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You will find the **Trask Triangle** inspirational and empowering, yet easy to understand and use, as its concepts strictly adhere to commonsense thinking. The Triangle’s elements were developed in 1977 and evolved while in use by thousands of people in many countries over thirty years.

This Triangular model shows how a progression of standard feelings and attitudes lead us along paths of either increasing spiritual growth (outside the Triangle) or decreasing personal power (inside). At the corners we make choices that lead us to either empowerment and enlightenment, or helplessness and confusion. **Most people do not realize that THEY have the power to choose!!!**

**Inside or outside? - that is your choice.** On the outside of the Triangle are steps that progressively improve our lives. On the inside of the Triangle are steps that progressively erode our personal power. On the outside, we learn to accept fear and to experience it as a pure energy that gives us the strength and clarity to fulfill our missions. On the inside of the Triangle, we pull back from that same fear which victimizes us and causes anxiety, pessimism and despair.

Like gasoline, dynamite or any other source of energy, when not harnessed and directed, fear can be destructive. When we stop being victimized by our fear, understand its energy and focus it to the accomplishment of our goals, it becomes our friend. Embracing fear helps us become more courageous, clearer and more confident. Life on the outside of The Triangle is an exciting experience of constant rewards, which is how life was designed to be.

**The following process will lead you through the Trask Triangle, and how to apply it to your life.**

**As you follow the process, please keep in mind the vision you would like to see accomplished in your life, and watch the success & happiness of your life unfold...**
There are only three ways in which we humans experience life:

• **BEING**
• **DOING**
• **HAVING**

When we are

• **BEING** all we can BE,
• **DOING** what we must DO to keep growing, and
• **HAVING** the abundance that automatically results,
then our lives flow with Grace and we actualize our dreams every day.

Please notice, that these three elements form a **Triangle** which has been a spiritual symbol of perfect, eternal consciousness since ancient times.

It seems quite appropriate that we should follow this ancient form to raise our awareness and make our lives better. **This is the Trask Triangle**…
We begin at **BE**. The effectiveness of everything we **DO** and the rewards of what we **HAVE** will depend upon our being established in who we are.

- At the **BE** corner we Rest. We: “Be still and know who we are”, as unique individuals.
- If we move forward in our lives, we soon come to the **DO** corner where we “Change and Dare to Grow”.
- We then move to the **HAVE** corner where we Win, and “Give thanks”.

Why is journeying through these corners in this way important? Because as we focus on each of them, they impart to us ancient wisdoms about who we are and what we are doing here. They are our guides to being all we can be in this lifetime.

By taking this path, we allow the mysteries of life to unfold, we discover ourselves as eternal souls on unique quests and we learn how to carry out those quests. In the process we grow ourselves, expand our consciousnesses and elevate our lives.

Let us now journey clockwise through the outer Triangle, starting at **BE**…
Starting our Journey from BE...
BE allows one’s true nature to emerge. When in BE, we are curious dreamers, seeking what we may DO and HAVE in our lives.

From BE we move into the process of Discovery.

The Discovery process expands Clarity through these four elevations:
- What is My Vision?
- What is My Mission?
- Who is on my support team?
- What is my next step?

What is My Vision?
- A true Vision is that which we seek that will fulfill our lives. It may be a lifelong dream or it might be something as simple as making one friend. Discovering a Vision is a step in the process of discovering one’s self. No matter how small, each fulfilled Vision leads to the automatic expansion of the dreamer’s soul. A true Vision delights us, yet seeming to be unreachable, demands that we grow and expand our areas of comfort. Make your first Vision something small that you really want to DO BE or HAVE. Visualize it, accomplish it, and then expand to a larger Vision.
- Corporate Visions: Organizations such as businesses, sports teams, governments and non-profits may attain their Visions by following the Triangle when all team members support and are committed to the Vision.

What is My Mission?
- A Mission has only one purpose and that is to support the Vision. Comprised of plans, strategies and inflexible ethics, a Mission is the shortest and easiest path to the Vision.

Who is on my support team?
- There is no such thing as a solitary accomplishment. The affect of a support team accounts for at least 75% of any successful accomplishment. We must recruit people to our support teams who know us and who will be committed to helping us stay on the right track in reaching our Visions.

What is my next step?
- As we could not eat a watermelon in one bite, we surely would not expect to complete a major Vision with only one Triangle journey, a number of revolutions may be necessary, each of them carefully focusing on the Vision. Our plan shows us it is time to take the next step!
DO...
Now we are at DO and see that we must “Change—Dare to Grow”. We can only get where we want to go by expanding the way we see ourselves. Risk means daring to think and to act in a new way.

As we move onto the Risk side of the Triangle and allow our courage to grow, we are reminded that: to have something we’ve never had before, we must do something we’ve never done before. However, the Risk advocated here is not the same as taking a chance. By expanding a comfort zone with a Vision securely in mind, we eliminate uncertainty and increase probability; we are making a dream come true.

Here are the four elevations of growth in Risk:

I Am Expanding My Identity:
• We reach beyond who we think we are and expand in wisdom and consciousness.

I Am Focused On My Vision:
• The Vision is boss. We always keep our eyes on this prize. With our Vision constantly and clearly in mind, we move toward it, eliminating or bypassing the obstacles in our way.

I Am Working My Mission:
• When in Discovery, we laid out our Mission plan. Now we must follow that plan, keeping it flexible and being open to ways to make it more efficient.

I Am Contributing:
• Our greatest gift for those we love and for the world around us is the gift of who we are becoming as we expand our Clarity, Courage and Confidence while following our Missions.
HAVE…
Looking back we see that in the Discovery phase we grew in Clarity, in the Risk phase we grew in Courage; now we are about to grow in Confidence.

We are in Win at the HAVE corner where we give thanks for what we have learned and accomplished. Why feel grateful? One important reason is this: Gratitude is the magic key to Confidence and personal power. While seeking things for which to be grateful, we discover how wealthy we are. If you want more Confidence yet have a problem experiencing gratitude; make an agreement with yourself to find ten things each day for which to be grateful then watch your Confidence grow. The more gratitude you feel, the more Confident you will become, both in yourself and in your world.

From Win we move into Self-Love. This is a difficult path for many, yet it is vital because without Self-Love, Confidence will not materialize and your journey around the Triangle this far will have been for nothing. Please notice that the four elevations of Self-Love are affirmations that can be repeated many times each day and night until you are convinced they are true. When I can’t sleep I try to say one hundred of these and usually am asleep by fifty.

Here are the four elevations of Self-Love:

**I Am Loved:**
- My family, friends even those who barely know me care about me and are rooting for me to win.

**I Am Blessed:**
- No matter how uncertain or dire my situation, throughout my life I have always found the abilities and resources I needed.

**I Am Safe:**
- I am being guided and protected by the power and intelligence of the Universe, the Creator who gives me daily life.

**I Am Free:**
- I alone am in charge of my mind and my heart and I make my choices freely.
Now you are back in BE where you Rest and “Be still and know who you are.”

**Knowing who you are requires a new way of thinking.** You are not fixed in place like a statue in a park; you are process; ever becoming, ever changing—like a river or a forest. Yet there is a place in your soul where you do not change, just as your fingerprints do not change. It is that identity you seek when “being still and knowing who you are”.

**Dare to wonder:** Who am I beyond my beliefs and titles? What gives me my deepest joy? What uniqueness has drawn me to this Vision? What do those who love me see in me that I do not see in myself?

**You are the person** who had the clarity to see a Vision, the fortitude to create a Mission and recruit a support team, the courage to take a risk and to begin expanding your identity, following your Vision, working your Mission and contributing to your world.

**You are the person who had the confidence to love yourself.**
With the **courage and clarity** to stay outside The Triangle, we find our lives continually renewed and enriched. At each corner of The Triangle we make the choices that empower and set us free.

**From Rest: (Be Still and Know Who You Are!)** We discovered what our vision is: that thing we may do, be or have that excites and inspires us. We planned the steps (our mission) to that goal. We recruited people to our support team. We decided our next step.

**From Change: (Dare to Grow!)** We embraced the gift of Great Spirit that can empower us to success. We took the risk of changing our identities from a dreamer to be the master of our vision. We know that to stay grounded when things get tough will require staying focused on our visions. When we feel overwhelmed by the changes in and around us, we remind ourselves that things are in a natural state of evolution because we are working our mission. We know these changes are not just for us, but that, in growing, we are making a contribution to the world around us.

**From Win: (Give Thanks!)** As winners, we chose the path of Self-Love. Only when we are secure in our self-worth can the new level of identity as a worthy and powerful person be anchored. Now we must mentally affirm each step clearly and as many times as necessary to really feel these changes anchoring within us:

“I am loved, I am blessed, I am safe, I am free.”
I am Loved
I am Safe
I am Blessed
I am Free

Confidence

Clarity
Courage
Confidence

REST
Be still and know who you are!

Discovery

Be

Have

WIN
Give thanks!

Self-Love

In your first journey around the Triangle, already you have begun to expand your:

Clarity
Courage
Confidence

Change
Dare to grow!

Risk

Do

Transform
Who’s on my Support Team?
What is my Mission?
What is my Next Step?

I’m Expanding my Identity
I’m Focused on my Vision
I’m Working my Mission
I’m Contributing

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Going Inside the Triangle: Oh No!
Life is a series of choices; each one leading to either fulfillment or despair. At each Triangle corner a life-choice must be made where our life’s quality will be established by either; 1- our determination, or 2- our distrust.
We either take charge of our lives or we allow conditions take charge of us. We decide to be the affecters or we become the affected, we are either the cause or the result of life’s experiences.
While those on the outside of the Triangle make proactive decisions and meet challenges head on, those crippled by self-doubt and mistrust are being pulled inside the Triangle. Inside the Triangle we are victims, powerless; being swirled around the inside as in a flushing toilet, always at the mercy of forces around us. The next pages show how it happens…
In BE we have a choice: **Discovery** or **Avoidance**.

Avoidance will send us inside the Triangle where our decisions are then automatically made for us.

Avoidance degenerates into **Boredom**, characterized by the descending steps of: hiding from truth, feeling numb, feeling bored, and that we ourselves are boring.
In **Do** we again have a choice: **Risk** or **Anxiety**.

**Risk** through our fears of change or be pulled into **Anxiety** and sent into the Triangle where again, all decisions are automatically made for us.

**Anxiety** soon degenerates into **Paralysis**, characterized by the descending steps of: tiredness, loneliness, helplessness, and a refusal to face reality.
**In HAVE we choose between Self Love and Unworthiness.**

Unworthiness will pull us inside the Triangle where again, all choices are made for us.

Unworthiness soon degenerates into the cancerous state of Guilt and Shame and its descending steps: I failed again, I am not enough, I can’t do anything right and I’m blaming others.
At each corner the choice is either to stay outside the Triangle, growing in joy, or to allow our self-doubts to drive us inside where fear becomes a dread that eats away our power and self-esteem and leaves us feeling helpless and abandoned.

- **At Rest,** we may decide the path of discovery is too threatening. So we slip inside into Avoidance, which soon becomes boredom.

- **At Change,** we may feel overwhelmed by fear and choose not to take a risk. Fear turns to Anxiety, and we soon move into Paralysis.

- **At Win,** we may feel that we don’t deserve Self-Love and so fall into Unworthiness which soon leads to Guilt and Shame.

An interesting fact is that inside The Triangle we no longer need to make choices; they are all made automatically for us until we decide to break out. As if pulled by gravity, we descend a path of Avoidance, Boredom, Unworthiness, Guilt and Shame, Anxiety, Paralysis and then into an ever more demoralizing Avoidance. Until we decide to break out, this cycle pulls us deeper and deeper into its darkness, destroying our willpower and allowing us to become victims, addicts and criminals; roles most of us have played at one time or another. **Until we decide to change,** to get a vision, take risks and begin moving up toward the Light, our lives will continue this descent, and we will grow steadily smaller and smaller.
Around the outside of the Triangle is the pure energy called fear which we sometimes avoid. But when we accept the challenges of our Visions, our fear transforms into a power whose purpose is to fuel our growth and missions.

The results of being inside the Triangle are a loss of Grace, Clarity, Courage and Confidence, a loss of personal power, and a greater likelihood of addiction.

If this pattern is unchanged, eventually you must spiral down into Despair.

Everyone inside the Triangle is in danger of Despair and those dark forces that surround it.

To get back outside the Triangle you must choose to let your fear become energy and excitement instead of dread, and then simply remake the decision that sent you inside. You can do it!

Until you do, you inevitably counter-clockwise from Anxiety through Paralysis, Avoidance, Boredom, Unworthiness, Guilt and Shame.
Your Life is an ever-climbing spiral of growth...

The Triangle is a spiral.

Your Triangle is always rising or falling depending on your choices; when on the outside, you are constantly being elevated.

Each time you come back to Rest, you see that your life has again been uplifted and transformed.
Where are YOU going?  
... It’s your choice!

It is your choice!

The inside of the Triangle spirals downward into an abyss that is painful and filled with dread. But the pain does have a purpose; to make us get out!

So the question simply is this: whether to spiral upward into the light or downward into the darkness; to empower yourself or to cling to the comfort of your weaknesses? It is your choice.

Joan Baez said that the only risk is to not risk at all.

She was right of course. We sometimes think avoiding the atmosphere of fear on the outside of the Triangle is safer, but what could be less safe than Anxiety, Paralysis, Avoidance, Boredom, Unworthiness, Guilt and Shame?

If you practice with one small Vision every day, making a complete journey around the Triangle you will certainly find yourself growing in Clarity, Courage, and Confidence.

Try it for one week and see for yourself how your world begins to change. Imagine the expansion of your life in one month, or in one year!

Mastery of Trask’s Triangle is taught in-depth in Living Free Seminars I and II and has become a favorite training and self-coaching tool for athletes, performers, spiritual masters, business and government leaders around the world.

In order to help people create fuller, more effective lives, and break the mental habit of becoming victims, the Trask Triangle is often laid out upon a floor or depicted in a garden path.

There, people may walk around the outside path while repeating each step aloud until the outside of The Triangle becomes the natural path of their everyday lives.

This Trask’s Triangle is now yours to make use of. Thousands of people are employing it every day to help make their dreams come true.

If you want even faster results, combine the Triangle with the help of a good life-coach. Arthur Rubenstein, Tiger Woods, famous actors, business leaders and others who are serious about winning have their coaches.

Bob Trask coaches people like these from all walks of life in using the Triangle for individual or organizational success. If you are serious about making your dreams come true, write or call Bob Trask today.

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The Trask Triangle and other personal growth tools are explained in detail by Bob Trask in his book “Romancing The Soul, Your Personal Guide to Living Free”.

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