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2 **A self-paced, self-assessment program for personal awareness and**
3 **development, life-management guide with essential legacy-building tools. No**
4 **one is more interested in your success or can tell your story better than you!**

5
6 **Gift Number One**

7
8 **This is the transcript of the ten short videos you have listened to. Now, you get to go through and read**
9 **all the questions and write down your thoughts that were triggered. You will build on these thoughts**
10 **as you go through the PLB Academy. This effort becomes your path to create change that you choose.**
11 **Your action formulates a stronger foundation to identify and change situations in your life that you**
12 **want to improve. Carefully consider what applies to your life or what you feel you could use, modify,**
13 **or add to your daily activities. When you write your thoughts, also write down what triggered the**
14 **idea. Write down the page number and line number for quick reference.**

15
16 **All three FREE Gifts will contain your private information and thoughts as you answer the**
17 **questions. Be honest with yourself as you experience personal growth from your self-audit.**

18 **The Green text questions are further questions to take you to a deeper level of thinking.**

19 **It is up to you to maintain the location of your information. The PLB Academy strongly**
20 **suggest the following:**

- 21 **➤ Use an empty notebook to record all your triggered thoughts.**
22 **➤ Should you choose to write your answers down in a word document, please save it**
23 **often.**
24 **➤ Create a master folder on your computer called PLB Academy.**
25 **➤ Create sub-folders to store the files you download for easy reference and storage.**
26 **➤ Save and Back up your data frequently.**

27 **Remember, all the programs are self-paced. You are responsible for safely storing your**
28 **information.**

1 Also: **You agree not to send** any of the three gifts to any other person in any form. This Gift is for your
2 personal use. We encourage you to share the PLB web site with your family and friends so they can
3 benefit from their self-audit. Get them to order a copy to improve their lives and others.

4

5 **Intro Opening video #1 – Life is full of constant change.**

6 **If you could change one thing in your life starting today, what would it be? Write**
7 **this down. List as many steps as you think the action would take for the change.**

8 **Why do you want this change?**

9 **What would be the benefit?**

10 **How often do you challenge yourself, looking for, and practicing ways to improve? How**
11 **many examples can you list?**

12 **How significant is the change you want? Rate this on a scale from 1 to 100, with 100**
13 **being the best.**

14 **Do you have a vision for enhancing your life and success? If so, what is it? To create**
15 **quality change, you have to have a vision, a strong idea, or a concept for what you**
16 **want to accomplish.**

17 **Your VISION is your starting point.** The PLB Academy program will trigger numerous
18 thoughts and ideas. Get an empty notebook. **Write your thoughts down right now. This**
19 **action is your first essential, simple, powerful secret building block for creating**
20 **change. The Personal Legacy Builder Academy is a self-paced, self-building, and**
21 **self-improvement program for those who want or need life adjustments. Using the**
22 **data in the PLB Academy, build and readjust your plans of action. Also, appreciate**
23 **the value of your legacy to those you care about. Gain new insight into your value**
24 **and benefit to others. Learning ideas and finding opportunities to improve your life**
25 **skills and others is priceless. Consider enhancing your health, communications, and**
26 **building stronger relationships. The goal, live longer, enjoy life more, and make a**
27 **lasting, priceless legacy.**

28 **Are you ready for an eye-opening experience to evaluate your life and new**
29 **opportunities to improve? What excites you about that idea?**

30 **Help yourself find areas of life you choose to develop and grow. The Personal**
31 **Legacy Builder Academy program, PLB, for short, is a guide and tool to help**
32 **anyone improve their life experience by the choices and actions they choose. Self-**
33 **awareness is essential for personal growth.**

1 **Make time to define why your life has stuff holding you back. Choose what, how,**
2 **and why you can choose to improve yourself. Find one decision that can change**
3 **your life.**

4 **Can you afford not to take this opportunity to expand your levels of thinking or to**
5 **enhance your life experience and legacy?**

6 **See if you agree with the Life problems in the next short video:**

7
8

9 **Video #2 – Life problems**

10 Every person is vulnerable to different types of unexpected life challenges and emotions.
11 People want to be happier.

12

13 **How often do you seek to use the path of least resistance? Can you list five examples?**

14 People want to get more out of life doing less. They want or need to change something, but
15 don't make the necessary efforts. Then don't make the right decisions to produce the results
16 they want. Suddenly, its ten years down the road of life. They are in the same rut or a new
17 one.

18

19 Your days contain constant change, creating a jungle of many decisions, actions,
20 and consequences. All your choices have dangers and rewards.

21 Every living person has a unique, valuable life cycle. Every life cycle has an
22 undetermined number of years, days, and hours.

23 **How do you choose to live your days?**

24 **Do you have control of what you allow to occupy essential time and space in your**
25 **mind? If not, why not? Write down several examples.**

26 **What change do you need?**

27 **How do you handle frustration, anxiety, time management, and the quality of**
28 **relationships? List at least two ways for each item.**

29 **How do these items silently affect your current decisions, actions, situations,**
30 **attitudes, your future, and other people?**

31 A self-audit can be extremely revealing.

32 **Do you know what holds you back? If so, list it.**

1 What would be the value and benefit to start improving all these areas and more?
2 What do you need to change the most, to educate, and encourage yourself to create
3 self-change?

4 Increase your enjoyment of life. Find new, refreshing ideas to challenge your
5 mindset and perspectives. Achieve personal growth by expanding your levels of
6 thinking.

7 The Personal Legacy Builder Academy is unlike any self-help education program
8 you have experienced. You choose what needs to change and how to do it with the
9 new ideas you develop. The PLB Program dives deep into your past and current
10 life to help you examine areas of life you choose and get to improve for the future.
11 Embrace new ideas to create change in your life.

12 What thoughts are triggered so far? **Review your notes.**

13 Look at the next short video. See if you agree with the potential solutions.

14

15 **Video #3 – Your legacy**

16

17 Your legacy begins when your life cycle ends.

18 Do you ever think about what that day will look like for others?

19 Do you ever think about what your legacy will be?

20 What do you want others to remember about you?

21 What have been the results of your perceptions of current and past life experiences?

22 What are your dreams and expectations for the future?

23 What actions are you taking to achieve your goals?

24 How do you choose to treat others?

25 Again, what do you allow to occupy essential time and space in your mind? **Do you need to add
26 to your current list?**

27

28 Do you have an active life plan? **If not, why not? This PLB Academy provides ideas
29 and tools to create a program that you choose.**

30 How do you value your life experiences and the experience of others? **Be specific. How do
31 you show it?**

32 What about your health and communication skills? **On the same scale, how would you
33 rate them?**

34 Finally, how does procrastination create your roadblocks and or affect other people? **What
35 examples can you define?**

36 Do any of your words, choices, or actions create a perception of racism? **If so, which ones?**

37

- 1 Why do people choose so quickly to be judgemental?
2 Do we want to be forgiving, tolerant, patient, understanding, and empathetic of others?
3 If not, why not?
4 What are your core values? **Can you list at least five?**
5 Do others treat you the same way?
6 What are the effects?
7 What have you learned, and how was your life changed as a result of the 2020 COVID-19
8 pandemic? **Be specific.**
9 What actions have resulted from the public unrest regarding racism? **How have you been**
10 **affected?**
11 Is there more divide or a better understanding of other people's feelings and emotions?
12 What role can you play in solving the problems? **Of racism?**
13 What is the root cause of the issues?



14
15 Without knowing the root cause, a problem is difficult to correct. Check out this hidden
16 bonus discussion of Root Causes and the defund police argument.

17
18 <https://personallegacybuilder-com.3dcartstores.com/product.asp?itemid=16>

19
20 See what items you agree or disagree with on this subject. All people must look at the
21 whole picture to make the right decisions. Plus, check out the **black box** in the **Second**
22 **Free Gift.**

23
24 Always keep in mind, people don't remember you for what you owned, but for the way you
25 made them feel.

27 **Intro Opening video #4 - Problems need to have a solution**

28
29 **Some Potential solutions:** A self-audit is a personal time to review the inventory of your
30 life and mind. Life, in the end, is not valued by how much stuff you own. Your worth and
31 legacy come from how you practice your values and how you made other people feel—
32 making time to learn how to improve your self-awareness, options, opportunities, and
33 personal growth is priceless. Without new or refreshed information, planning, and action,
34 personal growth does not happen. Elevate your levels of thinking. Start today. Tap into your
35 unrealized potentials for more opportunity. The Personal Legacy Builder Academy – again,
36 PLB Academy, for short, is NEW. All programs are self-paced for self-development, self-
37 improvement, and better life management. The Program supplies tools, workbooks, guides,
38 and questions. All course work is to encourage you to create positive change in your life and
39 others. Consider this thought:

40

1 **Does life change because we change, or do we change because of**
2 **life changes? What are your thoughts about this question?**

3
4 This question goes hand in hand with, which comes first, the chicken or the egg. Listen to
5 the next short video about other challenges. As you listen and read, imagine potential
6 benefits and results to improve yourself. See what you can start doing today for self-
7 improvement.

8
9 **Are you curious to gain more ideas to expand your levels of thinking?**
10 **If so, what will be on your list? Review the thoughts and ideas you have written down.**
11 **Do you need to add to those thoughts yet?**

12
13
14 As you go further in the **PLB Academy** Program, you get to build your lists.
15 **Are you open and willing to accept a new challenge to improve yourself?**
16

17 **Intro Opening video #5 – Your Challenges and benefits**

18 **Your challenge:** Creating change to add value to your life requires an investment of time.
19 Your thoughts and actions determine your successes!

20 **What is the importance and value of making a difference in your life and someone else?**
21 **Will you make time and take action to pursue change? If so, how, when, and on what**
22 **days?**

23 By going through this web site, you get to help improve your life experiences. Additional
24 benefits are revealed as you read on.

25 **Will you devote the time to listen to the next short videos that challenge your perspectives**
26 **and mindset?**

27 **Will you download the three free gifts? What have you gained so far from this first Gift?**
28 **Imagine what you will learn from the next two.**

29 **Will you engage your mind to refine your life opportunities?**

30 Creating change to add more value to your life can improve your happiness! Make a
31 difference in your life and someone else starting today. This Academy is a reality and
32 mortality check-up.

33 **Are you getting what you want out of life? Write down what you can define.**

34 **Are your choices leading you in a direction you want to go? Can you explain your answer?**

1 **Your Potential Benefits & Results:** Discover the value of gaining **new nuggets of**
2 **wisdom** to use. Learn simple secrets to create encouragement and define your
3 unrealized potential. Practice new options that enhance your character, self-awareness,
4 and life situations.

5 **Do you keep good and healthy boundaries? If so, how?**

6 **What are you passionate about, and what do you choose to do to improve?**

7 Learn how you can intentionally make each day better than the day before.

8 **Today**, you can begin to improve your life and legacy that will result from your self-audit.
9 Discover the value of gaining new nuggets of wisdom. Be open-minded to learn simple
10 secrets to create encouragement. Define what changes will improve your life. Practice new
11 options that enhance your character and personal growth.

12 **Which of these results are important to you?**

13 See what new thoughts you gain from the next short video.

14 **Intro Opening video #6 What change right now would give you the most**
15 **significant benefit?**

16 **What creates your stress and anxiety?**

17 **What is the root cause of what you just listed?**

18 **What holds you back? Be specific.**

19 **Do you acknowledge that these situations play a part in your everyday life? Y or N. Explain**
20 **why or why not**

21 Everyone has a choice to alter non-productive habits and seek new paths for happiness.

22

23 **Is your life headed in the direction you want?**

24 **If not, why not?**

25 Change is a process. Increase your thirst for knowledge. Learn to develop and refine life
26 skills. Make short and long-range goals a habit. Engage in an eye-opening self-audit.

27 **Here is what you get in the PLB Academy: All five sections and 15 parts of the** Program
28 are all about your personal development and getting more value out of life. In the PLB
29 academy, you get self-paced, interactive workbooks. Each one has questions and

1 perspectives to challenge your levels of thinking. No exams. Again, all parts are self-paced.
2 By using the workbooks and your journal, you get to refine your thoughts. The result is
3 clearer thoughts and better decisions. The goals are to present positive choices for making
4 options that can result in higher productivity and happiness. In turn, you manage stress
5 and anxiety better. Enjoy an atmosphere for making better decisions. Plus, you have a
6 system to write and leave a priceless gift, your legacy.

7 **Create change.** Define what, who, how, why, and when you want to improve.

8 **What is the importance to you for creating NEW paths to appreciate the value of life**
9 **better?**

10 **Again, if you could change one thing in your life today, what would it be and why? Is there**
11 **anything you need to change from your original thought? If so, now is a great time to**
12 **write down the change. This process is just part of refining your ideas.**

13 **What impact did the opening question have: Can one decision change your life and legacy?**

14 **How valuable would it be for you to improve different areas of your life?**

15 **Would you agree or disagree that to enhance your life experience, requires decision**
16 **making and action? You are in the process of creating a list.**

17

18 Here is a life option for you: **The PLB Academy for personal change.** Those who choose to
19 do nothing - do not reap the rewards of a new change.

20

21 **Where do you see yourself in 10 years?**

22 **What improvements have you made in the last ten years?**

23 **Want to learn more?** Watch the next short video on the effects of self-awareness.

24

25 **Intro Opening video #7 – The effect of self-awareness**

26 Your continued life experiences revolve around constant change. All your decisions and
27 actions gain a result. Decisions by others can result in situations you don't expect. A
28 prosperous future depends on how you choose to act. Like everyone, you have a unique life
29 experience. Life experiences of hardship and successes, help determine your future quality
30 of life. Each situation is a life lesson that fills the library of your mind with new wisdom.
31 How you choose to use the lessons, drives your successes and the makeup of your legacy.
32 **Increasing your self-awareness from a self-audit has many unique benefits. Answer all**
33 **the questions on the web site. See if you believe and find ways to improve your life**
34 **experiences.**

35

36 **Remember this: No one can make changes to your life or can tell your story better**
37 **than you.** Your thoughts from what you listen to and read in the next few minutes can be
38 life-changing. This unique, new, Personal Legacy Builder Academy, PLB for short, is a
39 course in life-management. The Program is full of thoughts and ideas that can be options
40 to enhance your life management. These options become your tools to supply a guide for

1 self-improvement. Use them to refresh and expand your mindset and quality of life.
2 Again, the PLB Academy is a NEW self-paced, self-development, self-improvement, life
3 management, personal audit system. The Program encourages you to create positive
4 change in your life and others.

5 **If you died tomorrow, why would people want to remember you? What do you**
6 **remember about your grandparents? Did they die with the hidden treasure of their**
7 **life story?**

8
9 **Do you want to know more about your benefits of the PLB Academy?**

10 Listen to the next short video.
11

12 **Intro Opening video #8 – The value of one decision**

13 **Again, think of that one item that can create change in your life?**

14 **Where is this one item on your priority list?**

15 **Can you define your purpose, objective, and beliefs in life? Try to list two or more.**

16 **Or do you just live from day to day, hoping for the best? If so, what is that your choice?**

17 **Do you believe one decision, thought, question, idea, or action can change your life? Can**
18 **you list at least three situations that come to your mind?**

19
20 If you answered yes, this is a great web site for you to gain new self-insight, to create
21 change. Allow yourself to take an in-depth look at your mindset and perspectives.

22 Expanding and refining your thought process for personal growth is rewarding. There are
23 Simple Secrets you can start using today for creating intentional change and action. After
24 listening to these first eight short videos, see what value you gain by reading all parts of the
25 web site. You now get to make new decisions. Right decisions and actions develop new
26 steps to improve your life and others.

27 **Again, How often do you challenge yourself, looking for, and practicing ways to improve?**
28 **How significant is the change you want?**

29 The Personal Legacy Builder Academy is a tool and guide for that exact purpose. A
30 practical means to seek higher levels of self-awareness, observation, thinking, and action.
31 Allow yourself to experience the value of a self-audit. Make time to refresh all parts of life
32 that are important to you. Check out the next short video.
33
34
35

36 **Intro Opening video #9 – What change do you need**

37 **What effort and value do you place on increasing your self-awareness?**

38 **What's in your life plan?**

39 **Are you interested in new skills for extending your life? If so, what?**

- 1 What decisions got you to where you are at today?
- 2 Who are the essential people in your life?
- 3 How do you show them, or have you told them lately?
- 4 Do your actions reveal your character?
- 5 Where do you want to be in 5 years?
- 6 What is your plan to get there?
- 7 Your next time gap is the time between these two points.
- 8 How will you choose to fill this gap best?
- 9 What happens if you died unexpectedly? **Gift number three will provide lots of ideas that**
- 10 **perhaps you have not thought about lately or at all. The link for the third FREE Gift is at**
- 11 **the bottom of your second FREE Gift.**
- 12 **Until that time, you get to live.** Keep an open mind, and Let's look at ideas on how to add value
- 13 to your life and others.
- 14 **Today, and in the days ahead,** you can begin to find new ideas to improve yourself by the
- 15 information in the **PLB Academy**. Create more value in your life and others. In the PLB
- 16 Academy, you will get 18 more, two to three-minute short thought-provoking videos. Also a
- 17 workbook for answering questions. Review the video titles in Data Block #12.
- 18 Next, **Stretch your thinking process** as you go through the 1st four of 15 personal Exercises in
- 19 the 2nd Free Gift. Seek to develop solutions to improve and enhance the outlook on yourself and
- 20 others. Find ways to improve your quality of life and life skills. Make time to build your legacy
- 21 and expand your self-awareness. **Define what you want** and need to improve. Rediscover your
- 22 **"WHY."** Helping yourself and others to enjoy life more is priceless.
- 23 Share your comments, ideas, or suggestions about this video. Your feedback can help others.
- 24 Get an empty notebook to write down the thoughts that will be triggered by the information you
- 25 hear and read.
- 26 **Intro Opening video 10 – Looking back**
- 27 How much time do you spend looking back over your shoulder? **Can you write down why?**
- 28 Do you lose sight of your dreams?
- 29 How much time do you spend worrying about things you cannot change? **List at least three**
- 30 **items.**
- 31 How much time do you worry about the present and fail to plan for the future?
- 32 How much quality time do you spend helping other people? **List the last two times.**

1 How many times have you suffered from a broken heart? **Can you define the root cause?**

2 Do you stop to realize the value of that life lesson?

3 Do you take advantage of the fact you get to use that wisdom to improve your future
4 decisions?

5 How often do you choose to go down the same path expecting a different result?

6 Are you ready to identify areas of your life that you can choose to improve?

7 Make time NOW to improve your self-awareness. Make an effort to refine your life-skills. Get
8 excited for the opportunity to learn and expand your perspectives. What you will discover
9 about yourself and others by **your self-audit** can be priceless. See why others are reading and
10 rereading the information contained in the **PLB Academy** to continue improving themselves.

11 Your notes become your **essential building blocks** to create change. Ask yourself how each
12 question applies to your life. Make time to think about what you want to improve. This action is
13 another simple secret and effort to create change.

14

15 Congratulations on completing the questions in your first FREE Gift. Did you make lots of notes?
16 Do you have several ideas on situations in your life you want to improve or change?

17

18 Review your notes. What has been the most revealing idea you have had so far about your
19 life? Place the number 1 through 5 next to the top five ideas you had. You will build on these
20 ideas as you go through the **PLB Academy**. This simple tool helps you create a unique path for
21 creative change. Enjoy your second FREE Gift.

22

23 Here is the link for your **Second Free Gift.**

24

25

26 <http://personallegacybuilder-com.3dcartstores.com/product.asp?itemid=14>