



## **GOLDEN U (BUDDHA)**

You're ALREADY the "best" version of yourself. It's less about trying to "get to" that version of you and more about simply ALLOWING that best version of you to shine more fully and consistently in your life.

A long time ago in a land far, far away, there was a huge, bigger-than-life Buddha statue. Get this: It was PURE GOLD. Like 100% jumbo-pure gold. It was astonishingly beautiful. Truly epic.

Then one day, an invading army was cruising into town. The monks needed to flee and knew the army would destroy the statue so they quickly covered it in mud and whatever else they could find to make it look less than awesome before they split.

The army conquered the land but didn't notice the statue. The trick worked. Much later, new monks returned to the temple. They looked at the statue and just thought it was a ho-hum Buddha statue.

Then one day, a crack showed up in their ho-hum Buddha statue. Something glimmered below the surface. What was that? Hmmm...

They looked a little closer. They got some tools and chipped a little more away.

It was something golden.

They chipped a little more away and then a little more than splashed some water on it to clean it off and LO and BEHOLD!! Is that GOLD?!!

YES!!

It's a *priceless* GOLDEN statue. Like 100% jumbo-pure gold.

Moral of the story: Somewhere along the way, we've all gotten covered in mud but you've gotta know that YOU are that golden Buddha. You're solid gold, baby. Like 100% jumbo-pure gold.

So...

Know this: We don't need to "do" anything per se to make ourselves INTO that golden version of ourselves. We just need to chip away at the stuff THAT'S GETTING IN THE WAY of that radiant awesomeness.

We're just doing the work to let your golden light shine a little more every day.

But, again: **IT'S ALREADY THERE!!!**

So...What's getting in the way?

What's one tiny little thing you're doing that you KNOW is covering up your golden essence? And... That you KNOW you can pretty easily eliminate from your life if you just made a little more conscious effort?

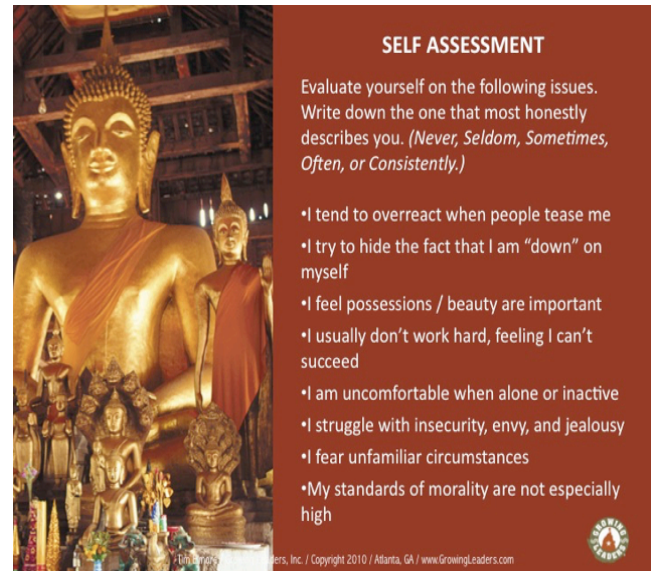
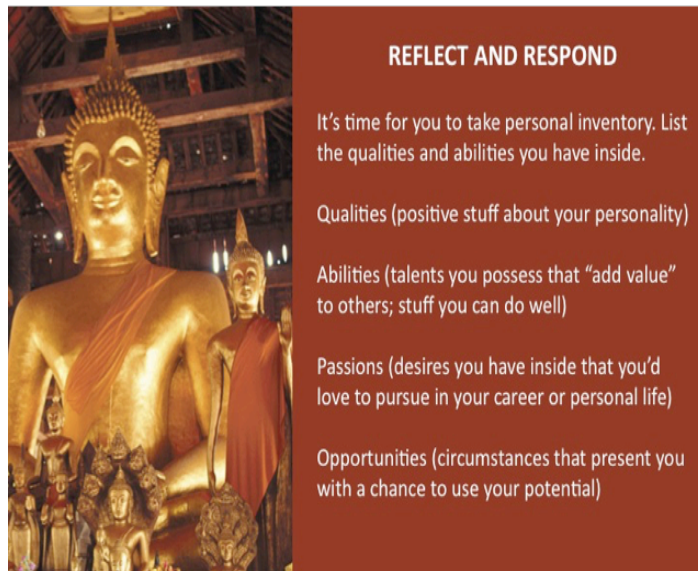
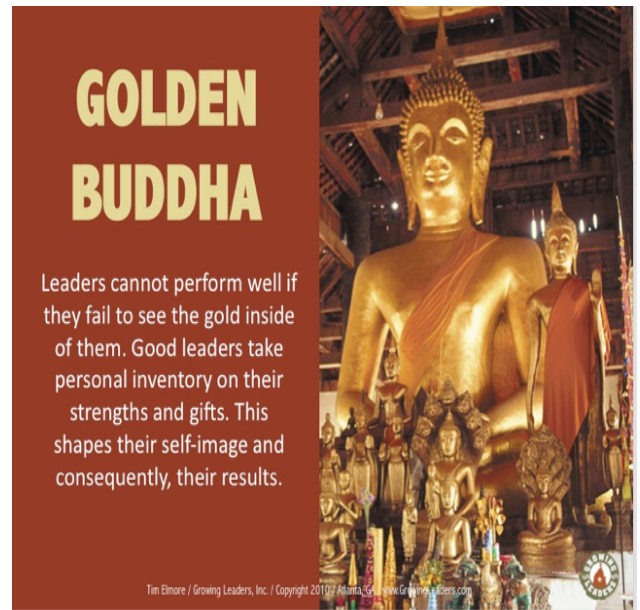
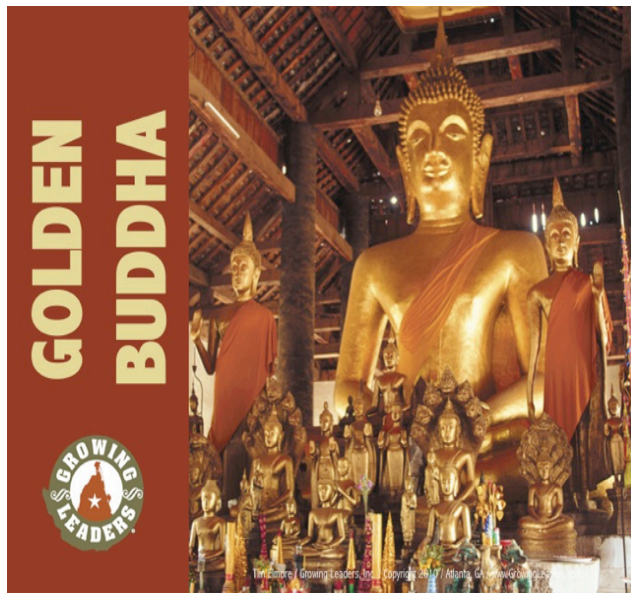
Pick one thing.

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**"MAKE IT A GREAT DAY +1"**

# FROM HABITUDES – “THE GOLDEN BUDDHA”



**“MAKE IT A GREAT DAY +1”**

The true story mirrors the parable—with the added bonus that it's true. (lol)

Somewhere around the 13th or 14th century, in what is now Thailand, Buddhist monks made an epic, giant, golden Buddha statue. 10 feet tall. Weighing over 5.5 TONS.

Then, in 1767, Burmese invaders were approaching. They were destroying (and looting) all the temples so the monks covered our golden Buddha statue in plaster with some colored glass to conceal it's true value. The trick worked. The statue was ignored.

But... The trick worked TOO well. Once the invaders were kicked out and the king reestablished order, the statue was moved around and always relegated to an insignificant spot in an insignificant temple. It was even placed under a simple tin roof for 10 years!!

Then, in 1955—nearly 200 years (!) after it was originally covered in stucco—the statue was being moved to a new location when the ropes snapped and the statue fell to the ground. Hard. Some of the plaster chipped off—revealing the golden surface beneath the stucco.

Lo and behold, our 10 foot, 5.5 ton stucco statue is, in fact, nearly pure gold.

It's worth \$250 million dollars.

And is now on prominent display.

Today's +1.

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***“MAKE IT A GREAT DAY +1”***