



# What Is Personal Mastery?

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*Personal mastery is the discipline of continually clarifying and deepening our personal vision, of focusing our energies, of developing patience, and of seeing reality objectively.*

—Peter Senge, *The Fifth Discipline*

**Have you ever wondered why some people—** visionary capitalist Steve Jobs, award winning film producer George Lucas, and multi-media legend Oprah Winfrey—have achieved extraordinary levels of success? Do you assume they are working harder than you? That they are brighter than you? That they are just lucky?

**You might be surprised to realize that they are not much different than you.** While they appear to create success effortlessly, as if they've tapped into some magic or secret formula — the reality is — they have achieved financial freedom by being committed to their own path to personal mastery.

## CONNECT WITH YOUR MASTERY

There are numerous personal mastery disciplines that support people to achieve high levels of success. If you have not manifested your authentic vision, perhaps you have yet to discover the principles and practices that resonate with you and that will support your quest.

In my work, I have observed unique characteristics possessed by those who are fulfilling their highest potential.

**As a visionary catalyst, speaker, and author, Ann Roulac empowers people to transform their personal and professional lives. Ann's experience as an entrepreneur, coupled with her knowledge of personal mastery disciplines, give her a unique ability to support people to achieve their highest purpose and destiny.**

You are connected to your personal mastery when:

- You are clear about your life purpose and vision.
- You are aware of your strengths, gifts, and unique contribution.
- Your work is focused on activities that capitalize on your creative genius.
- You are inspired, energized, and fully engaged in your life.
- You are committed to creating positive change in the world.
- You feel guided by a universal or divine presence or supported by God.
- You focus on the present in lieu of dwelling on the past or worrying about the future.

## EMBRACE YOUR HIGHEST POTENTIAL

Maryann Williamson said, "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."

By developing personal mastery, you will access higher levels of creativity and learn to consciously control your life in accordance with your desires, life purpose, and vision.



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