

## **All the Best – You Deserve It, by Dr. Robert Henry Schwenk, Dr. Bob 4 U 3 Page Free Action Guide**

**Many of us come out of childhood feeling** that we *don't deserve it*. Much of our childhood and youth were filled with “trash” wherein we were subtly or not so subtly taught that we did not amount to much. Further, many of the churches we attended told us we were inherently bad persons. Unless we believed a certain way, we would be banish, upon death, to a place of everlasting torment.

But your life can be so much more meaningful and well-balanced when you understand that yours is **All the Best – You Deserve It**.

**However, many of us feel that we deserve something negative in our lives.** For example, we feel deserve pain. If something negative isn't perceived, then our lives are not “complete.” We are so convinced of our negative condition as a human being, we accept it without question. Often, it is labeled “the human condition.”

**You deserve to be free from this negative feeling.** When you're free from this negativity, your life will feel different and be different.

**How do we eliminate this feeling of undeserving-ness from our lives? I will answer that question shortly.**

You need to be aware of 2 things first.

Number 1: Change in your life and how you think about your life takes effort. There are no exceptions.

Number 2: Beware of the possible backlash. This is when you have swept the demons from your house and turn around see that others have crept in to fill the newly emptied space. This is distressing but very natural.

**Now, how do you eliminate the feeling that you don't deserve it?** First you must know these 5 facts:

- 1. You are part of the Universe.**
- 2. Simply because you exist means that you are within the Love of God.**
- 3. Merely because you live within the Love of this Divine Creator, you are deserving.**
- 4. Nothing is outside of you; nothing is separate from you.**
- 5. Whatever you desire, you deserve.**

When you understand and believe these 5, you have the foundation upon which to build a “culture of deserving” in your life.

**But then, you must see that you need “To Be Happy.”** Happiness is a choice. Happiness is choosing to feel a certain way about yourself in the midst of whatever is happening. To “be happy” simply means, and I do mean “*simply*,” to grab hold. Grab hold of the idea that you deserve to be happy. That you can choose happiness right now. Happiness is constructed in *your* mind and *your* spirit. Happiness has nothing to do with what's going on around you. Happiness is a choice you make every minute of your waking life.

**Napoleon Hill said that fear is a state of mind. If that is so, then happiness or security or joy or courage are states of mind as well.**



So, after you have digested the **5 Facts** and you have chosen **“To Be Happy,”** you need to replace the negative feeling of being undeserving with the feeling of **I do deserve it.** Here’s how.

**1. Forgive All.**

**2. Let Go.**

**3. Always Hang on to Love.**

**4. Never Say Never.**

**5. Share What You Know.**

**And to Share What You Know you develop and implement the Spiritual Circuit.** These 3 parts comprise the Spiritual Circuit.

**A. Acquire** new relevant knowledge

**B. Rewire** allow your brain to reinvent you

**C. Inspire** give away what you learned to help others.

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This report is complete unto itself when you take the ideas here and use them.

In the full report of **All the Best – You Deserve It** every idea shared here is fleshed out in greater **“meat and potatoes.”** You will gain much more strength and resolve through the full report.

The full report also includes the story of how I got to this way of belief and understanding.

Also, there are free bonuses embedded within the full report that add even greater value.

"Happiness is the meaning and  
the purpose of life,  
the whole aim and  
end of human existence."

Aristotle

This, and all the mini-posters, can be printed out from the page. Either you can select the entire page and then cut out the posters. Or you can select the poster itself, copy it to a image processing program like Adobe Photoshop, and print from there.

The posters will look better if they are placed on inkjet photo paper, but they will do just fine on regular white page as well.

If you and concerns about these mini-posters, how to print them, for example, please don't hesitate to email me at [drbub4u@gmail.com](mailto:drbub4u@gmail.com)

There is Nothing I Have to Have,  
There Is Nothing I Have to Do,  
And There's Nothing I Have to Be,  
Except Exactly What I Am Being  
Right NOW.

Neale Donald Walsch  
*Conversations With God*

Bonus from Dr. Bob 4 U  
All the Best -- You Deserve It!  
<http://themeaningoffewwithdrbob.com/vweb2/>

This poster is presented to you in two ways: This one, on this page, in color.

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The second one, on the this page, in black and white in case you did not want to expend so much ink.