

THE GENIUS WITHIN YOU



HOW TO UNLOCK YOUR INNER GENIUS,
NATURAL ABILITY, AND LIFE PURPOSE

Created by Stephen Martile
Cover & Sketches by Wes Grenon

The Greatest Gift

~ by Stephen Martile

You've got in your hands the greatest gift

You can't feel it or hear it, its' something you can't see
It's invisible, formless and you got it for free
It's standard equipment, given at birth
Will produce massive riches, way beyond this earth

You got it for nothing; it didn't cost you a thing
But if misused and abused, could cost you everything
It's the most valuable gift you will ever receive
It's timeless and boundless; it starts with a seed

It will do any job you give it, just provide a destination
It works with your feelings so follow your inspiration
It's the most valuable gift and it's yours for no fee
It's the genius within you; it's in you and in me

My hope is that this book will provide you with massive insight and help you uncover your inner genius. Just be willing to take a look inside and you'll find it.

To your inspiration,

A handwritten signature in cursive script that reads "Steve Martile". The signature is written in a dark ink on a light-colored background.

Table of Contents

Introduction	4
The Intention of this Book	4
Jumping from One Thing to the Next	5
Outer World Mentality	6
Who are YOU?	7
Develop Awareness	9
Introspection: What's inside?	11
Environment: How do you occur?	12
Natural Ability	13
Internal Guidance System	14
Purpose Statement	16
What GAME are you playing?	17
About the Author	18

This book is about you. It's about finding that inner gem that lights you up and inspires you. It's about discovering your greatest gift and realizing your life purpose.

Introduction

Peter Urs Bender a talented and powerful speaker once said,

"There is one thing for sure in life; you must do what you are supposed to do."

I think Peter was right. He understood that everyone is unique, and those people who tap into their unique gifts will find their power.

And that power comes through a definite purpose.

When I was first introduced into personal development, there were these feelings of excitement. I felt like I could be myself, be the *real me*, and this gave me comfort.

"If I want to be free, I've got to be me; not the me you think I should be." ~ Anonymous

The one area that I struggled with more than any other was with my purpose. I also believe this area to be one of the most important, which is why I created this book.

The Intention of this Book

The intention of this book is to serve you as a guide; to help you discover your own gifts, talents and inner genius. To help you quickly find answers and define your life purpose.

You see, once you're clear on your life purpose you will begin to notice other changes in your life. When you live on purpose you also:

- Feel a sense of guidance and direction in your life.

- Become clear on your natural talents and creative ability.
- Easily make choices that resonate with you and feel good about those choices.
- Naturally attract the people, resources and opportunities that will serve you in fulfilling your purpose.

This book will provide you with access to all of this and more, but you have to do the work. Be open to learn more about who you really are and put it into action.

Jumping from One Thing to the Next

Have you ever noticed that some people seem to jump from one opportunity to the next? One month they're looking at stocks, then real estate and the month after they're looking at the Internet for their **ticket to freedom**.

When you see them a year later you realize that they haven't moved one inch further from where they were the year before. And they still haven't found their ticket to freedom.

If you keep jumping from one thing to the next then how will you ever make any progress?

Some people do this with their careers. They start out in the corporate world then switch to work in a trade and finally end up working as a government employee.

Each time they're looking for the next safe move, instead of what they really want. At this point they're still not sure why they're unhappy.

You don't have to take my word for it. Here is what the U.S. Bureau of Labor Statistics is saying,

- College graduates today are told to expect to change jobs seven, eight or even 10 times in their lifetime.
- In 1996, workers between the ages of 18 and 32 held 9.6 jobs - - most of them before the age of 23.
- Only three in 10 workers 25 and older had worked 10 years or longer with their employer in January 2004.

- The median amount of time that wage and salary workers had been with their employer was four years in January 2006.

Even more recently a new study shows that only 45% of Americans are satisfied with their work – even now in an economy where some feel lucky just to be employed.

The statistics were taken from the Conference Board research group, which recorded the lowest levels ever since they started polling U.S. workers 22 years ago.

Can you relate to this? Does this sound like someone you know?

Maybe someone you know very intimately?

It makes you wonder, doesn't it - why are so many people jumping around from one career to the next?

Is it a lack of focus?

Is it a lack of commitment?

Do people not care?

Personally, I don't think it's any of these. I think the problem is much deeper. It's much deeper than most of us will admit.

Outer World Mentality

Now don't get me wrong, being committed and having focus are important elements to career growth. These factors play a role in your success, but what I'm talking about is quite different.

I believe the problem is that most people **make their decisions based on the outer world**. In fact, if I had to guess I would say that 95% of the population works this way.

Now what the heck do I mean by that?

What I mean is that most people base their decisions on an outer world as opposed to an inner world. They make decisions based on appearances, instead of what's inside.

We're an OUTER-IN society. Most people think and create their world based on outside appearances.

Now why would we do that? Why would we focus on our outer appearances and results?

Well, it's really quite simple. We focus on outer results because we were taught to do this when we were very young.

Think back to a time when you were just starting out in school. Think about the first time you got a test back from your teacher. If you were like me, you would remember seeing a bunch of red "X's" on the paper.

In that moment you saw those red "X's" and immediately made a decision about yourself. You decided who you were, what you were capable of doing and what you were going to accomplish. It was the start of a new belief system - a decision making process you based on your outer experience of the world.

You see, **the decisions you make about yourself** really limit what's possible. You put a lid on your potential - and that my friend is the problem.

I'm here to show you how to take the lid off. Would you be interested in that? If so, keep reading.

Now onto a very important question...

Who are you?

Who are you. Really?

Do you know who you really are? It's not something we think about, but really give that question some thought.

In December 2006 I met Lori-Ann Jackel who at the time was the editor in chief of Confidence Bound Magazine. We had never met before. During this time I was still trying to figure out what I wanted to do in life.

The Genius Within You

During my meeting with Lori-Ann I shared my experience from a personal growth camp. She loved my story and asked me to write an article for her magazine.

Just to be sure, I asked my mom to proof read the article before I sent it to the editor. After reading it, she said,

“When did you learn how to write? You were never any good at writing before.” ~ Mom

Before this I hadn't written much at all. Actually, I hated writing and was terrible at it. I studied and practiced as an engineer for 5 years up to this point. I was a math and science guy for the most part.

The article was published in Confidence Bound Magazine in 2007. [You can read the article here.](#)

You see most of us don't know ourselves. We don't know our true power, our true genius. We base a lot of our activities and actions on our identity – **the person we think we are**. And I'm here to tell you that there is a massive difference between whom you think you are and who you really are.

If you want to take the lid off of your results, then you need to know who you really are. So let's go back to my original question,

Who are you, really?

Well, if you really want to know, then try this on. As you're reading this listen for that voice inside your head. You know the one. Just pay attention to the voice and notice it speaking. Can you hear it?

Now ask yourself this question, are you the speaker or the listener?

Think about that one.

The answer is you're both. The speaker is mind and the listener is spirit. You see we've been trained to ignore the inner world. We've

been trained to work with the physical and completely ignore the inner – and there lies the mistake.

You've got to realize that you're all three: mind, body and spirit. Once you get all three areas firing in the same direction you'll be unstoppable.

Instead most of us work from the OUTSIDE-IN, thinking we've got it all figured out. My question is this: How well has that been working for you?

You see you've got an inner world and an outer world. **You've got to pay attention to both.**

You can't create effectively without observing your inner world. There is plenty of magic inside, you just have to go inside and use it.

The word Educate comes from the Latin word "Educa", which means to draw out from within. And that is exactly what I'm talking about. Start to spend some time within yourself and get to know yourself.

"Know thyself and you will hold the keys to the Universe."
~ Socrates

You see, you're mind, body and spirit. And spirit wants to express who you really are. That's the only real reason you're here. You're here to share the very essence of who you are in some form of outward expression. And that essence comes from your very core – your spirit.

This is your greatest gift.

To develop this gift, you must also develop your awareness.

Develop Awareness

"The mind is like an elastic band; once stretched by a new idea, it never regains its original dimension."
~ Oliver Wendell Holmes

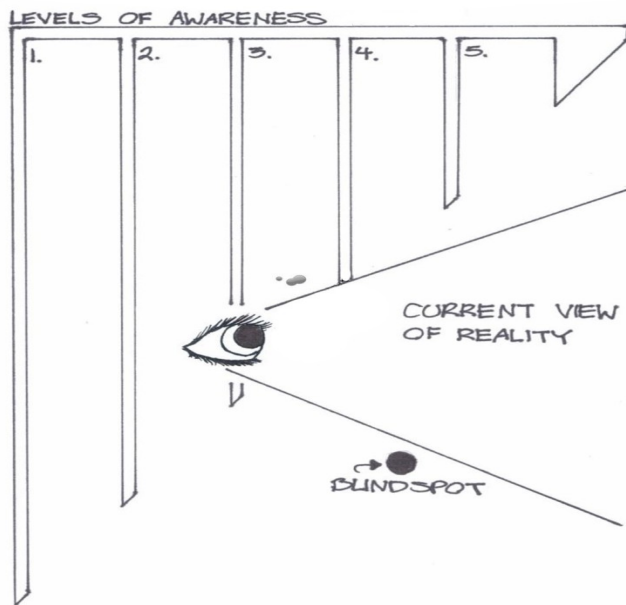
The Genius Within You

Let's go back to what I was saying earlier about decisions. You see, the decisions you make about yourself really limit what's possible.

They put a lid on your potential.

In some cases these decisions were made such a long time ago, you forgot that YOU made them. And these decisions or thought patterns are camouflaging your true gifts. This camouflage is what I call your blind spot. Increasing your awareness uncovers your blind spots and brings your true power to the surface.

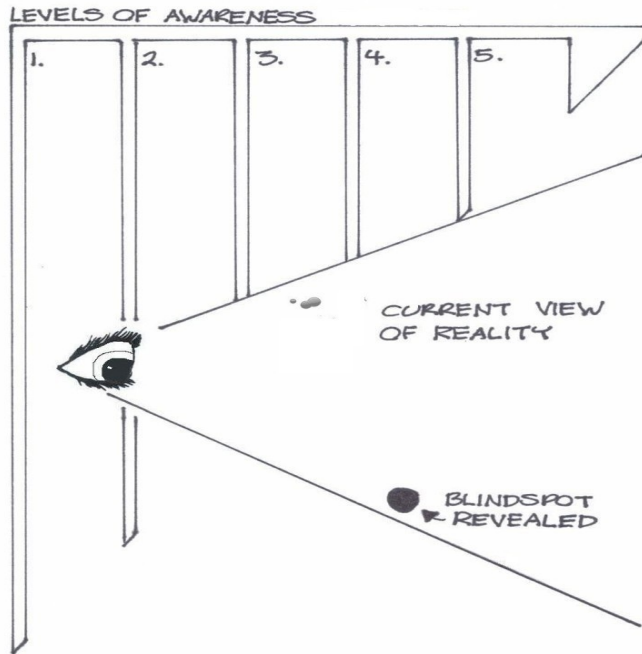
Your current reality may look something like this,



That little dot outside your field of vision is something you don't know about yourself. It was writing, teaching and coaching for me. It could be singing, painting, leading, training or anything else for you. It's your blind spot and therefore out of your current awareness.

Now here's the good news. You can uncover this blind spot by increasing your awareness of who you are. Awareness increases as you move to the left.

The Genius Within You



An increase in awareness will help you recognize yourself. It will help you unlock those special gifts you've kept hidden for so long.

How do we do this?

There are two ways to elevate your awareness and gently expose those blind spots; one is through **introspection** and the other is through your **environment**.

How does it all work?

It works with the same tools you used when you were in school; you use a pen or pencil and some paper.

Introspection: What's inside?

The first way to increase your awareness and get clear on your purpose is to begin to think and ask yourself some important questions.

Examine your life and get in touch with those thoughts and feelings that are important to you. Reflect on your past experiences and ask yourself:

1. When do I feel that my life is most meaningful?

2. What do I enjoy doing the most?
3. What activities bring me the most passion and energy?
4. What are my true priorities?
5. What is the deepest purpose I would like to express in my life?

Write down the answers to these questions.

Find a quiet space and take 15-20 minutes to really answer these questions.

Spend some time and really think about what brings you joy and happiness in your life. Reflect back on your life and write down the answers that come to you.

Remember, **if you can't see it you can't change it** and that means it's your blind spot. That's why writing down your answers to these questions is such an important part of the introspection process.

Are you getting excited? You should be, you're going to be uncovering more of your true purpose. Onto the next step...

Environment: How do you occur?

The second way to gather insights on your life purpose is by listening to the people in your environment.

Yup, it's true. There is a lot you can learn from the people you spend your time with.

I can tell you from my own experience that I've gained immense insight from the people that are in my life.

You see, you occur to people a certain way – you may not know it – but you do; and **the way you occur to others is different than the way you think you occur.**

Since the people in your life can see things that you don't, this is a great place to gather more information about who you are and what

you're meant to be doing.

Consider 5 people in your life that are close to you: your spouse, boyfriend, girlfriend or other important friends or family members in your life. Sit down with them and ask them these questions:

1. What do you think comes most naturally to me?
2. What do you think are my special talents and gifts?
3. What do you think I am really good at?
4. What do you think is really important to me?
5. When do you find that I'm the happiest and what am I doing?

Again, just reading this is not going to cut it.

Write out the answers just as you did in the above exercise and then you're ready to move onto the last step.

You're doing great!

Now take the answers you received from the introspection method and compare them to the environment method. **Both methods reveal patterns that are unique to you.** These patterns are the keys to your life purpose. Look at your answers and then ask yourself:

What qualities, character traits and values seem to be repeated over and over again?

This is a clue. Take your pen or pencil and circle the key words or phrases that seem to be repeated over and over again in your answers from above. These are the patterns that will provide you with the greatest insight as to what is unique and special about you.

Congratulate yourself on getting this far! You've effectively taken the first step to uncovering your life purpose.

Now onto your natural ability...

Natural Ability

Dan Sullivan, the founder and creator of the Strategic Coach points out that most entrepreneurs start out in a business with their unique or natural ability. Then as time goes by they tend to move towards other areas of the business that need attention but **don't bring them any passion**. This is fatal to any business.

"If you're not in love with what you do, then don't do it"
~ Jennifer Randive

I love to teach, motivate and inspire others. My vehicle for doing this is blogging and one-to-one coaching and consulting. I love to do these things because it's easy, fun and comes the most natural to me.

My natural ability is to be able to teach and explain complex ideas in a simple way that anyone can understand. It's also to be straight with people when I communicate.

Natural Ability is defined as:

- *An act of creative contribution that ignites you. It is easy, effortless, fun and produces the greatest good to those around you.*

I believe we've all been put here to serve and contribute to others. I figure if we're going to contribute anyways, we may as well make it easy, effortless and fun by following our natural ability.

Here are some questions to consider,

Questions on Natural Ability

1. What are some of your current hobbies?
2. What do you do for fun?
3. What comes easily to you?
4. What are you naturally skilled at?
5. What do others think you are naturally skilled at?
6. If you had to teach something, what would you teach?

Take 15-20 minutes to really think about these questions and write them out.

Internal Guidance System

As I was saying earlier, most people direct their life by their outer circumstances; the outer world. We were taught to do this from when we were very young and it's been the cause of a lot of pain and suffering for many people.

The real truth is that your essence comes from within you. It comes from the inside. It comes from your thoughts and your feelings.

Think of your thoughts as the target for your destination and your feelings as a compass to guide and direct you towards that target.

When you feel good, you're on target and when you feel bad you're off track. Your feelings act as an internal guidance system.

Your feelings are there to provide guidance for you so that you can express and be who you really are. Denying those feelings is the fastest way to create inner civil war.

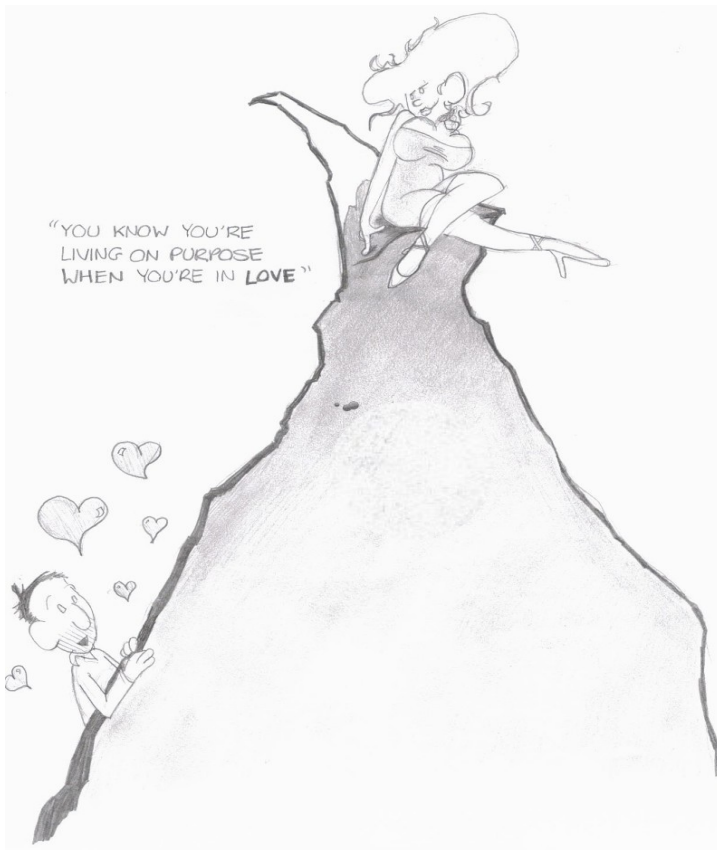
"I feel there are two people inside me - me and my intuition. If I go against her, she'll screw me every time, and if I follow her, we get along quite nicely."

~ Kim Basinger

Your feelings are there to provide guidance for you so that you can express who you really are. The only real way to know if you're on purpose or not is by following your feelings.

"Pay attention to your feelings. The path to discovering why you are here is through your feelings."

~ Oprah Winfrey



You want to feel really good about what you're doing. You want to contribute in a way that really ignites you! You do this by falling in love with what you do. You know when you're living on purpose when you're in love.

Purpose Statement

Discovering your life purpose is really about recognizing who you already are and to begin applying the principles I've already described. Here they are in summary again,

- Lead your life *from within*
- *Become aware of your natural ability and action it*
- *Use your internal guidance system to direct your life*

Napoleon Hill and Andrew Carnegie taught what they believed to be the two most important principles to become a massive success. One of those principles was **to have a major definite purpose**.

Your purpose statement ties everything together. Follow these four steps to create your purpose statement.

1. Your purpose is an action. It's something you DO. Write down 5 verbs that resonate or excite you. (*see action words below)

2. Who do you serve or assist? Some examples include: others, people, teens, seniors, doctors, engineers, singers etc.
3. What is the intention or benefit of your action? Some examples include: create wellness, inspire, living in their higher selves, serving others, coaching, teaching etc.
4. Bring all 3 together into a written statement. For example, my purpose statement is:
 - *My purpose is to teach and inspire others to love and live life by following their hearts desires. ~ Stephen Martile*

Here are some other examples,

- *To inspire and empower people to achieve their destiny. ~ Robert Allen*
- *To uplift humanity's consciousness through business. ~D.C. Cordova*
- *To educate and inspire people to live in their highest self based in courage, purpose, joy, versus fear, need and obligation. ~ T. Harv Eker*

There are many ways to define your life purpose. I learned this method from T. Harv Eker, CEO of Peak Potentials Training & creator of the Millionaire Mind Intensive.

*Action words and verbs to describe the 'doing', i.e. Accomplish, advance, advise, appreciate, coach, communicate, compose, create, direct, dream, embrace, educate, empower, encourage, explore, entertain, further, generate, guide, improve, inspire, lead, learn, love, manifest, motivate, nurture, organize, prepare, provide, release, speak, teach, write, etc.

What GAME are you playing?

Imagine playing a game of chess without any rules. Imagine moving pieces aimlessly on the board without a purpose or a reason - without knowing why you were playing.

Doesn't sound like much fun, does it?

The thing is that most of us are doing this right now. We move in and out of life aimlessly without any direction or purpose, without knowing why we're doing what we're doing!

Why would we play a game like that?

Instead, imagine a different picture. Imagine playing a game where every move, every action and every decision you make is driven by a pure intention – your WHY, your life purpose.

Imagine the simplicity and beauty of this new world. Every moment, every opportunity and every circumstance is a part of your creation.

In this new game, your life becomes a game of pure intention. You think, speak and act from this intention and you create your life from this intention.

In this new world you're playing the game and you know WHY you're playing. You know how to win.

Having a purpose is like that. When you have purpose in life you begin to live your life on purpose. It becomes a game that adds more meaning to your life. And with more meaning comes more purpose.

We're human beings and we instinctively drive our actions with the WHY. Playing a game and knowing WHY you're playing makes the game a lot more fun.

Besides, if you're not going to play, then why are you really here?

ABOUT the Author



Stephen Martile is the founder and creator of Freedom Education. His passion and love for personal development has inspired the creation of Freedom Education to increase human awareness across the globe.

Steve's passion lies in his **purpose**: to teach and inspire others to love and live life by following their hearts desires.

Steve's **vision** is to increase human awareness and prosperity globally so others can enjoy the freedom of choice.