

EDWARD R. MUNOZ

OVERCOMING THE FRUSTRATION BARRIER



DISCOVER HOW
TO STOP
FEELING
FRUSTRATED

BEST SELLING AUTHOR



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For permissions requests, contact:
Champion Development Enterprises, Inc.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

How to Overcome the Frustration Barrier

Have you ever felt frustrated? You know what I'm talking about – you're out there, you've been working really hard on a deal or a relationship or saving money, whatever it is, and you just can't quite seem to reach the goal. Something is in the way, some obstacle or other is blocking your path and you get tired of it, right?

You get so mad, so disappointed in how things are going and you can't see how to turn things around. If you've ever felt this way in the past or if this is how you're feeling right now, you're in the right place and this is for you. Today we're going to talk about Breaking through the Frustration Barrier.

I'm going to show you that angry, disappointed feeling that we call "frustration" can actually be a good thing. In order to understand how this works, we're going to talk about what frustration is and where it comes from; and how understanding all of that will help you to use it to your advantage. **You** have the power to break through the frustration barrier and we're going to talk about just how to do that.

First thing, I want to thank you for taking time for this session. Your presence here speaks volumes about you already, because it says that you're ready to make a change. You're declaring a revolution in your own life. I'm thankful for this opportunity to work with you on your breakthrough.

There have been times when I've been frustrated in my life but I've learned some things along the way and had great support and great coaches who've helped me learn about how to deal with frustration. I'm here to share what I've learned with you.

I like to start discussions like this by coming up with a working definition of the topic. Webster's dictionary defines frustration as "a feeling of anger or annoyance at being unable – inability - to do something. "

So, I would agree with that description except I would add the word "perceived" in there somewhere – "Frustration is a feeling of anger or annoyance at your perceived inability to do something." Perception is what it's all about. Once we shift the perception the heaviness of our frustration disappears.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

But before we get into the idea of perception, let's talk about that feeling of frustration itself – the result – because that's the wall we're up against, right? That anger. That annoyance.

In a few minutes we are going to discuss why we get frustrated, what to do about it and how to shift from frustration to focus, fearlessness, faith and flow. We will plunge further into what I call the f4 formula.

But for now let's continue talking about the “f” word nobody likes to talk about. Yeah nobody likes to talk about their frustrations but unless handled, confronted and transformed, it will eat away at you like a poisonous cancer. I hope by now I have your full attention.

The thing about frustration is that it arrives when you feel stopped or stuck in the process of achieving your goals. After trying a few times and seeing no results, disappointment kicks in and you find yourself going down a negative path – I call it the frustration cycle. At the start of the frustration cycle is the feeling of irritation and dissatisfaction. All of your inner emotions feel like exploding. Suddenly, you find yourself feeling frustrated. You get in a bad mood and it goes downhill from there.

Think about the word “frustration.”

It has a negative meaning, right? It even has a negative sound, right? So if you ask somebody to think about what it means to be frustrated, they're immediately going to bring up feelings of annoyance or irritation.

Those are negative feelings and you start viewing things – experiencing life, even – through that negativity. When you're feeling that way, your very perception becomes negative.

That negativity then starts to spill into other areas of your life - your marriage, kids, career and business. Eventually, it will impact your health, income and state of mind. It's a domino effect as everything starts to go down.

Your body gets all tense, your thinking becomes clouded and your productivity will drop. Trust me, I've been there. All of this negative emotion leads to what I call “drifting.” Drifting is the second stage in the frustration cycle.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

Did you ever see “the Fast and the Furious: Tokyo Drift?” In that movie, the characters would race each other on winding streets and the vehicles would drift around the curves. It was fun to watch, but probably a harrowing experience in real life, especially if you’re not the one in control of the car.



Imagine that your mind is that car. Whenever life throws you a curve and you get frustrated and then become angry, your mind starts to drift and it becomes hard to maintain control. Your mind drifts around the problem instead of taking it head on. Nothing gets resolved.

Instead you get angrier and angrier. Suddenly, you talk with anger, you reply with anger and it consumes your way of being. That’s horrible isn’t it? Anger is the 3rd stage of the frustration cycle. If not transformed, anger will lead to desperation. Desperation is the 4th stage in the frustration cycle.



Desperate people tend to do desperate things. When you’re in that state of mind, your judgment is clouded and your personality is thrown off. Without even realizing it, you may start to come across to others as aloof, standoffish, or extremely anxious, and that can be upsetting to some folks. Think about how this might affect important relationships and opportunities in your life at this very moment.

When you’re desperate, you tend to make bad decisions. Decisions that you will later regret. The obvious next move is to abandon and throw in the towel because frustration is designed to make you quit, which is the 5th and final stage of the frustration cycle.

Think about it. People just give up. They say, what’s the use; this is never going to work out, why am I wasting my time on this?

Has that ever happened to you?

It has happened to me on numerous occasions. Too many to mention here. But since we’re here to understand how this all works, let me share one of those horrible

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

moments in my life, when everything went wrong and quitting seemed like the best option.

The year was 1995. I had just come back to New York after completing 4 glorious years in the Marine Corps. If you couldn't tell, I am being sarcastic here - because the Marine Corp was a true love/hate experience; but I'll save that story for another day.

All right. So, things were pretty rough at home because my parents had gone through a tough divorce, and emotionally I was not all there. I remember moving back to my dad's place for a while until things got better. I moved into the basement because I wanted my privacy. That space really was not meant to be lived in but I made it my home.

I made the best of it, covering many of the holes on the wall with paintings and tossing a rug over the lopsided floor. While I was staying there, I decided to go back to college. I drove a cab on weekends and during the evening to make a living.

My taxi barely paid the bills and on most days I would go to bed without eating, but it was better than nothing. Often frustration would try to creep into my mind, but I pushed it away by occupying myself with my studies or an occasional stress-relieving run in the park. As hard as it was, I wouldn't let frustration get a foothold. I just kept going.

One blistering New York summer day, my brother approached me with a business opportunity. He said that Mr. Softy, the owner of Mr. Softy Ice Cream Inc., had an empty ice cream truck he wanted to rent.



My brother suggested that I should rent the truck. He said that there was a lot of money to be made in the ice cream business and that I should seriously consider it. He shared with me that after my daily expenses - which included paying my brother, who knew the route very well - paying for an assistant, gas and \$150 towards the daily rent of the vehicle; I could walk away with \$300 to \$800 daily. That sounded like music to

my ears and this was way more than I was making as a taxi driver.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

That night I could not sleep because the thought of making all that loot drove me insane. The following day I met with Mr. Softy himself. He was an old-school, pony tailed Puerto Rican with a lot of tats and a bad attitude.

He wanted a deposit of \$2,500 up front, and he said that if I failed to pay him daily for three days in a row, that he would keep my entire deposit. Not only that, but he demanded all of his drivers to buy *his* gas and ice cream supplies at prices he obviously inflated to make more profits.

All of this would cut down on my profits on slow days. Unbeknownst to me, I was about to make the worst decision of my life. I was headed straight into the eye of the hurricane. It was the first negotiation I had ever done and even though I knew the numbers did not make sense, I knew I needed to come up with a game plan of how I was going to borrow that money.

That night around and around that twisted mind of mine went; rationalizing, justifying, then denying, and then rationalizing some more, until I came up with an idea on how to raise the money. I decided to approach my mother and ask for a \$12,000 loan.

I figured that I needed some working capital to hold me off for the first few weeks until I built more momentum. When I approached my mother, she fired off like a firecracker, saying that it was a bad idea. She kept reminding that that money was what she was living off since that was the money that my dad had given her from their divorce. I assured her it was going to be ok. Eventually, I convinced her. It all started to look promising. Finally I was going to become a successful entrepreneur.

On the following Monday morning, I went to the Mr. Softy depot to get my team ready. My brother guided me on choosing what ice cream and supplies to purchase from Mr. Softy. We filled our tank and off we went.

It was a cool experience, being of service to the kids of the community I once grew up in. My brother showed me which streets to visit and at what times. Certain streets had more kids than others and other ice cream trucks had would often try to hit those streets before we did.

Visiting those streets at the specific times represented making a profit or breaking even at the end of the day. Since I saw my brother had a good hand on the pulse, I decided to continue taxiing in the evenings and attending college classes during the day. I knew

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

he would do right by me, with his full time assistant on hand to help. In no time, I was pulling in nice profits with the ice cream truck and everything was on the up and up. Life was good. I finally started to see light at the end of the grim, dark tunnel.

But everything that was so sweet went sour fast. My new business started going under about two weeks into it. My brother got caught up with the summer frenzy and suddenly became very irresponsible. Turns out my brother wasn't chasing the clients; he was actually chasing the ladies.

That's right, instead of arriving on time to the streets that represented the highest profits, he and his assistant had started inviting girls into the ice cream truck to do who-knows-what; and my daily profits began to dwindle. I started to fall behind on my daily payments with Mr. Softy and that wasn't cool.

I also fell behind on my weekly payments to my mother. The stress began to build. Instead of taxiing, most days I found myself following my brother to make sure he was doing what he was supposed to be doing.

Since I still worked at night and went to school during the day, all of this threw me off big time. My whole life was in chaos. It was difficult to focus on my studies and as a result my grades started to fall off.

My mother was complaining all the time that I forced her into lending me this money. My girlfriend was upset because we hardly saw each other, and Mr. Softy was making my life impossible. He threatened me with taking my deposit if I didn't catch up.

On many occasions I had to take the money I made driving my taxi the night before and pay him so that he would let me take out the truck the next day. Unfortunately my brother kept up with his silly games. He was young back then and looking back, I should have either driven the truck myself or hired someone else to do it. Somehow, I scraped by. But I was really coming to the end of my rope. Frustration was starting to get through.

I continued to lose money with the ice cream truck, and I fell into a deep depression.

I was only 21 and I saw no way out. I was worn out, I was in debt, I was at odds with my family; and then, to top it off, my engine blew, so now I had to rent a car at the taxi base to continue surviving.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

Talk about being frustrated. It seemed like nothing could go right for me. My stress crippled me and turned me into a horrible person to be around. It was too much for my girlfriend to handle and she decided to call it quits. It was a low blow since I was in love.

I basically blew through the entire frustration cycle without even knowing it. I went from dissatisfaction, to drifting, to anger, which led to desperation, which led to me wanting to give up – to just quit. I was full of anger and desperation, but how could I quit? I had too much at stake.

I had borrowed a part of my mother's retirement money and I wasn't about to fail her. It would be a devastating blow, to more than just my pride, but to the financial security of the woman I loved more than anything – my mom.

I needed to get away from it all, so one day I went for a walk in the park. Afterward, I sat on a park bench and started praying. I was at my wit's end. I sat in silence for a moment, and a few minutes later, I heard a voice say, "I want you to **stretch** yourself, not **stress** yourself".

Wow. It was as if the sky had opened up for me. Call it God, the universe or whoever or whatever you believe your creator is, but I definitely received guidance from a superior power. In that moment, I realized that I was being "stretched" for bigger and better things.

I decided to see the whole thing as a learning experience. I shifted my focus. I changed my perspective.

Don't worry; my desperate story does have a positive ending. I did eventually pay my mom back several years later; I made truce with my brother and accepted full responsibility for the entire fiasco. I apologized for blaming him. After all he was too young to take on such a large responsibility. But the good news is that the ice-cream-truck business flop started me on to an amazing path of discovery.

I wanted to discover how to be powerful in the face of adversity. How to develop an unmessable-with attitude. I wanted to learn skills that would help me cope with the challenges that life unexpectedly throws you on a daily basis. And I did learn those things out of my commitment to be a better person.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

Now I am going to share with you my F4 Formula for going from frustration to Focus, Fearlessness, Faith and Flow. When applied, the F4 formula will create freedom, happiness and power, at a moment's notice, in any area of your life. If you want some of that, then you will definitely want to listen to the information I am going to share with you in the following seconds.

Now let's dig into the first "f" of the formula which is:



So how do you get started when frustration is consuming you? How do you get yourself moving forward again? One way to do it is by changing your focus. There are a few ways to go about accomplishing that.

Here's one. The next time you find yourself getting frustrated, the first thing I want you to do is take a step back and breathe. Doing so will give you a moment to separate yourself from your negative emotions.

Take a few deep long breaths, and ask yourself these questions:

First, exactly what is it that is making me feel frustrated? What situation or circumstance is getting the better of me right now? Please take a few seconds and really think about your answer.

Getting clear and specific about the issue will help you address it. For example, it is not suffice to say that you are having marital problems. Being clear is getting to the root of the problem. Be as specific as you can be. Being straightforward and truthful are not only important but essential in shifting your focus.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

Now that you've identified the circumstance that's got you stopped, it's time to ask, "What is the meaning that I've attached to this situation or circumstance?" What does it mean? Why does it mean so much? Asking these questions will start to shift your focus away from frustration. It will slowly start to dissipate those horrible feelings you have accumulated on the inside. You will start to notice how much meaning you gave to those events that occurred.

The thing about "meaning" is that it's a creation of our own minds. We attach or create our own meaning. You can come up with a variety of meanings for a given situation at any given time. As a matter of fact you create meanings out of everything. It's how we are wired. Mostly we create negative meanings but in the end the choice is yours.

So, instead of merely asking what meaning have I attached, let's put in that concept of choice and ask, "What meaning do I *choose* for this moment right now?" Now isn't that a powerful question to ask yourself when you are frustrated and feeling down? It's such a good question that I am going to repeat it again. What meaning do I *choose* for this moment right now? Maybe we can't control external events, but we *can* control our interpretation of them and, subsequently, the way we react to them. And one informs the other, so first start with your interpretation, YOUR meaning. Create a meaning that inspires you. What could you create? What could you make it mean? Once you take this on, you will notice that frustration will start to crumble as soon you understand that you are in control.

Let's keep moving forward. Next, ask yourself this. What is the lesson I should learn from this experience?

Once again, you have a choice here. We talked about choosing the meaning for the moment, now what about the lesson or lessons to be learned? Do you have the will to make that choice? The desire to learn something and gain something valuable from a set of circumstances that you previously viewed as less than ideal?

You can operate from a state of passivity and powerlessness or you can choose to act from a position of empowerment and do something about it. Now's your opportunity to show what you're made of. It's time to bust through, champ.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

So let's go back to those last two questions. What is the meaning I choose for this moment? Is there a lesson I can learn from this experience? Can the answer to the latter also be the answer to the former? You bet it can. Think about it.

Once you decide to do take action, you can break through that barrier of frustration. And you get started simply by changing your focus. As we've demonstrated, an effective way to change your focus is by asking yourself powerful questions.

Here are four questions I ask myself daily. You can use them at any moment to gauge if you are truly operating at your personal best. They can serve as a quick check in to determine how unstoppable you are today.

What am I willing to go through to get where I want to be?

Are my current actions leading me closer or taking me further from what I want in my life?

Am I being stopped by excuses or am I in kick-ass....action?

What are the opportunities in this situation for me?

Can you see how asking the right questions will get you back into an empowered state and allow you to sprint forward into action again?

So when you find yourself feeling frustrated, remember to do the two things I said. One: Take a step back and take a few deep breaths; and two: Ask yourself some key questions to shift your focus. I call it "stepping backward into your greatness." That step back will allow you to sprint forward.

Now you're in a progressive mode. The light is switched on and you're ready to look at the end goal here and determine what needs to be done.

Once you've got your mindset in order, you're on track to becoming unstoppable instead of stuck, to driving forward instead of drifting, to being motivated instead of frustrated. To busting through barriers instead of being blocked by it.

Another technique that you can use to shift your focus is to ask: What else could this situation mean? By simply asking that question, you turn off the frustration mode and turn on your creativity mode. Because the question shifts you into more of a problem-solving mindset, where you're seeking the teachable moment and, subsequently,

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

seeking answers, rather than dwelling in the frustration. You can literally switch your mood by asking yourself this question. Have some fun with this.

Let's try it. Make it into a game and repeat. "What could this mean?" I want you say it again, out loud. Say it with a smile. "What could this mean?" Try it again. Switch up the voice for me. I know we've got some actors out there. Give me your best Mickey Mouse impression. "What could this mean?"

This is fun; I want you to really get into this. Now try it with an Arnold Schwarzenegger-as-the-Terminator voice. "What else could this mean?" Now say it seductively. Any Jessica Rabbits out there? "What else could this mean?"

Now, you tell me, how can anyone take frustration seriously when Mickey Mouse or Jessica Rabbit is asking you what it means? Really?

But seriously, if you're feeling frustrated, instead of letting it get you down, find a way to enjoy it and while you're doing that, seek for the teaching lesson.

If you've followed my instructions with repeating the question "What else could this mean?" in funny voices, you're engaging in a technique called "pattern interruption." It's designed to interrupt negative thoughts and it works really well to obliterate frustration.

Remember I talked about frustration being a reaction that's hardwired into your brain from years of repetitive behavior – well, I want to hardwire a new behavior into your brain. Humor is a great way to interrupt patterns, so just as I had you repeat the question in different voices was a way of making an intellectual connection between enjoyment and busting down frustration, and pointing yourself in a different direction intellectually by asking an important question. Pattern interruptions will create a paramount shift in your focus. Try this the next time you find yourself frustrated.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

Now we are going to talk about the second “f” in the f4 formula:



So far we have talked about how to shift your focus by asking empowering questions - “focus” was the first “f” of the F4 formula.

Now we are going to talk about being fearless, which is the second “f”. The dictionary says “fearless” means to lack fear, to be bold, brave, unafraid; oblivious to dangers or perils or having calmly resolute in facing them.

Let’s look at ways to develop a fearless attitude. Developing your fearlessness reflex will help you cope with frustration in a totally different way.



When I think of someone who is absolutely fearless, the first person that comes to mind is the rapper by the name of Curtis James Jackson, better known as 50 Cent. Recently I saw an interview on BigThink.com where Robert Greene, the author of “The 48 Laws of Power”, described why he thought ‘Fifty’ was so successful.

Geene went on to say that because of the attitude he has developed on being fearlessness; ‘Fifty’ will always land on his feet like a cat when faced with a problem. Just think about that for a second. Imagine throwing a cat from 3 stories high, and picture that cat screaming all the way down.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

Better yet, picture that cat landing on its feet from such a high fall. Isn't that crazy? Well, 'Fifty' learned how to do that, metaphorically speaking. He learned early on how to land on his feet when it mattered most. You see, he grew up without his parents. He never met his father and his mother died when he was eight years old. This rage led him to the streets at the age of 12, where drugs and violence in Jamaica, Queens, New York was the norm. He sold drugs until he got caught at the age of 17. They were going to sentence him to 9 years in prison but since it was his first felony they decided instead to send him to a military boot camp for six months.

When he came out he went back to dealing drugs temporarily but he had his mind on bigger and better things. It was at this point that he discovered his passion for hip-hop. One day his probation officer suggested he get into rapping. He started singing and competing against local rappers and many from that era say that what helped him stand out was his confidence. He was fearless and it was very noticeable. That attitude not only helped him stand out but also succeed in such a competitive world at the time.

Suddenly he was envied by his peers because he came across as a threat. When he found himself at the top of his career he was shot and nine bullets pierced his flesh. It almost killed him – and would have killed him, had it not been for the grace of God and that fearless attitude that he had developed early on.

When it was all said and done, 'Fifty' came back stronger. Those were his exact words. He came back more determined and the rest is history as we all know it today.

In one of his interviews, he said that he never allows fear to limit him. His mindset was and still is that you should approach life without fear. He was not talking about fear of death or bullets. What he meant was that he was not afraid of change. His attitude was that if he ever lost his job or lost out on a record deal, he hardly ever got upset, Robert Greene said. To the contrary, he was always calm when faced with adversity.

He trained himself to face adversity with calm because in his mind he had already faced death and was happy to be alive. With that attitude you'll always land on your feet regardless of what you're going through. He's learned to get over his frustrations quickly so that he can get back to being fearless and you too can adopt this mindset so you can get the astronomical results you so dearly want.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

'Fifty' learned to take risks without fear, with a fearless attitude. He wasn't afraid to fail or take risks, Greene commented. He was not afraid to be different or stand out. Imagine how powerful you would be in your life if you were not afraid of outcomes that might happen to you. You would be able to base decisions not on risk or fear, but on reality and possibilities. It would certainly be a powerful way to be present in the world.

In the interview, Robert Greene said that when he looked at Napoleon Bonaparte, Franklin Roosevelt and hundreds of influential leaders from the past, he noticed they all shared that same quality of fearlessness. He said that when you are afraid and fearful your mind closes up and you start viewing the world differently. You want to go back to living comfortably, avoid risk and want to do only those things that are familiar.

But when you're not afraid, you feel open and your mind is active and alive, and you become immensely creative. This open mind that faces fear with power is the key to moving forward and taking new actions. It actually inspires new actions.

Nobody is born without fear. We are all born screaming and crying in a bloody mess. We are terrified to be away from mom for a few minutes, he said. We are afraid of the dark. We are afraid of dying. We are afraid of failing.

There isn't an individual on this planet who has not felt the sting of fear. But what differentiates those who tend to deal with situations head on and understand it hurts more not to move past these fears.

That's what separates them from the rest. That's what separates 'Fifty Cents'. 'Fifty cents' knew that if he was afraid on the streets that people would read it off his facial expressions. He knew it would not work to his favor. He learned that he had to teach himself not to be fearful. He had to learn how to be fearless.

Now, I am going to leave you with this before we move on to the third 'f' of the formula. You'll never go back to the comfort of your mother's wound, so stop complaining and get into that fearless state! No matter how comfortable your excuses and reasons are for allowing yourself to get frustrated about life's challenges, just understand that they are robbing you of the joy life wants to give you. If you really think about it, babies are born when they outgrow their space and not the other way around. Choose to move on and cut your losses with a fearless attitude. Choose to be fearless, starting today. Starting RIGHT NOW! Choose to view every negative situation as a rebirth. Choose to

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

grow, expand and transform yourself into the person who could handle these problems in the future with grace and ease.

I can't promise miracles but I can promise you that if you get into that fearless state I mentioned a few minutes ago, quitting will never become an option. Quite to the contrary, achieving and creating possibilities will become your new norm. Are you up for it? Are you ready to be fearless? Reference: <http://bigthink.com/videos/50-cent-fearlessness-and-you>

Now let's talk about the 3rd "f" in the f4 formula:



Now let's dig into the power of faith and how it releases the brakes off of frustration. The key is to live free from frustration and you do it through faith. I can almost hear you thinking, "Oh no, not faith!" Yes, faith! I don't care how many faith fanatics you've known, or how many faith failures you've heard about. True faith is the most powerful force you'll ever apply to your circumstances. If you want to change the quality of your life, you're going to have to learn something about it. That's all there is to it.

You might ask, faith in what? Well, hold your horses; we are getting there, my friend.

One of the quickest ways to increase your faith is by expecting things to get better. Recently I was listening to a discussion with Ester Hicks, who is one of the leaders in the Law of Attraction movement. Ms. Hicks said that in a space of frustration you must learn to expect things to get better.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

HIGH EXPECTATIONS IS THE KEY TO LIFE

A high expectation that things will turn around will help things to start turning around. It doesn't matter how rough it is - just hold on to this mindset, she said. Just having the expectation that it will turn around is a good starting point. Continue taking action from the starting point that it will get better.

She went on to say that things are the way they are and they are the way they are not. We often get frustrated because we want things to be different than they are, instead of just accepting them as they are.

You start to reduce your discomfort about where you are when you start talking less about your current state and talk more about where you want to be. Mrs. Hicks and her husband Abraham Hicks are famous for the saying that you need to learn "to bless what is" because

it will launch you into the improved you.

Learn to not be mad at yourself for 'what is'. Learn to see the benefits in 'what is'. When you expect things to get better, Hicks might say, things start to go well and you also start to attract solutions.

Every time you change your level of expectation a little, you start to change the situation, little by little. Isn't that powerful?

Sometimes people are skeptical when it comes to ideas like this, that involve mind over matter because they feel like there's not really any proof that it works, right? But what if you were aware of actual scientific research that actually shows that what you believe about something can, in effect, make it true? That you really can manifest what you believe? That would be radical, right?

Well, stick with me, because that evidence is out there. There is a health psychologist named Kelly McGonigal who has an amazing TED talk – my coach, Carmen Reynal pointed me to it – that really breaks down convincing research showing that the way we view stress can have a real effect on our health. Since stress is one of the primary feelings associated with frustration, this is highly relevant to our topic right now.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

In one of the studies cited by McGonigal, researchers asked people two questions - if they had experienced stress in the past year and number two, if they believed stress had a negative effect on health. After five years, the research showed that those who answered yes to both questions had experienced greater instances of physical health problems. In other words, **believing** that stress has a negative effect on health increased the instances of negative health effects for study participants. That negative belief manifested itself in those particular folks.

McGonigal then looked into the actual physiological effects that stress had on the body and found that there are true health benefits that are created by the stress response. She cited a study where that was explained to participants, who began to view stress as being helpful. They believed that stress helped the body prepare to take on challenges; such as that fast breathing response, for instance, is a way of getting more oxygen to the brain. Their positive beliefs about stress manifested in actual, measurable health benefits. Their breathing improved and their heart vessels remained relaxed. Now isn't that amazing.

McGonigal concluded that our bodies' physiological response to stress is already designed to help us cope with the stress. The adrenalin and oxytocin that the body produces as part of the stress response are greatly beneficial and literally designed to make us more physically resilient and mentally prepared, and knowing that, in turn, makes us feel more confident. This built-in, biological, sort-of intellectual turbo-charge is optimized when partnered with the right mindset.

So exactly what is the right mindset? Well, for starters, instead of expecting a stressful situation to be problematic and debilitating, you now know that stress can actually fire-up the body and mind in a way that makes you supremely up to the task. You can face stressful situations with confidence, knowing that the circumstances themselves cause you to go into kick-ass mode. Your expectation of what stress can do for you empowers you to experience the full benefit of the stress response.

That's more of the perception shift we keep talking about. You should not only view frustration in a differently – as something powerful, positive and motivating; but also looking at it with the belief, or the expectation, for the frustration to **be** helpful, actually makes it so.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

When you expect things to work out, they will. You will manifest the right outcome – with that expectation, that faith.

I love this stuff, because we talked about the power of faith before and here we are back at that idea as well.

It's a great reminder to know that operating from a place of faith is operating from a place of strength. So, if you're feeling frustrated and that frustration has got you stressed out, so to speak, you're in for an extraordinary experience. You're about to see the power of your mind over the situation you're in.

Remember, before I said it's all about the shift, right? Well, let's keep shifting that highly-calibrated mind into an even greater gear. Feeling frustrated is a way to get excited to a new level of growth. When you start expecting things to get better and start building the faith muscle you start to see your frustrations as that stepping stone, as that launch pad, as that motivator, and as a result you begin to take new actions.

Temporary setbacks spur you a higher level of growth because you know what is truly possible. Think of frustration as an elevator taking you up to the top floor. You are ready to think through the issues and come up with great ways to get through any hurdles you have to face. You are up there now. Penthouse level thinking.

When you are processing thought at that level, you begin to make those mental shifts naturally. You learn to expect things to get better. Rather than merely feeling frustrated, now you can experience your own high expectation that things will turn around. Develop that mindset of expectation and continue taking action.

Don't be afraid to soak in your discomfort and work on ways to move forward. Start talking less about where you are not and more about where you want to be. Start thinking less about things that make you feel bad and more about the things that make you feel good. Start spending less energy dwelling on what is going wrong and more about what you can do to get on the right track. Your thought process is your own to create. Your mindset is a figment of your own imagination – so why not imagine the best?

The key to this is practice. With frustration or with anything else, it's about recognizing the patterns so that you can trigger your own shift into new ways of thinking, acting and being. Doing so will get you into a new flow.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

As you work on this, you find yourself becoming so obsessed with focusing on what you do want that it drowns out the frustration. When this happens, you're focused on your flow, which is the last "f" of the f4 formula.

Congratulations if you made it this far. It means you are committed to overcoming your frustration barrier.

So far, I have talked about how the frustration cycle works and how it can lead you from irritation to drifting to anger to despair which will lead you to quitting. You got to see how this cycle can become very destructive if not confronted and transformed.

Then we talked about the ultimate formula for busting through your frustrations. Yep, we introduced you to the F4 formula. When applied, the F4 formula will create freedom, happiness and power at a moment's notice in every area of your life.

It will serve as a set of tools that can and will create results lightning quick. So far I have shared with you the first 3 f's of the f4 formula which are focus, faith and fearlessness.

Now we are go to talk about the final "f" in the formula which is:



Get ready to be rocked and shocked because this part of the formula is extremely powerful. The best way to explain flow is by comparing it to water. Water has no shape or form. It actually takes on the shape of everything it runs into. Nothing can stop it. It is a force to be reckoned with. It is unstoppable, and it represents purity and abundance.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

One of the easiest ways to fall into flow is by doing what you love and loving what you do. When you focus on doing what you love you immerse yourself into a flow state. This is powerful because all reasons and excuses disappear when you fall into this space. I call it being in your flow.

In this flow state, breakdowns and problems do not occur as frustrations but as part of the journey. When you are in the flow, frustrations go from being seen in the foreground and disappear to the background lightning quick. When you are in the flow you don't get in your own way, you just flow much like a river does downstream.

When you are in the flow, you don't worry about the past. To the contrary you find yourself fully immersed in the present and focused on your goals. Nothing upsets you when you are in your flow. You dance in every conversation and dodge obstacles instead of confronting and forcing outcomes.

When you are in the flow you learn that being is more important than doing. When you are in the flow you zone out all distractions and zone into what's important and the actions that will move you forward to realizing your goals. When you are in the flow you forget what's happening in the outside world because you are focused on taking action on what's important to you.

Usually your best work is created when you are in a flow state because your brain is operating at optimum level. When you are in the flow it comes across as fun. Flow is cool. Flow is productive. Flow leads to fulfillment.

In my "Happiness Is a Habit" eBook I mentioned that, to me, fulfillment takes place when you are fully filled with happiness; and this happens as a byproduct of being in your flow.

Recently I heard author and speaker Sally Hogshead touch on this topic while being interviewed with Lewis Howes on the School of Greatness podcast. This is what she had to say on the topic of flow:

When you focus on being your best version of yourself instead of pretending to be someone you are not you fall into the flow. When you express your thoughts and opinions without reservation you fall into the flow.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

This flow allows you to come across as confident. She said that when you can show up as confident and in the flow, that it's easy for you to operate at your best. Sally Hogshead shared that in a recent interview they found that when people feel confident, their voice literally sounds different.

They found out that when you feel confident your voice produces more saliva and your listener unconsciously hears this and they start to have more confidence in you for putting them at ease. So when you are communicating vocally, visually choose words that come from an authentic place. You will then fall into a flow and what automatically happens is that your listener also gets in the flow.

And they become fascinated. They become focused on you and not their next meeting. They are not focusing on their iphone but 100% on you and it develops rapid rapport. Those are some added benefits of being in your flow.

Another important key to getting into a flow state is to do something that is fun and which inspires you. It must also challenge you. If it comes across as boring, you will not get into the flow.

So if you are doing something that is boring, I have two key pieces of advice for you. Either quit it or change your attitude about it. If you decide to quit something you dislike then you are creating the space for something you will fall in love with.

If you decide you need to change your attitude about something you used to love but have lost faith in, then just put in practice everything I have shared thus far so you can get back into your flow.

The coolest thing about flow is that while it pushes you to grow, to keep growing you must keep challenging yourself and focusing on doing what you love. I'm talking about your passions. As my good friend and career coach Valerie Lyons always says; "you can never fire your passion and your passion will never fire you". It's just who you are. Your passion is the source of your flow.

Meg Blackburn Losy, author of "The Art of Living Out Loud" says that the first thing to realize is that passion is not an achievement. She says that passion is love in action. I would add that when you are pursuing your passion you are in your flow.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

She says that passion is often a feeling that starts in our very core and slowly or quickly depending on our circumstances, fills first our heart space and then overflows outward through our bodies. Now you can see why it's easier to get into that flow state when your passion is invading your mind, body and soul.

When you are in the flow you don't worry what others think of you. When you are in the flow you don't take anything personal because if you do it will take you out of your flow so you just decide to flow and let harsh words or negative attitudes bounce off of you.

Just remember that you cannot force flow but you can create the conditions and the right environment to induce it. One of the best ways I find to induce flow is by giving myself FREEDOM. Yep you heard me right, I said FREEDOM. Freedom to make mistakes. Freedom to do what I love. Freedom to be me. Freedom, freedom, freedom.

I remember a time when I was entrusted with a new project. I was accountable for promoting an upcoming course for a seminar company that specialized in personal and professional growth. You should know that I was volunteering my time at that moment. I was told by the course supervisor that I could be creative and that I would get very little guidance from them in promoting the seminar because they wanted me to put in practice what I had learned from them.

I immediately enrolled a few people I knew to help me move this project forward. I took daily actions yet very little progress occurred. I was not a quitter so I kept up a great attitude. I had daily calls with my team to see their progress. To see what worked, what didn't and what actions we were going to take in the upcoming days to fill this seminar.

About two weeks into the project, I sat down with my supervisor and mentor to track and measure our progress. When we looked at our numbers, they were worse than the team before us. As a matter of fact they were horrible.

I went into a long coaching session with my mentor, Iman Khan, to look at what was standing in the way of my effectiveness as a team leader. What we discovered was that I was trying to prove that I was the man. I was trying to force an outcome.

It was all about me and wanting to look good. I seemed to have it all together but the drawback to this way of being was that there was no flexibility in my approach. Basically, it needed to look perfect at least in my mind before I pulled the trigger. I

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

wanted it all to be *PERFECT*. Have you ever been in that place where you wanted everything to be 100% perfect before you pulled the trigger?

At the end of the session, my mentor said something to me that I will never forget. He said, "Edward, I want you to give yourself permission to f*\$k it up!"

I was blown away by this remark. My first reaction was, "Come again?" He said "You heard me right". I want you to f*\$k it up. I want you to create a mess. Don't focus on being perfect. Don't try to get it right. Forget everything we have taught you and just go out here and do your thing."

Basically, my mentor was inviting me to get into my flow. He was encouraging me to dance my song, to run my own race, to speak and do the way I knew was my best authentic version of myself. I sat there and wrestled with that thought for a few minutes. Then, after it sank in, I took a deep breath, jumped up from the chair, looked him in the eye and said assertively, "Game on!" Then I walked away.

With just 10 days to meet our deadline and fill the room with a minimum of 60 people left to meet our goal, I decided to be me and get in my flow. Suddenly, all my looking good conversations disappeared. There was no ego present. All there was, was flow.

There was no me, there was no pressure, there was no significance. All there was, was a dance. It occurred as doable, winnable and fun. The pressure was lifted from my shoulders and it allowed me to get out of my own way.

Team and teamwork showed up. We operated like a symphony. We all played our instruments independently but somehow they all synchronized and came together to create the outcome we were all committed to.

Another interesting thing that happened was the team got into their flow as a result of me getting into my flow. It's kind of hard to explain how it all works, but if it ever happens to you, you'll know it.

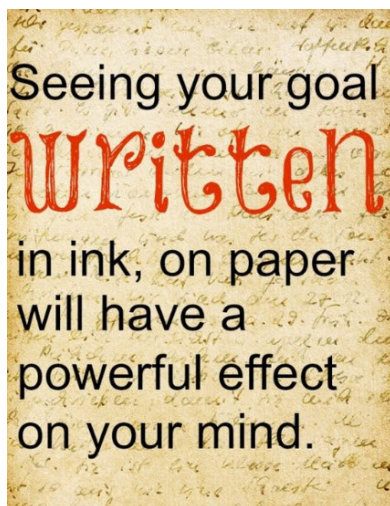
When you are in your flow everything flows effortlessly. You will want to complicate things and make it more difficult, but please do not let the simplicity fool you. Here's my advice on this. If you're ever in your flow, do everything in your power to protect it. Have fun with it, be jealous with it and don't over complicate it. Trust your inner judgment. That's called going with the flow.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

And when things don't go as planned, just continue to go with the flow. Just flow. Just dance with the obstacle, whatever it is. Don't let it stress you; just let it stretch you. Keep your cool, stay calm and flow like a champ.

Oh, wait, I almost forgot to tell you how the team did. We knocked it out of the park. We surpassed our numbers and broke a company record for new seminar attendees. The recognition was amazing, but even better was the lesson I learned on how to give up perfection and create freedom around being me, which taught me how to get into my own flow. Learning that was the ultimate prize.

Another way to stay in the flow is by implementing the following principle. Serial entrepreneur, author and motivational speaker Grant Cardone implements this principle on a daily basis. Cardone writes down his goals each morning and each evening to keep his focus and stay in his flow.



He credits this strategy to helping him stay in the flow. In one of his interviews, Cardone used an example to explain his daily success ritual. These were his exact words: "let's say one of my competitors wrote down his goals one time per year, that being on New Year's Eve and on that given year I wrote down my goals a minimum of 730 times. Who do you think would have the competitive edge"? Just think about that for a quick second. Which of those two people do you think would stay in their flow for a longer period of time? It's obvious isn't?

In this case, we both know that Grant Cardone would be more in flow than his competitor mainly because of his daily success ritual. Do you see how this could equally work for you if you took this on?

Its one thing to get in the flow, but what will keep you in the flow is the way of being you choose to create daily and the daily rituals you decide to implement. If this works for Grant, then you can bet it will work for you as well. Wait, I forgot to tell you - Mr. Cardone came from humble beginnings and today they call him the 100 million dollar man. He attributes the majority of his success to this single formula. It's easy to do but easier not to.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

Grant also explains that he also writes down his goals whenever he fails at something or loses a deal. He does this to stay focused and stay in his flow. On these days he writes down his goals a minimum of three times.

He writes them in the morning, he writes them when he's down, and in the evening before going to bed. He said that writing down his goals on the days he has a major or minor setback helps him keep his eye on where he is going.

Think of it like this. If you are driving down the highway and you hit a big pothole, usually that won't stop you from looking ahead. It would be insane not to do so. Well, it's no different with those "setbacks" we have in life.

So that's why Grant Cardone rewrites his goals out whenever he has a setback or has a bad day. It keeps him focused on where he is going. And I would like to assert that it would do the same for you. It will not only get you back into your flow but more importantly it will keep you in your flow.

I would also recommend looking at your goals throughout the day. This activates the creative powers of your subconscious mind. The key is to read them out loud with passion and enthusiasm as if they already happened.

Repeating this process will put a fire in your belly and send positive messages to the universe that you are clear on what you want. When you write each goal, write as if you have already achieved it. Start each sentence with "I am so happy now that....." and then fill in the blank. I am so happy now that I own the house of my dreams. I am so happy now that I have the job of my dreams. I am so happy now that I am married to the woman/man of my dreams."

What would those sentences sound like for you? "I am so happy now that I am debt free. I am so happy now that my house is paid off. I am so happy now that my book has become a bestseller. I am so happy now that I have released 50 pounds. I am so happy now that my children have graduated from one of the top universities in this country. I am so happy now that I own the car of my dreams. I am so happy now that my non-profit foundation has raised \$1,000,000 dollars. I am so happy now that..." You get the drift. You fill in the blank. Speak your desires into being.

Grant Cardone says that he personally has repeated this process thousands of times before realizing many of the goals that he has accomplished. He says he never put a

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

time limit on any of his goals. His only job was to keep writing them down on a daily basis and to keep taking the actions that would move him closer in that direction. And now I am encouraging you to do the same.

Before I wrap up, I just want to say that you should never discount the power of a goal. Never be afraid to dream big. In “The Success Principles” by Jack Canfield in chapter 7 he shared a powerful story about the power of goal setting. Here’s the story word for word that I would like to share with you:

“Bruce Lee, arguably the greatest martial artist to have ever lived, also understood the power of declaring a goal. If you ever get a chance to visit Planet Hollywood in New York City, look for the letter hanging on the wall that Bruce Lee wrote himself. It was dated January 9, 1970, and it is stamped “Secret”. Bruce wrote: “By 1980 I will be the best known Oriental movie star in the United States and will have secured \$10 million dollars...And in return I will give the very best acting I could possibly give every single time I am in front of the camera and I will live in peace and harmony. Bruce made three films, and then in 1973 filmed Enter The Dragon, which was released that same year after his untimely death at the age of 33. The movie was a huge success and achieved fame for Bruce Lee.”

We all know the rest of the story. It was unfortunate to see him die so early but we can all agree that he was big into goal setting. We can also see that it helped him stay focused and get into his flow. One of my favorite quotes from Bruce Lee was this one:

“Empty your mind; be formless, shapeless - like water. Now you put water into a cup, it becomes the cup, you put water into a bottle, it becomes the bottle, you put it in a teapot, it becomes the teapot. Now water can flow or it can crash. Be water, my friend.”
-Bruce Lee

As you can see even Bruce Lee knew the importance of not only getting into your flow but staying in your flow. It was his philosophy of life.

Thanks for sticking with me. We covered a lot of ground. I literally poured out my mind, heart and soul to help you overcome your personal frustrations.

Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299

I hope you've enjoyed this course on "Breaking Through The Frustration Barrier" and found it to be of value. If you did find this program of value, please recommend my products and website to those you feel could benefit from them. Now go out there and create a magical life.



Edward R. Munoz

Creator of the www.TheuEffect.com

is an accomplished entrepreneur, an author, a gifted motivational speaker and business coach who believes with a passion that everyone is capable of success. From humble beginnings packing grocery bags on weekends and driving a taxi in Brooklyn's worst neighborhoods to leading a \$100 million real estate sales team, Edward has learned the principles that can help anyone realize their dreams.

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Edward R. Munoz
Keynote Speaker - Peak Performance Coach
info@edwardmunoz.com
www.UnleashYourChampion.com
877-440-5299