
adventure!**



CHAPTER 2

Step 1:

Go figure out what YOU need to do to accomplish the task in Chapter 1.

Yes, that's it. After all, it is called *Self-Help*.

Goodbye. Good Luck!

A handwritten signature in black ink that reads "Rich". The letters are cursive and fluid, with a small dot above the 'i' in "Rich".

CHAPTER 3

I'm serious. That's it. You've probably spent way too much money purchasing systems that worked for *other* people. This is going to be YOUR system – and who knows, some day maybe you can make millions of dollars selling the incredible life you are about to design?

What follows is a 28-day journey, or should I say, “journal,” where you can document the steps that you have taken to take charge of your life.

Be daring. Be bold. Be different.

Record your actions. Record your thoughts. There will be helpful ideas, motivators, and measurement opportunities along the way, but in the end, **it is up to you.**

Don't let anyone ever fool you... it is called *Self-Help*. Now go help yourself accomplish big things using approaches that make the most sense for *you*. Please keep it legal, ethical and somewhat moral. Make sure you have fun on your journey.

Oh, by the way... do you see *anywhere* in the instructions where it says the 28 days need to be consecutive? Change your life in the best manner and right pace *for you*.

**Your success
begins HERE!**

**Have fun
achieving it.**

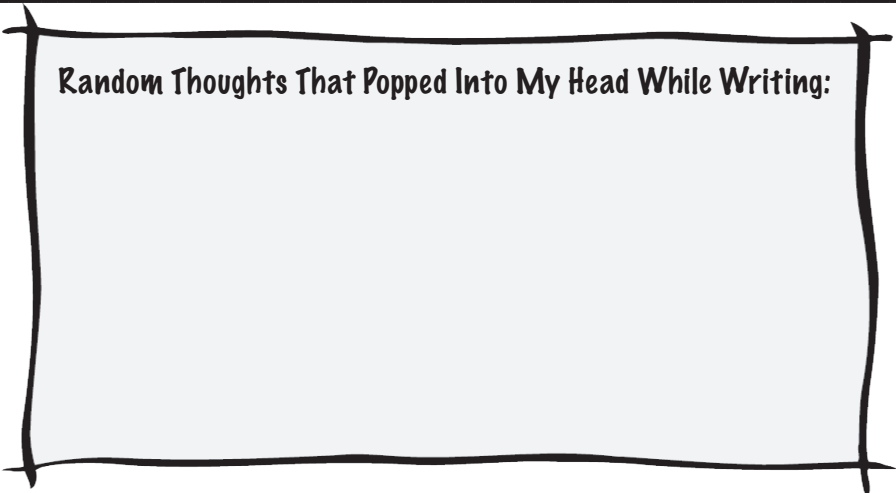


Day 1

Today I _____

***Rich Says: "Quit Looking For Reasons
You Can't Accomplish Something!"***

Random Thoughts That Popped Into My Head While Writing:



Day 2

"We make our fortunes, and we call them fate"

- Earl of Beaconsfield

Rich Says, "Do not ever discount your efforts. Every step forward is a step others only wish they had taken."

Doodling Space for &^*!!#%':

Who are the 5 most important people in your life?

Write their name, phone number and/or email addresses below:

1) _____

2) _____

3) _____

4) _____

5) _____

Just in case you're not getting this whole Self-Help thing, what do you think you need to do with the above information?

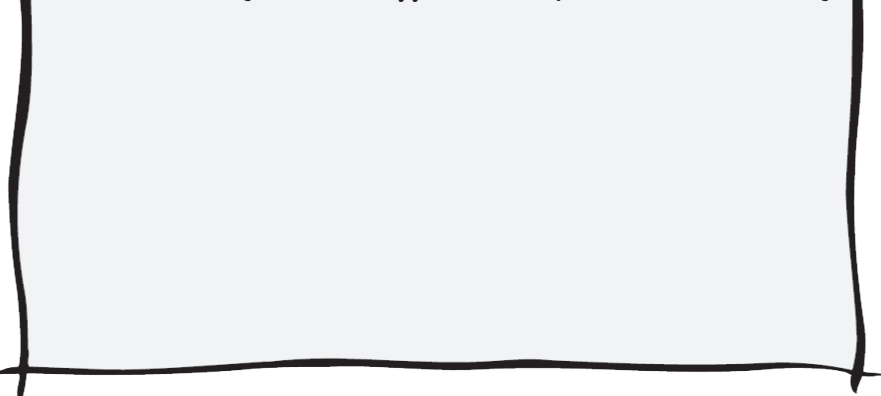
Day 3

"Nobody made a greater mistake than he who did nothing because he could do only a little"

- Edmund Burke

Rich Says, "Pat yourself on the back with every action you take. No one else is going to do it for you!"

Random Thoughts That Popped Into My Head While Writing:

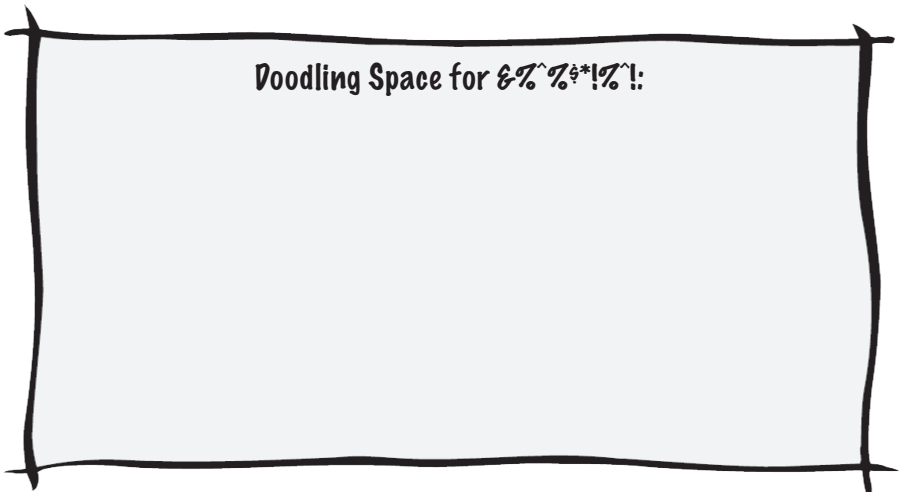


Day 4

"If you don't know where you are going,
you'll end up someplace else."

- Yogi Berra

***Rich Says, "You just may end up in a
different place than you're heading; be
open to the possibilities."***



It's Time for a Dream Break

Assuming money is no issue...

What restaurant would you dine at next?

Where would you vacation next?

What would you do for work?

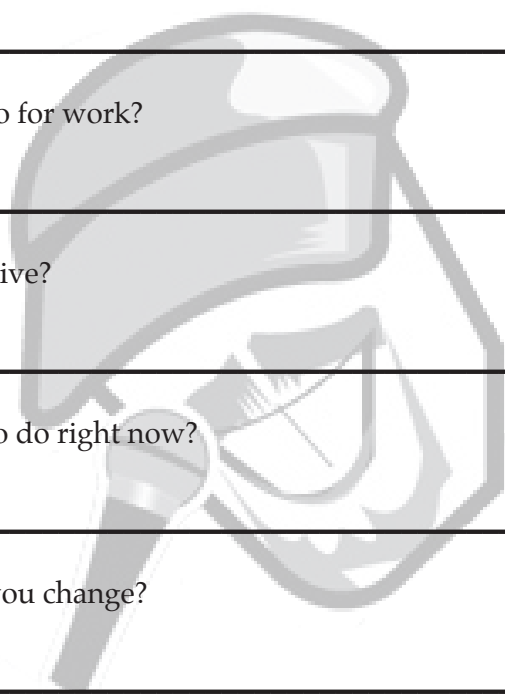
Where would you live?

What would you go do right now?

Whose life would you change?

Who are you willing to share these thoughts with right now?

What does this have to do with anything?



Day 5

"Action may not always bring happiness,
but there is no happiness without action."

- Benjamin Disraeli

Rich Says, "Go ahead. Sit there. Live your life vicariously through the actions of others. The Happy Club is full."

What Would You Rather Be Doing Right Now?

Day 6

Rich Says, "The easiest success measurement tool is a simple question: 'What did you do today to move forward?'

The easiest project plan on earth is also a simple question: 'What will you do tomorrow to move forward?'

At the end of each day, document your success and design your next move."

Doodling Space for &%^%*!%!

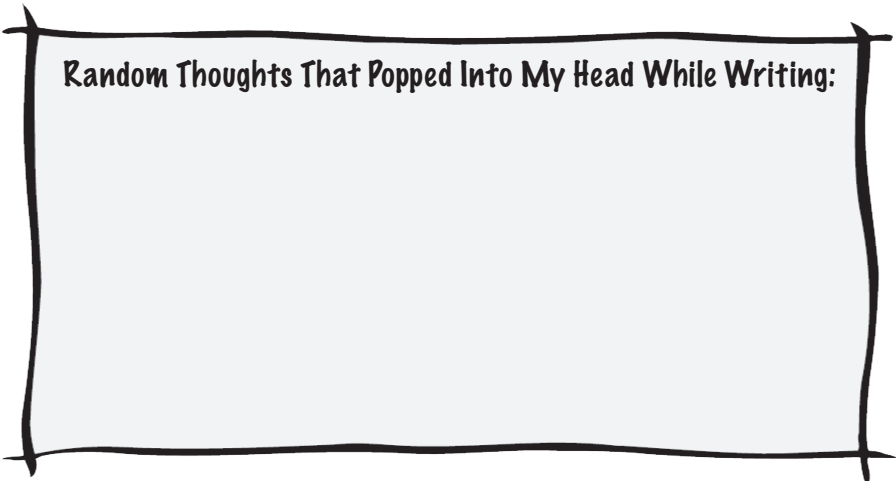
Day 7

"Success is so simple when it's driven by your passion, gut instinct, and willingness to take risks."

- Fran Goldstein

Rich Says, "If success is so easy, why are the majority of people just existing, rather than living? Success requires hard work."

Random Thoughts That Popped Into My Head While Writing:



Day 8

"The greatest pleasure in life is in doing what people say you cannot do."

- Walther Bageholt

Rich Says, "It's okay to gloat. Do it regularly; in private of course."

Doodling Space for &%^%*:

And now for a little fun!

When it is time to rub it in their face and flaunt your success, who will be the first five people you're contacting?

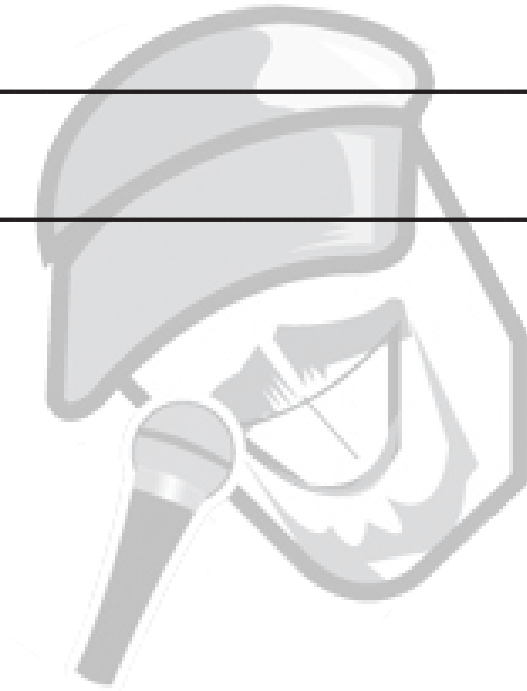
1) _____

2) _____

3) _____

4) _____

5) _____



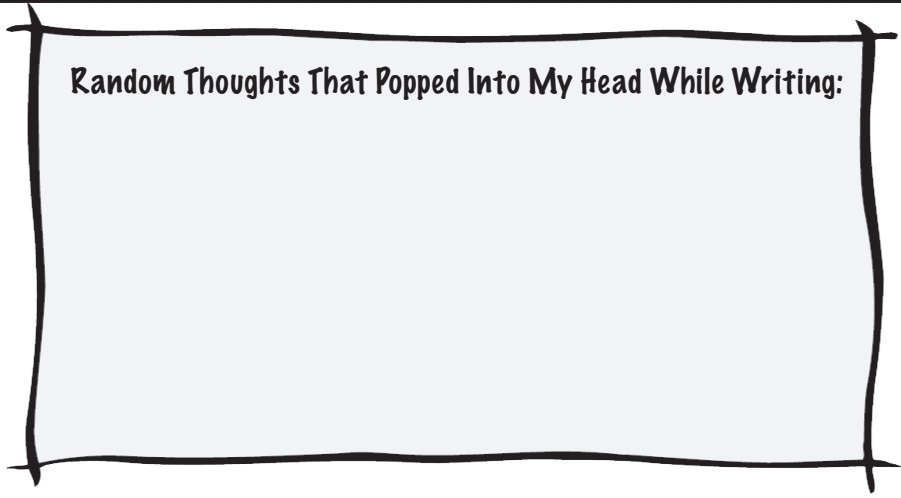
Day 9

"You don't know what you're made of
until you're eating Jello in the mud..."

– M.G.

**Rich Says,
"WTF?"**

Random Thoughts That Popped Into My Head While Writing:



Day 10

"When the grass looks greener on the other side of the fence, it may be that they take better care of it there."

- Unknown

Rich Says, "You have the opportunity to put yourself first every day. Will you do that today?"

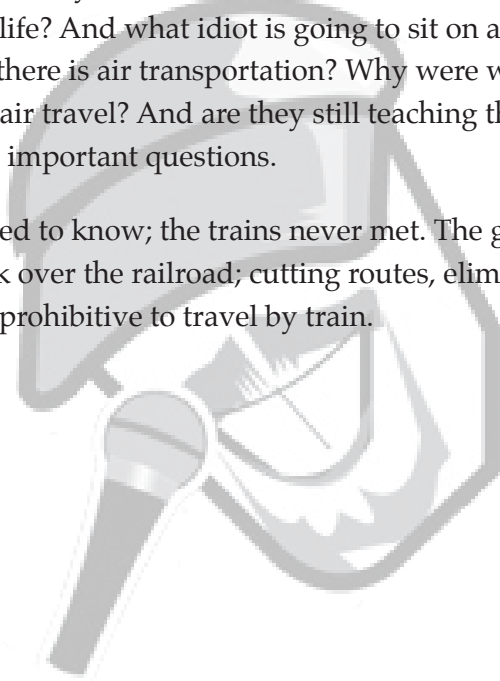
Are You Having Fun?

Were You Paying Attention in Math?

A train leaves Los Angeles at 7:00 AM heading to New York. Another leaves New York at 3:00 PM heading towards Los Angeles. The NY Bound train is traveling at 73 mph; the Los Angeles bound train is traveling at 92 mph.

Do you really give a crap about where and when they pass each other? Is that relevant to your life? What do two trains have to do with transforming your life? And what idiot is going to sit on a train for that many hours when there is air transportation? Why were we talking about trains in the age of air travel? And are they still teaching this crap to your kids? Those are the important questions.

But if you really need to know; the trains never met. The government stepped in and took over the railroad; cutting routes, eliminating service and making it cost prohibitive to travel by train.



Day 11

"Unfortunately this earth is not. . . a fairy-land, but a struggle for life, perfectly natural and therefore extremely harsh."

- Martin Bormann

Rich Says, "Expressing anger and frustration is okay. I'm tired of listening to all of those positive people who tell me life is hunky dory all the time."

Doodling Space for &%`%*)*%!!!!:

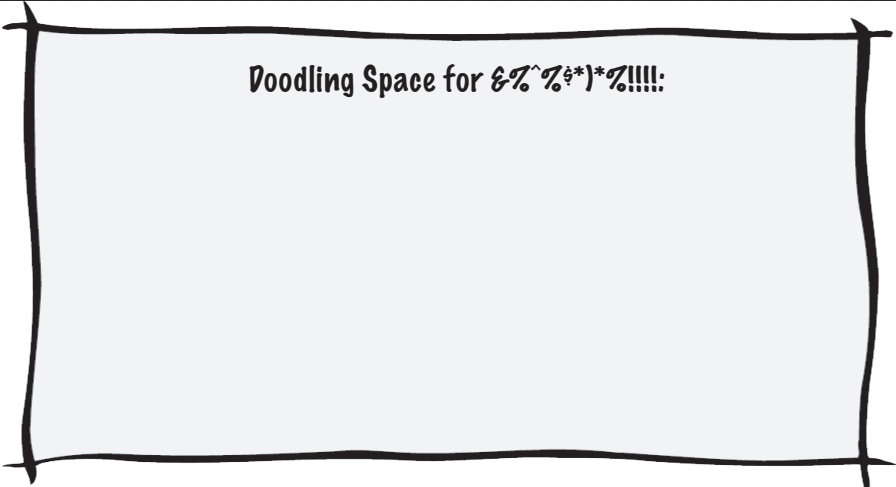
Day 12

"If you only do what you know you can do-
you never do very much."

- Tom Krause

***Rich Says, "When you're struggling
with if you can do something, turn
around and look at all you've done."***

Doodling Space for &%^%\$*)*%!!!!:



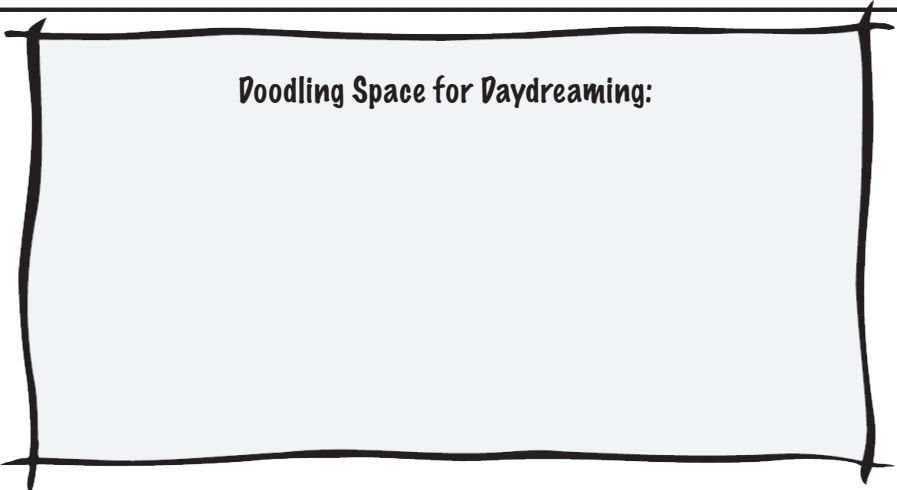
Day 13

"Distrust all those who love you extremely upon a very slight acquaintance and without any visible reason."

- Lord Chesterfield Stanhope

Rich Says, "You probably have only a handful of true friends. If you move these people from the top of your priority list, you're an idiot."

Doodling Space for Daydreaming:



Day 14

"The only limits in our life are those we impose on ourselves."

– Bob Proctor

Rich Says, "Every day I listen to the number of times people start a sentence with the words 'The Problem is...'
The Problem Is... YOU!"

On a Scale of 1 to 10, I am a:

Everyone Should Have a Top 10 List

Make Your Top 10 List

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

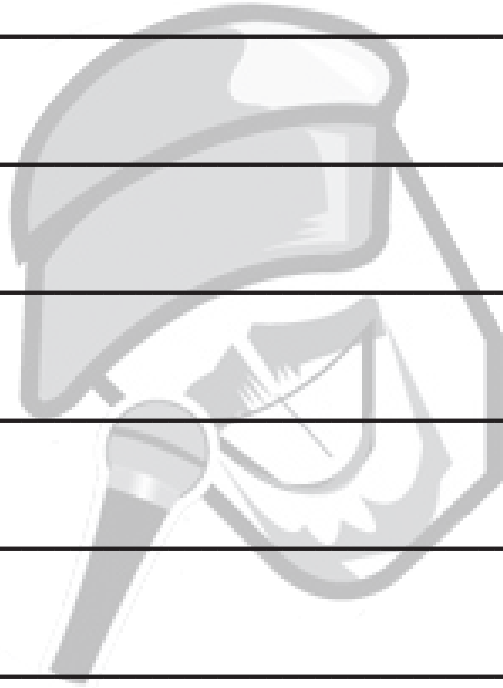
8. _____

9. _____

10. _____

Aww, what the heck, add an 11th:

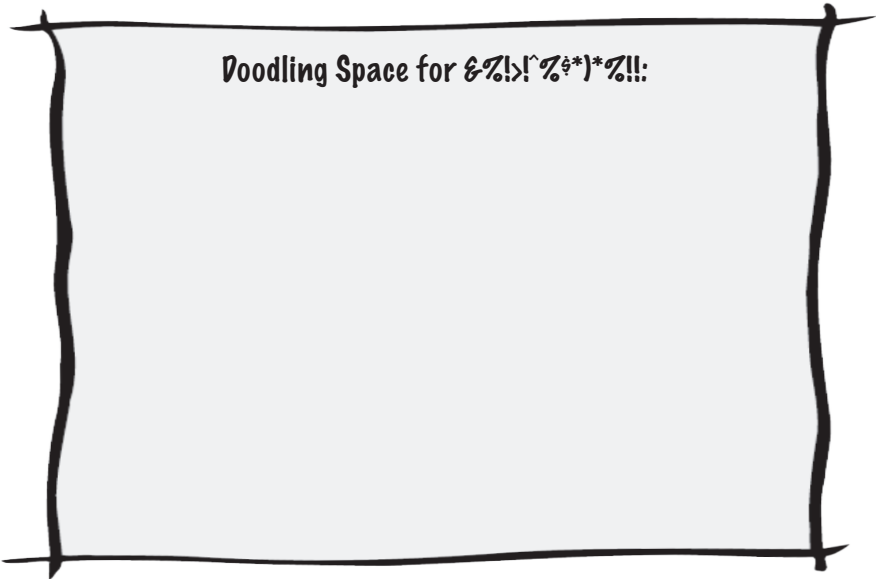
11. _____



Day 15

"If you think you can, you can.
And if you think you can't, you're right."
- Henry Ford

***Rich Says,
"Stop Thinking. Start Doing."***



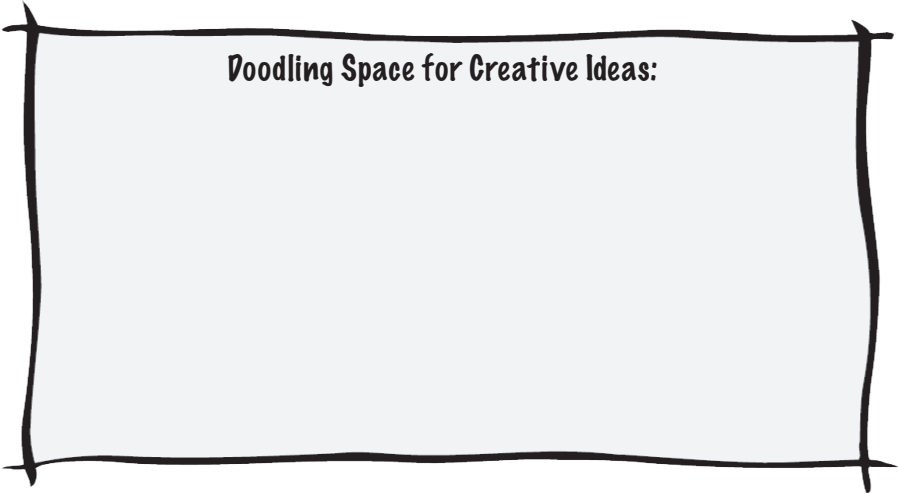
Day 16

"Only your dog knows the true value of sleep."

- Gail Hand

Rich Says, "The only thing I have learned from my dog is that it sucks when other people control your life."

Doodling Space for Creative Ideas:



Day 17

"Don't do what's expected of you; you don't have to."

- Jacki Rose

Rich Says, "Learn from my mistake. Don't choose the profession of mom's choice."

Random Thoughts That Popped Into My Head While Writing:



Day 18

"We only pass this way once,
so make your mark!" – Karin Joy Whitley

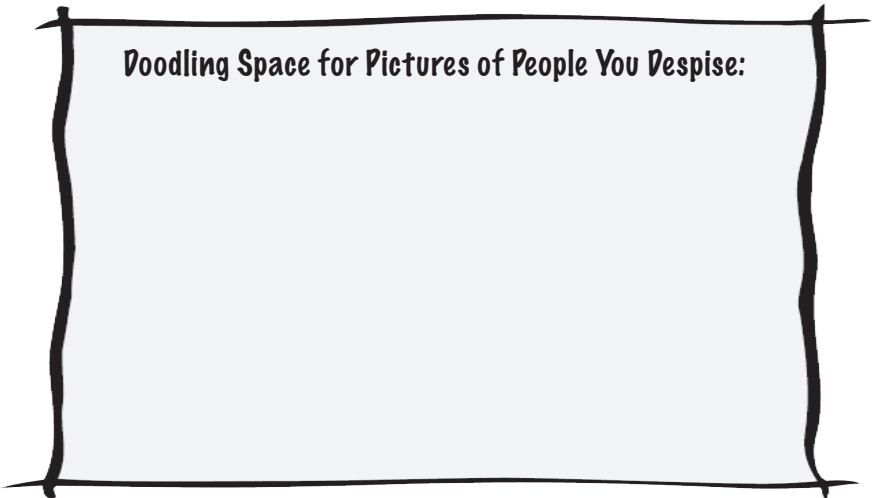
Rich Says, "To accomplish great things and make a difference means you actually might have to stop along the way for a period of time longer than expected."

Go Take a Recess.
(visit www.RecessAtWorkDay.com for ideas)

Day 19

Rich Says, "Belief in yourself, belief in your abilities, will override fear almost every time. The only thing we are afraid of is what we are capable of accomplishing."

Doodling Space for Pictures of People You Despise:



Time Wasters

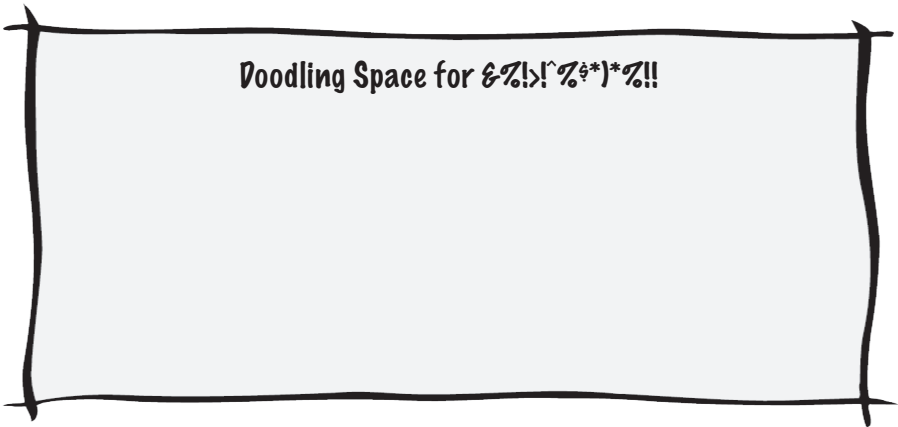
Connect the Superhero with his/her real first name:

Batman	Britt
Spiderman	Diana
Robin	Patience
Batgirl	Clark
Green Hornet	Robert
Catwoman	Peter
Wonder Woman	Bruce
Hulk	Richard
Superman	Wally
Flash	Barbara

- Who were Laurie, Keith, Chris, Tracy, Danny and Shirley?
- Where is this from: “Timmy!!!”
- Search the internet for a video titled “*Catherine Tate: The Translator*”

Need the answers?
(visit www.RichDiGirolamo.com/answers.html)

Day 20



"The rule is not to talk about money with people who have much more or much less than you."

– Katherine Whitehorn

Rich Says, "The best 15 minutes you can invest today is in moving yourself forward. Have you got just 15 minutes?"

Day 21

"I am the greatest"

- Muhammad Ali

***Rich Says, "We are all great at something.
What are you great at; and how can you use
it to make your mark?"***

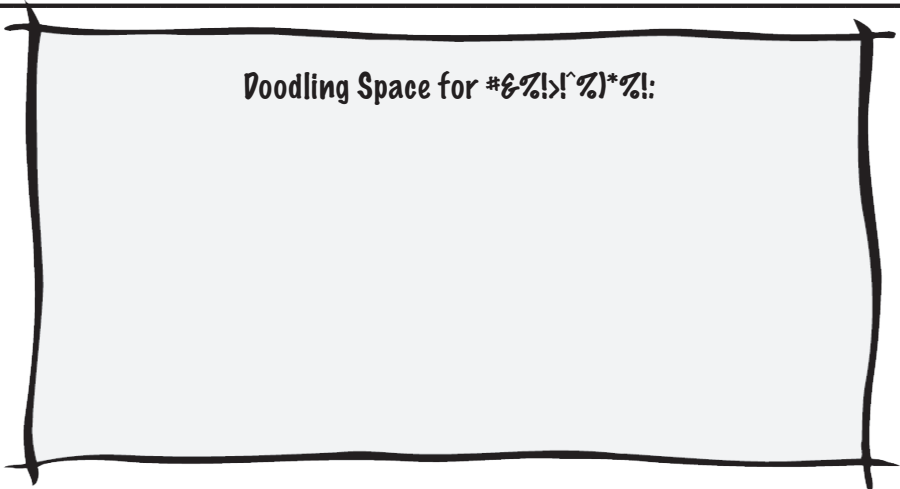
**Doodling Space to Describe
Mr. or Mrs. Right Now!**

Day 22

"One of the key barriers to success today is not one of poor time management but one of poor focus management."

– Dennis Mahoney

Rich Says, "A key obstacle to time management is multitasking. When will people finally understand that there are only 168 hours in a week?"



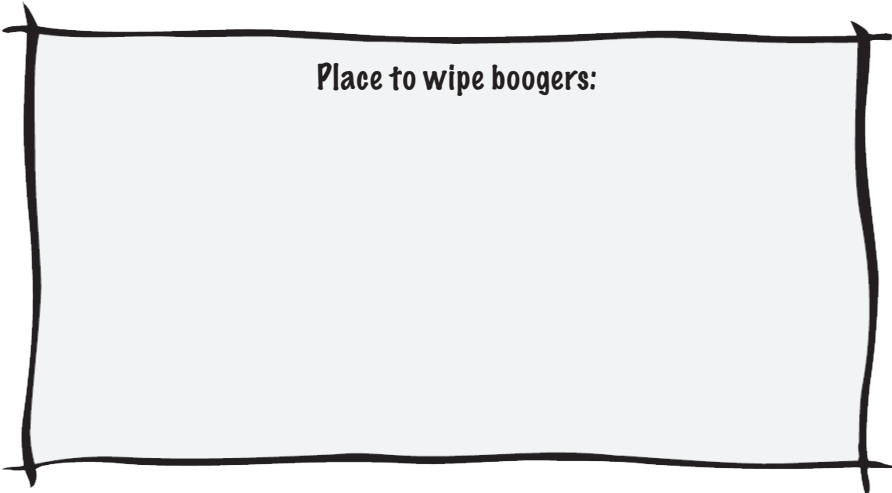
Day 23

"Great works are performed, not by strength, but perseverance."

- Samuel Johnson

Rich Says, "Be persistent with your actions. Be consistent with your exercise."

Place to wipe boogers:



If I had \$10,000,000 I would:

• _____

• _____

• _____

• _____

• _____

• _____

• _____

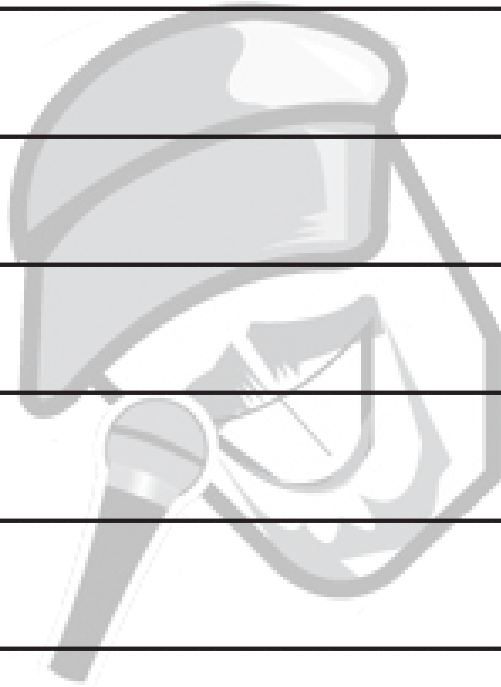
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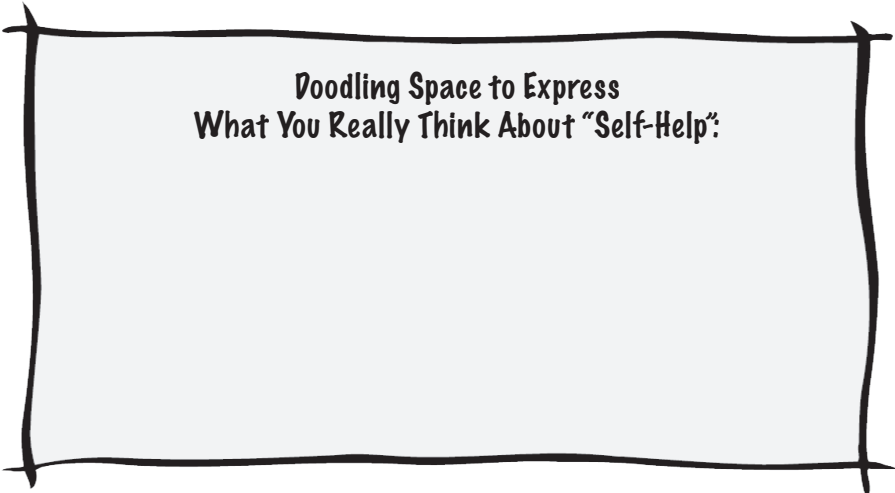
Day 24

"Do or Do Not. There is No Try."

- Yoda

***Rich Says, "As far as I am concerned
there is no 'Do Not.' Now 'Go Do!'"***

**Doodling Space to Express
What You Really Think About "Self-Help":**



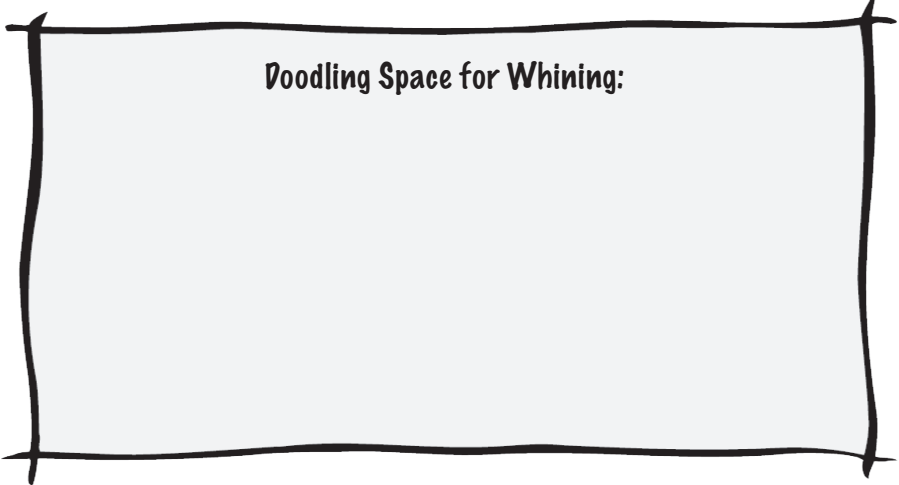
Day 25

"Go for it now. The future is promised to no one."

- Wayne Dyer

Rich Says, "Trust me; a miserable future is promised if you take no action today."

Doodling Space for Whining:



Day 26

"Small steps done regularly generate more results than big steps done intermittently."

- Scott "Q" Marcus

Rich Says, "Aim High. You might not get as far as you had wished, but you'll get further than had you not."

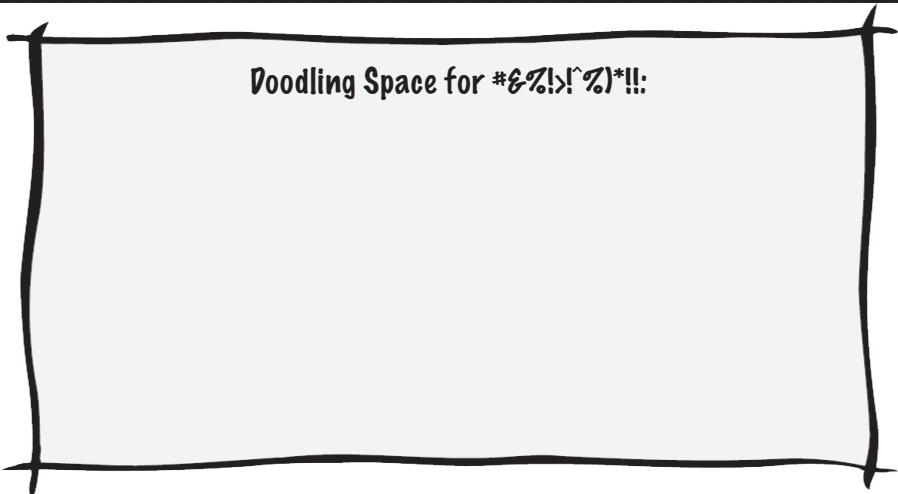
Doodling Space for #&!>!*%&@:

Day 27

"Many of life's failures are people who had not realized how close they were to success when they gave up."

- Thomas A Edison

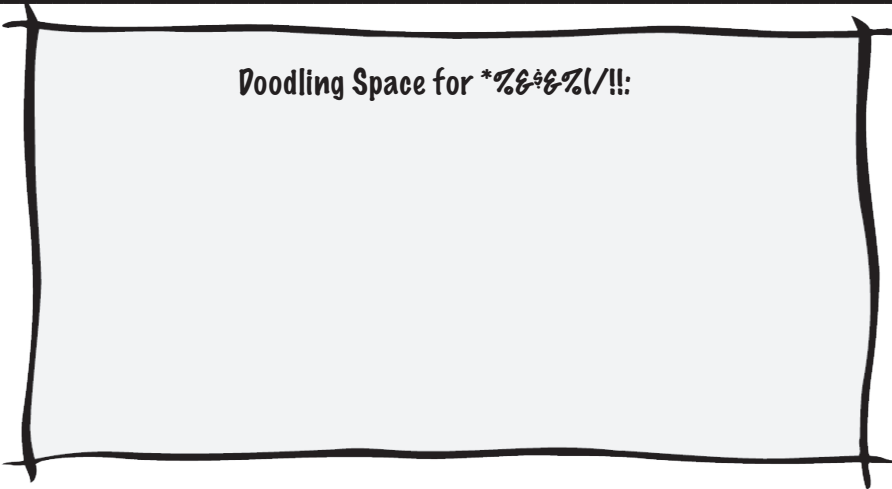
Rich Says, "Success occurs every time you take a step forward, not just at completion."



Day 28

The space below is for your own quote.
Twenty-eight days later, what provocative thought
do you have to offer the world?

Doodling Space for *%&^&%/!!:



So How Did You Do?

___ Wow! I don't even remember the old me.

___ I'm no further ahead than I was 28 days ago

___ I'm even more of a mess now.

Need another

**“The Only Real Self-Help Book
You’ll Ever Need”**

for you or a friend?

(Of course you do!)

Visit the products page at www.RichDiGirolamo.com

Just In Case You Don't Get It

Like you, I've bought the books, the tapes and attended the seminars. Like you I got caught up in hype and promises and dreams – probably paid a lot of money and got little in return. Like you I got annoyed with myself and pissed off. Then one day I realized that I needed to figure out what to do; I needed to figure out my own life, hence the “self-help” title. I did learn a little bit here and there from all that money I spent; and ultimately I took a little bit from this book, that tape, and some seminar to create a life that excites and fulfills me. That's what this book is all about; you taking all of your knowledge, your experiences, your ideas, and some ideas of the others who took your money; and then piecing them together once and for all. I hope this workbook has put you on the right track. Need another? I'm sure you do; after all I didn't take a whole lot of your money

About Rich DiGirolamo

Once upon a time there were 8 Big Accounting Firms. Rich went to work for one them. He then went on to be a financial analyst, an assistant controller, a recruiter and an accounting instructor. Throughout it all Rich was always looking for ways to make work less boring, less stressful and more fun. Today Rich is a professional speaker who shares with corporations and professional associations how to be better - both professionally and personally. He does this through humorous keynote presentations and trainings; all supported by years of business experience – as an employee and an entrepreneur.

Here is a sampling of some of Rich's fun program titles:

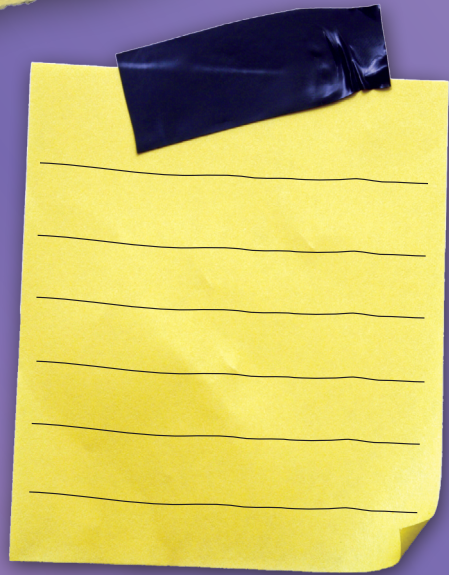
- *Permission to Speed (a great General Session with powerful messages)*
- *Follow The Leader Was So Elementary School...Or Was It? (leadership)*
 - *Recess. It's Not Just For Kids (health & wellness)*

So if your next meeting or event can use a speaker who can breathe some life into it, then include Rich; he's like *Nasal Decongestant for Stuffy Meetings*.

My Very Own Self-Help Book



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your friends.
Write them here.



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