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- 10th Anniversary Edition -

The Success Principles: How to Get From Where You Are to Where You Want to Be

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FROM LIVING IN THE MISSION TO LIVING HIS MISSION

In July 2010, Logan Doughty was sitting outside a homeless shelter, awaiting intake into a long-term, no-frills recovery program. He had recently fallen flat on his face due to alcohol and drugs. His parents and siblings wouldn't take him in, and he couldn't control his drinking or his temper long enough to have anyone do any more than show him the door. He was emotionally spent, physically tired, and seriously stressed.

As the months went by at the Rescue Mission, his head began to slowly clear, and with the help of a 12-step program and some kind, but strict, Christian, souls, he began to see that he *might* be able to recover from this devastating chapter in his life.

Eventually his family started to have him over occasionally and actually enjoyed his being around. At Christmas that year, his sister Alice gave him a copy of *The Success Principles*. He thought it was sort of corny, but he thanked her nonetheless and added it to his stack of books to read.

Logan writes: "I respect my sister, so I knew this wouldn't be garbage, but I was far from sold. I thought, *You can tell the guy's rich. You just have to look at his haircut. How can he know what I'm going through?* Nevertheless, I started by reading the Table of Contents, and then went directly to the Success Principles themselves. To my surprise, Jack seemed like a real guy. He wasn't born rich, and he satisfied my cynical side by explaining in painstaking detail the process by which normal people could actually change their lives.

I continued reading the book every day and even did the exercises he suggests. Then, on March 26, 2011, at 9:11pm, I had an 'AHA!' moment that will stay with me forever. I was sitting at the monitor's desk reading the chapter about deciding what you want in your life. In it, Jack recommends making a list of 20 things you love to do. It sounded simple enough, but working on that list was a completely new experience for me. In the past, I had tried to come up with ideas for making money, but it had never occurred to me to think about what *I enjoyed* and *what I wanted* to do.

I grabbed a piece of paper and started writing my list: 1) *Exercise*, 2) *Kung-fu*, 3) *Ride my bike*, 4) *Teach self-defense*. When I jotted down 10) *Encourage people*, suddenly, it all clicked into place. I knew what I wanted to do—create and teach a self-defense system for women! Everything that had happened to me now made sense, and I saw I was uniquely suited to help others in a very specific way.

For years I'd been a serious martial artist, and I'd already started developing a self-defense program for women, but with my descent into alcoholism, the discipline and honor that is so vital to the martial artist had drained away along with my self-respect. But in doing the

exercise, I had discovered my purpose, or at least an obvious connection between my past and a potential future. I saw that my past fighting experience combined with my newfound energy and focus would make it possible for me to teach my class for a living.

Now I saw that while the violence and anger I had experienced was painful, it had made me exceptionally qualified to stand up in front of a group of women and speak to them with authority and understanding. I had witnessed what happened to women on the street and in shelters, seen the strong prey on the weak. Without that experience, I'd just be an academic—someone who'd studied the martial arts, but had never applied them in real life situations, under duress and trauma. Understanding this created a spiritual awakening in me. It was like being struck by a thunderbolt.

Since that moment, I have looked at people differently. I've treated people differently—with so much more compassion, tolerance, and patience. When I stopped feeling sorry for myself, I no longer assumed everyone was out to get me.

Today, I am so happily looking for how the world will do me good, rather than supporting my destitute state with negative validation at every turn. I am no longer a victim! This transition is the most powerful thing that has happened in my adult life and I still get excited when I think about that moment.

In September of 2011, I left the Rescue Mission—armed with nothing but a bicycle, clothes, and the newfound knowledge that I can change my environment—inner and outer. I started a small yard-cleaning business that took right off, and I'm also kitchen manager at a restaurant, all of which is keeping me very busy.

Not long ago, the Mission paid for me to attend a nationally recognized certification program for the management of aggressive behavior. And now as their official Senior Self-defense Instructor, I teach volunteers and staff—both men and women—how to deal with disruptive and potentially dangerous behavior at the facility. Slowly but surely, I am moving in the direction of fully developing and teaching my self-defense program full-time.

I owe so much of this success to having read *The Success Principles* right when I needed to hear what it said. Now I know who I am and where I'm going. And that can never be taken away."