



GENERAL

Q: The self-help arena is a \$12⁺ billion industry. People are constantly delving into it to improve their lives, but many never reach their full potential. What are some of the reasons people don't meet their personal development goals?

Q: You have '10 Energy Excelerators' to access infinite potential. Why did you use the play on words from accelerate to 'excel'erate in the limitLESS framework?

Q: The Law of Attraction and the subconscious mind very much underpin the limitLESS Framework. Tell us a bit about these concepts in action?

FOUNDATION

Energy Excelerator #1: How Do You Know What You Know?

Q: In the book you ask readers some interesting questions on how they gain information. Why is this important to explore?

Q: You also ask them how they make their decisions, what insight does that provide?

Energy Excelerator #2: Clear, Calm, and Connected

Q: Why is it important for people to create a clear, calm and connected life?

Energy Excelerator #3: Life Pillars

Q: You have 12 Life Pillars which you say are key aspects of people's lives that support happiness, security, and wellbeing for self, health, and wealth. What can we learn from exploring these Life Pillars?

Q: Do you have to be equally happy in all Life Pillars in order to have a happy, fulfilling life?



Energy Excelsator #4: Your Four Energy Systems

Q: You discuss the four energy systems: spiritual, mental, emotional and physical. How do these affect personal development success?

Q: Do each of these four areas have to be exactly equal?

Energy Excelsator #5: The Value of Values

Q: What are values?

Q: Why are values important?

Q: You say that prioritizing values is equally as important as identifying them, why's that?

Energy Excelsator #6: Aware, Acknowledge, Awake - 3 Keys to Releasing Barriers to Success

Q: Most people just want to get on with life and achieve their goals. You've got a rather lengthy chapter on overcoming barriers to success. Why should people be focusing on their barriers? Can't we just ignore the challenges and refocus our energy onto achieving our goals?

Energy Excelsator #7: States that Satisfy and Cultivate Gratitude

Q: In the book you say most people are so busy focusing on all the stuff they desire, they're missing the essence of what they *really* want. So what are they not getting?

FAITH

Energy Excelsator #8: Guiding Your Life

Q: You dedicate a whole chapter to decision-making and provide tools on how to make better decisions. Why place so much emphasis on decision-making?



Energy *Exce*lerator #9: Accessing Your Inner Guru

Q: A predominant message in your book 'limitLESS' is that to succeed you have to access solutions that are custom built for you. The Inner Guru concept really puts this notion in action. Firstly, when you refer to the 'Inner Guru', who are you referring to?

Q: How can people access their Inner Guru?

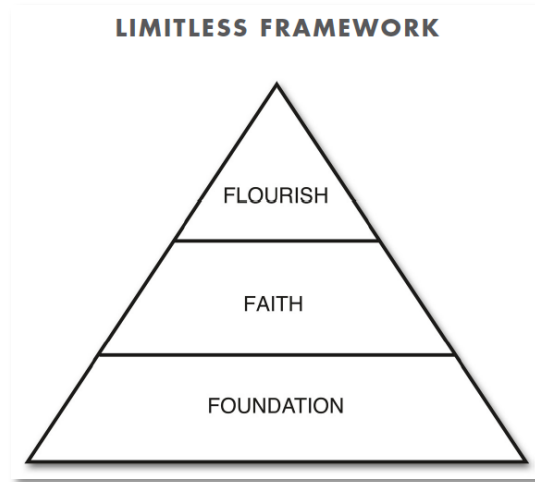
Q: How do people know they're accessing a higher wisdom versus just making stuff up?

FLOURISH

Energy *Exce*lerator #10: limitLESS Blueprint

Q: Your final 'Energy *Exce*lerator' is a blueprint which encourages people to re-use the limitLESS Framework over and over again. Does the process ever stop?

limitLESS Framework Summary



FOUNDATION

Energy Excelerator #1: How Do You Know What You Know?

*How do you know what you know?
Use this as a baseline to access infinite wisdom.*

Energy Excelerator #2: Clear, Calm, and Connected

*Create the space to access inspiration that fuels your limitLESS potential.
Listeners reduced brain clutter by 80% using [Madisen's free audio](#) 3 to 4 times a week.*

Energy Excelerator #3: Life Pillars

Assess your happiness quotient in areas of your life and pick an area to improve that will create the most joy.

Energy Excelerator #4: Your Four Energy Systems

Nourish and balance these systems for well-being and success.

Energy Excelerator #5: The Value of Values

Identify, prioritize, and apply your values to make better decisions, navigate your life, and enhance happiness.



Energy Excelsator #6: Aware, Acknowledge, Awake - 3 Keys to Releasing Barriers to Success

Overcome roadblocks once and for all.

Energy Excelsator #7: States that Satisfy and Cultivate Gratitude

You don't want the stuff; what you really want is the state it represents. Discover what that is and find opportunities to be grateful for where this exists in your day-to-day.

FAITH

Energy Excelsator #8: Guiding Your Life

Use these tools to guide and navigate you towards your limitLESS life.

Energy Excelsator #9: Accessing Your Inner Guru

Access answers, inspiration, and actions from infinite Universal wisdom.

FLOURISH

Energy Excelsator #10: limitLESS Blueprint

Activities to keep you on track.



References

^ Vanderkam, Laura (Autumn 2012). "The Paperback Quest for Joy: America's unique love affair with self-help books". City Journal (New York: Manhattan Institute for Policy Research). Retrieved 2013-01-02. "Today, more than 45,000 self-help titles are in print, and the self-improvement industry does \$12 billion worth of business each year."

Schulz, Kathryn (2013-01-06). "The Self in Self-Help: We have no idea what a self is. So how can we fix it?". New York Magazine (New York Media, LLC). ISSN 0028-7369. Retrieved 2013-01-11. "We have, however, developed an \$11 billion dollar industry dedicated to telling us how to improve our lives."