

MINI E-BOOK SERIES

THRIVING BEYOND

VOL. 1

7 Paths of Self-Destruction to Avoid

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ThrivingBeyondPodcast.com



What they're saying about Vidal

"Vidal has blown me away with his knowledge in online business and leadership development, but ultimately what I've been most impressed with is his ability to inspire others to chase their dreams and reach peak performance."

"Vidal is about transforming lives and enhancing minds and does it in a unique way with the utmost integrity. I highly recommend working with Vidal!"

Gavin Cornelius, Co-Founder Of The Young Entrepreneurs Society International

"Vidal's spirit is authentic and the work he does to help and inspire others is genuine. In a world of unknowns, Vidal is a constant source of strength and hope. He offers a knowing of better days to come. He is a mentor and positive role model for all those who meet him. I am honored to call him my friend." Marla Mckenna, published children's book author

"Vidal is a very motivated, determined, and knowledgeable individual. Being a part of a mastermind group he leads, I know Vidal is going to make huge waves in this world. I attended his book signing for his story in Chicken Soup for the Soul, heard him speak and read his story. If you haven't heard him speak or read his work, you're missing out on something that will transform your life in some way." Lucas Roback, Certified Life Coach

"Vidal is the real deal. He has heart and passion for what he does and a humility that is only surpassed by his innate ability to uplift and share the best of others." Faydra Koenig, MA

Welcome!

Before I became a speaker, contributing author for Chicken Soup for the Soul, and Purpose Igniting Coach,

I was a blue collar guy who worked as a project site manager for 10 years in the road construction field, making great money with a lack of skill sets.

Then, I made the leap into chasing the dream and everything shifted radically that first year.

Even after being incarcerated for half a year, I've been blessed to have worked for GE Healthcare and Wells Fargo, expanding my mindset and skill set.

Who is Vidal Cisneros Jr.?

Welcome, I'm an ordinary guy who went through traumatic events to triumphing moments, and now I'm living an extraordinary life.

Guess what??? So can you.

What do I mean?

Well, here's my story to give some context of how bad it was and how far the dream chasing journey took me down.

Ready here we go!

Years ago, I was a blue collar guy with larger-than-life ambitions who walked quietly with his dreams and goals.

The ambition and dream didn't hold me back . . . nope.

It was two things.

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1. The supportive circle I ran with.
2. Waiting for the confidence.

I didn't have a supportive circle that would 100% assist with the dream chasing journey, because no one knew how to get there.

But fortunately what I didn't know, didn't stop me from taking the big leap into the unknown. Then, it all made sense once I found a legitimate coach and successful mentors that would open me up to a whole new world and guide me on the dream chasing journey.

Yes! Enough was enough! I leveraged every ounce that I could to leave the blue-collar road construction life for "the dream."

As momentum began, things were progressing rapidly and once I'd made the decision it all took off from there.

Then, with momentum in full swing and months into the dream chase . . . bam!

I was hit with a tremendous blow and all came crashing down.

As my then, wife, said,

"I'm seeing someone . . . and there's more . . ."

"I'm pregnant . . . and it's not yours."

Going through the "ups and downs" of the dream chasing journey along with, separation, and heading for divorce, I soon found myself slipping into depression and situational alcoholism.

Wondering if life would ever get better . .

One night changed everything, as I'd find myself in a chase scene one watches in movies. I'd lost law enforcement twice in a drunken bender and crashed, injuring another driver with a broken collar bone.

The following day, plastered all over the news in a high-speed chase, I sat in jail.

It was then I realized what "rock bottom" looked like, because I'd hit "rock bottom."

I looked at what had taken me down the path of depression and what it looked like.

Battling alcoholic withdrawals, I'd lost over 30 pounds in two months but not by choice.

My then, estranged wife was leaving me for another man and pregnant with his child.

My house was in foreclosure and I was heading for divorce.

My daughters needed me more than ever, and now I was facing a possible jail sentence.

What did I do? And who had I become?

This wasn't the life I wanted. Not at all, I wanted my life back, but letting go of a marriage and a family life I'd known for so long devastated me.

After hitting rock bottom in that jail cell, I was released on the fourth day after being bailed out on the second day. *(Yes, they stuck it to me and had me sit two extra days, which I needed and was a blessing to begin a fast climb upward.)*

Digging myself clear of the old identity and person I was, I began to envision a new identity and a new path.

Then, I envisioned an improved life with the dream thriving, step after step.

I was ready and I bounced back quickly, through fasting, prayer, coaching, support systems and new routines.

After serving a six month sentence, I began to build a relationship with "the one" that would bring back the "pep to my step."

Once released, I'd chase the dream further and work for two Fortune 100 companies. Yes, Fortune 100. Triumphs did not stop there.

Now I've become a paid keynote speaker, my story has been published in places like, "Chicken Soup for The Soul: Think Possible," I've done book talks and book signings at Barnes and Nobles bookseller stores, and I've been featured on LIVE network television talk shows.

The dream is real and if I can achieve this with zero experience, guess what?

YOU CAN TOO.

Before we go further, what defines a thriving life?

Before we answer that, what does it mean to thrive?

THRĪV/verb: **thrive**;

- 1: to grow vigorously : **flourish**
- 2: to gain in wealth or possessions : **prosper**
- 3: to progress toward or realize a goal despite or because of circumstances —often used with *on* <*thrives on* conflict>

A thriving life is a life that is growing exponentially upward, as a plant that thrives with little sunlight. Ultimately what was so years back, becomes a new life with a new identity.

Unfortunately, the way we thrive best is after life turmoil and life conflicts.

The saying holds true but once we see thriving means we grow upward from it, and not escalate more conflict. Then, life can flourish onward and upward.

Why I wrote this

I wrote this to assist anyone going through hardships, setbacks, and adversity. Mainly for fellow “*thrivers*” who have lost their way.

Maybe you’re searching for answers, as I once was when I was lost, but I’ve learned - *reasons come first and answers come second*.

In life there are moments that shape our destiny and moments where destiny shapes us.

Are you ready to be shaped?

Introduction

The knowledge I learned throughout the “dream chasing” journey came by trial and error and a lot of painstaking moments.

Years ago, I had a plan but being confronted with massive devastation on the quest changed everything.

Believing it’d be an adventure was great, but soon after life turned into a roller coaster ride that would go off the tracks. Until rock bottom stopped the downward descent. I’ve learned if this can happen to me, it can happen to anyone.

No one is elusive enough to escape setbacks, sometimes and most often nothing will go according to our dream chasing plan.

I'm not saying - don't plan. I'm recommending you plan, but expect pivot points.

What are pivot points?

I'll address *pivot points* as we go further.

7 Paths of self-destruction to avoid during the dream chasing journey

1. Waiting for confidence to chase you down

Confidence won't wake you up one day and encompass you by luck. You'll run out of patience and sanity before you'll ever receive a shot of confidence from the heavens.

Years ago, I sat waiting for someone to save me from the nightmare I'd found myself. I needed the confidence to make a significant choice. Stay and work through the chaos and misery, or leave and move to new opportunities awaiting.

Finally, making the best choice for my situation, I moved and began stripping away the person I'd become and began to take new steps. I've learned if we don't move, nothing changes.

I found a mantra that helped give confidence.

"No one will ever take your place as a father, Vidal. No one! Keep showing up."

I discovered this empowering belief, not by luck but my stepping into who I was and not shying away from it but being it.

“Confidence is gifted during the quest, step after step, day after day.”

2. People pleasing personality

For a long time, I was a “people pleaser.” I was the “yes guy,” who wanted everyone to like me and everyone to be happy, and that’s okay. In fact, it’s human nature to want to be liked by all.

But, what I’d discovered was that I wasn’t living with passion, I’d taken it too far. I was living based on everyone’s expectations of me and what ignited my fire.

I’d been living to appease, and most of them didn’t care who I really was. In fact, most of them had no bearing on my life, but I gave them permission to dictate who I was.

Co-workers who pretend to care about us, our families and our dreams, shouldn’t control who we are. If they’re real friends?

They’ll support us even after they tell us; they don’t agree with our ambitions.

Living a happier and healthier life is my mission, but trying to please everyone is poisoning our lives slowly. I’ll lose my mental and emotional health before I ever get ahead in life that way.

“If we live for everyone’s acceptance, we’ll die from their rejection.”

3. Letting fear win

For years, I'd be afraid of change and hung onto every excuse I knew, why I couldn't and wouldn't succeed. I even sabotaged my success, when small success' showed up. Settling for lesser of choices, I played down from my potential, and I was afraid of success.

Fear of success paralyzed the "dream chasing" journey but the difference maker whether we continue the journey or go backward one this -- courage.

How do we find courage?

When we've had enough of the dream killing results that lead nowhere, courage becomes the by-product. Having enough courage to believe, "we are enough," will break us free from the prison fear locks us in.

4. "**Happiness**" and "**the dream**" are two different paths.

For a long time, I believed I'd be happy settling for less. I'd wake up to a mediocre relationship, and head to a mediocre job and wonder why I had **ZERO** passion in my life.

All Excuses:

I tried hard to convince myself that I was truly happy. I put the dream on hold and waited patiently for all the ducks to line up in a row.

I waited for my ex-spouse to get her act together, and I waited for the kids to get a bit older. I waited and waited for the perfect time . . . *Guess what?*

All that waiting led to more of the same. In fact, I accepted that it wasn't meant to be, and just maybe I wasn't meant to be happy chasing "the dream."

I soon became a victim of circumstance and sat in a "pity party" of regret.

When I finally did take the leap I learned along the “dream chasing” journey, lasting happiness and our dream are one in the same.

If we believe they're different paths, then we've given up on the other one.

“The path to change lies in finding who you are and loving all that you are, by *being authentic to who you are.*”

5. *“I can climb the mountain alone, I've got this!”*

“I don't need anyone's help. No, it's okay, I've got this!”

Oh boy! That was me.

I'd drown helplessness with egotistical thinking.

Boy oh boy, I had a bad case of “Superhero Syndrome.”

For a large chunk of my life, I believed blindly in my abilities to figure it all out, minus anyone's assistance.

I'd spin my wheels losing time when all I had to do was ask for help and or ask for advice.

Fortunately for my dreams, it took humbling experiences like hitting rock bottom to crush my “ego,” and allow others to help.

Letting go of my bull headed and stubborn ways weren't easy, but when I finally opened up to allowing assistance in, things shifted.

Listening and following mentors and friends advice paid off once I applied it.

My “ego” needed a large reality check.

Scaling obstacles is a lot easier when we ask for the right help.

“Pride goes before destruction and a haughty spirit before the fall.” Proverbs 16:18

6. Pitfalls are always avoidable. (*Pivot points*)

Crisis and pivot points will happen, and that’s alright.

What are pivot points?

The pivot points I speak of are turning points we must take when we want to go straight through to the goal, but the way is impassable.

Blocked by unexpected obstacles and the only way around is by pivoting.

I didn’t see the chaos storm coming until it knocked me on my rear.

We might have a notion, but unforeseen forces demand we pay attention to what we’re not seeing and what we’re missing.

Pivot points mark a transition, and a new route is needed. Sometimes unforeseen challenges signal pivots and new paths are demanded.

During my quest, the universe demanded I let go and find a new way towards my goals. Yes, letting go is far from easy, as I had to let go of close friends, my other half (wife) and a home and life I'd loved.

When we let go, in the long run, we'll discover that a clearer mind will gift solutions that intersect with life clarifying moments, that will show us "the way."

"We'll miss the blessings if we refuse to let go and catch the blessings pouring down."

7. Not listening to our instincts

In the fall of 2009, sitting in a cold jail cell staring at four walls, I cried for help.

But no one came to save me as I pleaded with God to help.

With bewilderment and awaiting my family to bail me out of the mess I'd gotten myself into, I'd try and accept nothing would ever be the same.

Then through the alcoholic withdrawals and through the pain of having my whole world being flipped upside down, clarity hit like a thunder bolt.

As my gut and instincts began to awaken the intentional me to take control of my life, something incredible happened.

I stopped begging and I started listening.

Then, I began asking better questions.

"If the worst things can devastate my life, then so can the best blessings flow into my life, in the same way, why not?"

***"There is a voice that doesn't use words.
Listen."***

Conclusion and bonus points:

Pitfalls and setbacks are common during the dream chasing journey, but getting back up and moving is where the divine wisdom of clarity lies.

When we make "the choice," seeds are planted and things begin a process of shift.

For things to stay on an upward trajectory of growth, we must learn new habits to shift life quickly, even though the process might feel slow, shift happens as momentum grows with consistent implementation.

It's time to move towards creating the best lifestyle, but it happens through living intentionally.

"God's delays are not God's denials."

Coaching:

As a strategic purpose igniting coach and success coach, my mission is to enhance lives from the inside out.

Through simple strategies, and new rituals we implement together as I guide you on a new path.

Will it have pitfalls? Yes, but that's what I'm here for.

Together we can create systems to leap over those pitfalls and challenges with ease. With a customized structured road map and blueprint made just for you, we ensure success and results.

Are you ready to see the success and results the new life and the new you will achieve?

It's all one email away, let's get you ramped up for the journey ahead.

email me over at info@vidalcisnerosjr.com

To abundant success in all you do!

Vidal Cisneros Jr.

Author | Speaker | Coach | Purpose Ignitor

"Keep growing, keep going, and keep thriving!"