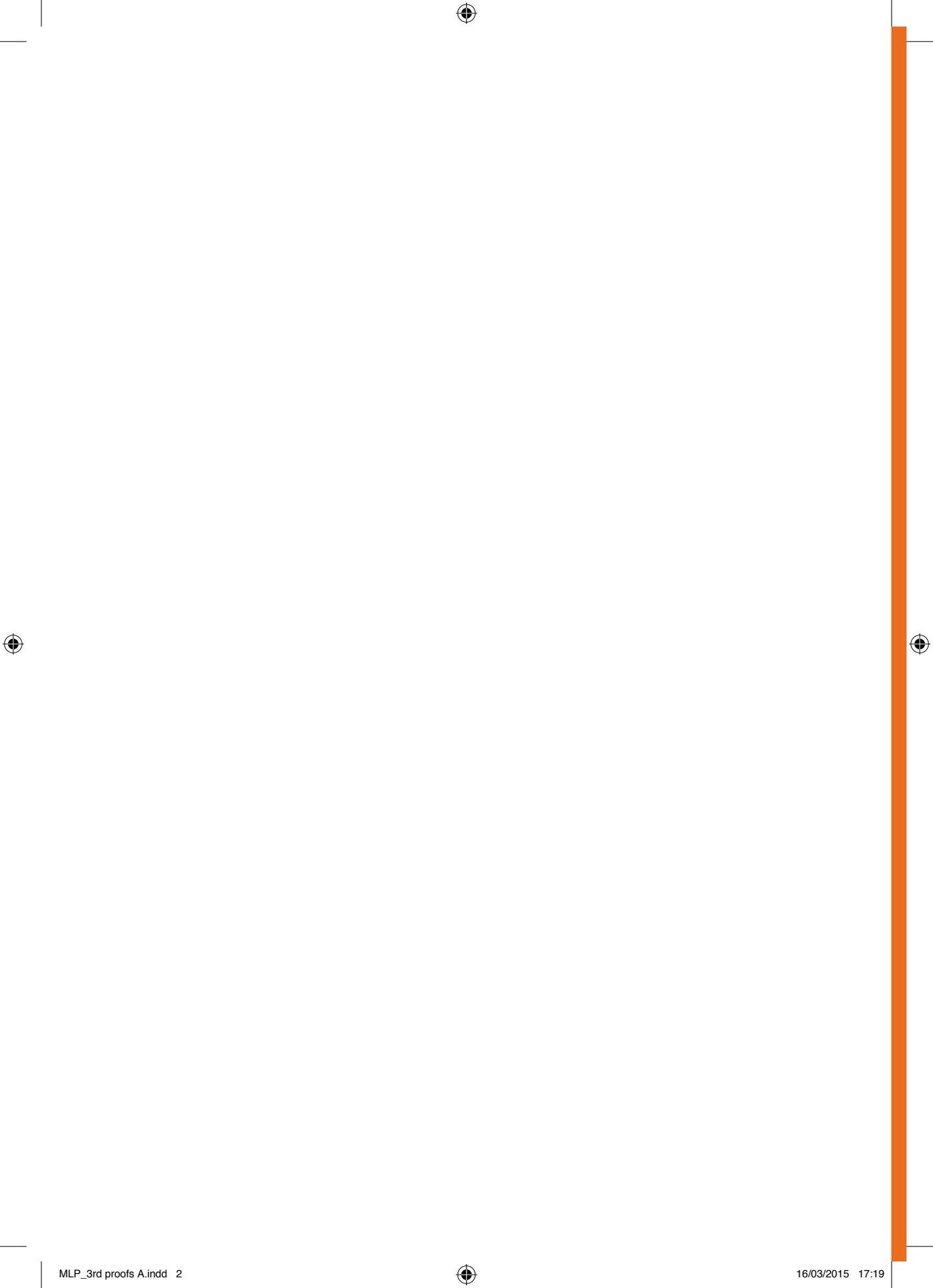


More  
Life,  
Please!



# More Life, Please!

Christian Marcolli, PhD  
*with Tarina Wagschal*

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## To my wife Sabrina

for her endless love and tireless support – and for providing us, as a couple and a family, with so many treasured moments.

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for always reminding me what is most important in life – being together, having fun and making those moments count.

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**Tarina Wagschal**

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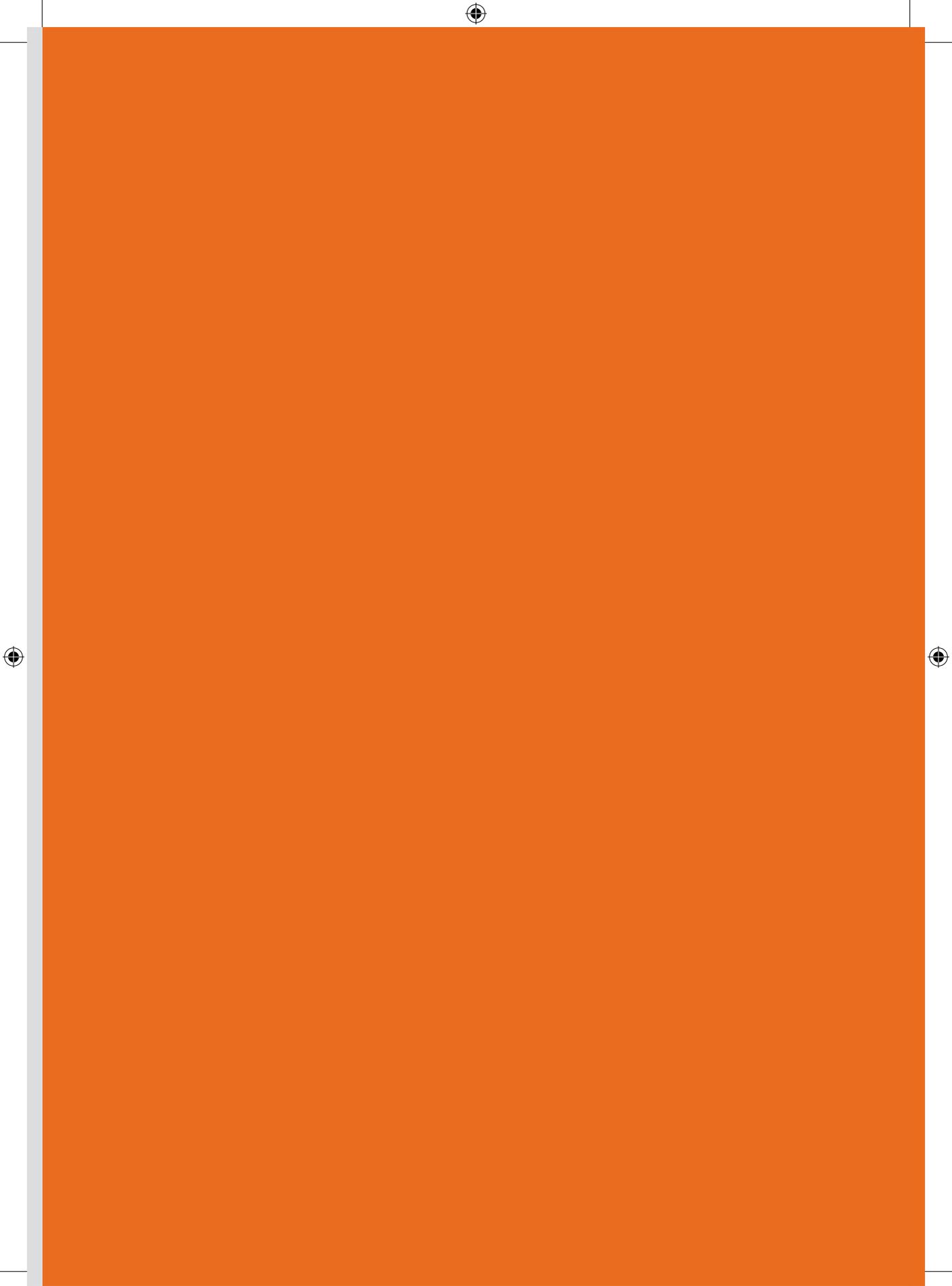
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*“Life is not about how  
much time we spend  
together. It is how many  
moments we create with  
each other.”*

# Prologue

## *123 Meadowlark Drive*

SHE HEARS THE ALARM and hates it just that little bit more every morning. She hits snooze three times before she can drag her body out of bed.

She screams at the kids over and over to *just get up!* Where did that form for the teacher go? Why are the kids fighting in the bathroom? It should be a healthy breakfast but look at the time. And the lunches...they forgot to make the *lunches!* They'll need to buy something at the cafeteria.

The form isn't found and the kids miss the bus. He drives them, but they are still late, and now he'll be late too which he can't afford. As he speeds away from the school he realizes his shirt is wrinkled, and his belly is getting so big it really doesn't fit. He groans as he's forgotten to give them money for the cafeteria to buy lunch. He turns back.

After they've left she looks at herself in the mirror and barely recognizes the person before her. Her once trim body has pockets of fat and her once shiny hair is now dull and pulled back into a ponytail, her "signature style" for the last 14 years. Where did the vibrant, sexual woman go? Is she still there, hidden somewhere? Will she ever come back? She races off to work but has to stop en route

for fuel. She wants to crawl back into bed but the day has only just begun.

Throughout the day they both try to concentrate and go the extra mile, to be the high performers they once were. But the to-do lists and responsibilities are gnawing at them, sapping their energy and ambition. The lists used to be simple and achievable but now include more forbidding and taxing challenges such as dealing with a bullying issue at the school, lowering cholesterol, fixing their marriage...

At the end of the day they run the gauntlet of chauffeuring and feeding. She texts him to bring McDonalds, she'll add some juice boxes to at least try to keep it healthy. They take different kids in different cars to different sports clubs, eating along the way. By the time they get home, emails have piled up and there is no time to manage the kids' homework.

The children head to bed but are up for another two hours watching TV and playing on their laptops. She knows she should go in and make them turn them off, but they will argue and scream, and she just doesn't have the energy to deal with that scenario.

After some emergency laundry, washing the dishes, and yet more emails, they try to enjoy a bit of TV together in their room before drifting off. Yet their eyelids are heavy and so are their hearts, so they just turn over, each on opposite sides of a king-sized bed, a growing distance between them. She makes a mental note – have sex. But on Sunday.

Her dreams are of endless to-do lists, and Brad Pitt; his dreams are of barriers and a longing for the people they used to be. They both wish that somehow tomorrow will be better, but know deep down it won't.

They want more, but don't believe they will ever get it.



## *136 Meadowlark Drive*

THE ALARM GOES OFF and she presses snooze once to catch a few extra minutes. Their habit is that after the first snooze they cuddle – or more – to start the day a positive way.

It's his turn to do breakfast while she goes for a quick run. He looks in the fridge of healthy options, choosing those the kids like best. They are already up as they have their own alarms, but he likes to call them to come down. They are dressed and ready. The children eat breakfast together at the table and discuss the day ahead. One has forgotten an important form that needs to be signed. He's told he will need to go to the school secretary and deal with it directly. It is his problem and the way to handle it is to own it.

She is home from her run in time to see the kids to the bus. After her shower they sit together with a cup of coffee and fresh fruit to go over the day's schedule. They both do about an hour of work from home before going into the office to avoid sitting in traffic. Before leaving they acknowledge each other with a quick kiss or a happy word. If they ever forget, they send a text later, maintaining the communication.

At the office no day is ever the same, and there will always be the urgent and unexpected, but he is in control of his workload. After a short break for a light lunch, he takes 30 minutes to organize personal priorities, like a doctor's appointment. Three days a week,

he leaves a little earlier in the morning to work out in the gym close to the office. On the other two he picks up the kids from activities. Her activities are as balanced, both with his and the needs of the family.

In the late afternoon she calls the kids to see how school was. She talks through the carefully laid out list of afterschool responsibilities, as the sitter is not always strict enough to enforce the schedule and rules of the house (she makes a mental note to discuss her expectations). The children understand their academic and household responsibilities. While they may not always want to, they follow through, recognizing the importance of their roles.

They both arrive home. Homework is completed and the house is tidy (well, tidy enough). Three nights a week it's family dinner, a time that's both precious and protected. As they sit, eat and talk, everyone has a chance to contribute. How was your day? What went well? What didn't? What did you learn? Was it fun? Everyone is kept up to speed on each other's lives and priorities.

If the kids fight at the table (and boy, can they fight) or forget their manners, they are warned; and when that fails, they are calmly excused to calm down in their rooms. Clean up is a family affair which they often quite enjoy. They even play music to make it more fun.

The next day's preparation is the final task. Each family member has a list he or she has prepared and agreed to at the weekly family meeting.

The kids head to bed at 9 p.m. They have no TVs or computers

in their rooms. If they have completed their homework and finished their chores they have time for a show on TV with their Mum or Dad. They are tucked into bed no matter how old they are, so they each receive daily quality individual time.

With the kids in bed she spends an hour working or tending to domestic needs (a tool box is often involved). They free themselves for each other by 10 p.m, a promise they always keep. They lie down to sleep next to each other, relaxed and looking forward to a good rest. As ever they talk softly for a few minutes, sharing anxieties, concerns, and hopes, and offering each other support and guidance. As they drift off their fantasies are of each other, and what they have together. They look forward to the next day. They want more, and they are confident they have the courage, commitment and discipline to achieve it.

You may think that these are fictional scenarios, but they are all too common and recognizable. Both families share a desire for more, but only one family is living in a true state of abundance. How did they get there? Why is the other family so stuck in their cycle of disappointment?

Getting More is what this book is all about, but not the more of material wealth, this More is something far more precious. It's about families experiencing more joy, more satisfaction, more meaning, more love, and more success, however you define it.

As you read on, you will learn that Getting More is entirely

possible and enjoyable. It will require the changing of routines and perspectives, but the journey will be interesting, fun and ultimately deeply rewarding. It will take hard work, but it is the kind of work that feels genuinely vital and worthwhile.

This is the beginning of the rest of your life....a life that is looking really, really good. Start your journey to Getting More!



1

It is okay to  
want More

I DON'T LIVE ON Meadowlark Drive, but I can certainly relate to both of the families that do. And I'm sure you recognize some of those traits in your own life. Like many people I have always striven for excellence, and am proud to say that I have achieved it in my professional life. But can I say the same about my family life? Can you?

Let me share a bit of my personal story. I was born and raised in Switzerland, and as a young child I had many interests. One skill set me apart though – my gift for playing soccer. My parents were very happy to see me discover the perfect outlet for my boundless energy, and they encouraged me to follow my passion for the sport. From a very early age I lived, breathed and slept soccer. Not only was I obsessed with the game, but thanks to some natural ability and a tremendous amount of dedication, I excelled at it. I am grateful to my parents who stood behind me and gave so much of their time to bring me to daily practice and games in the evenings and at the weekends. It was something that was genuinely shared as a family and they always let me know that whatever I wished to accomplish, I could achieve it with hard work and commitment. That support was vital.

I don't think even they could have imagined my childhood passion evolving into a career as a professional player. At the age of 17, I achieved a coveted spot on the under-21 Swiss national soccer team, and was being recruited to play for two of Switzerland's leading clubs. When the news broke my home team, FC Basel, aggressively

courted me to join them. It was exhilarating to be pursued by three teams I had always admired, the realization of a childhood dream.

While my parents loved my passion for soccer, they didn't share my enthusiasm for a sports career. As a parent myself, I can certainly understand their fears: Will he finish his education? Will he make it as a sports star? Will he be able to develop as more than "just an athlete"? And what happens after his soccer career is over? My parents questioned this next, big step and I think they would have preferred it if I'd put my passion for sports to one side in favor of a more "serious" career. And I also see now that they weren't ready for me to leave the nest. They didn't say it, but I felt it. Not wishing to disappoint them, I turned down the other contracts and accepted the offer to play for my home city. While they still had their concerns, they were at least satisfied that I could stay close to home, and under their watchful eye. It was a rational decision, but my heart wasn't fully in it and I soon I wondered if I had done the right thing.

My career in sports had its ups and downs. Even though we weren't one of the best teams in Switzerland at the time we always had a large and enthusiastic crowd, sometimes as many as 35,000 spectators. To play in front of such a crowd was truly exhilarating. I could make a living playing soccer (although it wasn't enough to fund a dream of early retirement), and I received quite a bit of media attention. But I was also a newcomer at a well-established club. Once I signed the contract, I was the new kid on the block, learning my way step-by-step through the world of professional sports. It was an intense

environment, and I felt a lot of pressure to prove myself every day. The more experienced players on the team didn't let the pressure get in their way. They made it look effortless, fun – almost too easy! They were flexible and adaptable and didn't get angry with the coaches' decisions. They could deal with their emotions and move on. I had yet to learn that grace under pressure. At the age of 17, when things got hard, I got very hard-headed. I had the passion for the game, but I wasn't using it in a controlled way. This combination of passion and intensity combined with stubbornness and temper are common to many junior players. And these qualities can also be dangerous, as a lack of focus and control can easily lead to physical injury.

And this is exactly what happened to me. After playing for three years it all changed in an instant. My unrelenting desire to push myself and succeed at any cost led to a serious knee injury. It was so serious it took me out of competition for almost one year. It was devastating to face this major hurdle just as my career was blossoming. My recovery was slow, and many questioned if I could recover and continue where I left off. I did come back, but experienced a second ACL rupture after six months. Several surgeries and many frustrating medical complications later, it was clear that my sports career was coming to a close. I took the gut-wrenching decision to resign from playing professionally. It was a huge blow and I had to rethink my entire life plan.

My body couldn't support a career in professional sports, but the experience of training and competing as an elite athlete was life

changing. It was a privilege to be part of a team with such talented players, and see so closely what sets true champions apart. And let me be clear, it is far more than just sheer physical talent. It is a clear and unique mindset – a mental will – that carries them to extraordinary heights. It isn't just their passion, but how they harness it. It isn't simply about trying the hardest, but about developing rituals and habits that work. They were living what I was only just beginning to learn. I wanted to gain a better understanding of these successful professionals and unlock their secrets. This led me to pursue a PhD in Applied Psychology, with a clear focus on sports and performance psychology. It was virtually unexplored as a research field in Switzerland at the time and through my academic research I could examine the difficult, but key, questions:

*Why can some people perform better and faster than others?*

*Why do some athletes recover faster from injury than others?*

*What are the keys to sustaining high performance, especially in times of change?*

I discovered a set of answers that didn't just apply to athletes, but could be equally applied in the demanding world of business. My research on performance and excellence formed the foundation

of my business as a leadership and performance coach, a business I have run successfully for over 15 years. My clients are at the very top of their fields, from C-suite executives in global, blue chip companies. In parallel, I have had the privilege to work with some of the world's greatest athletes, such as tennis stars and Olympic gold medal winners. In our work together, I help individuals and teams achieve what they thought was impossible: truly sustainable high performance. Whether it's during a corporate merger or in the run-up to the Olympic Games, my clients show their ability to achieve excellence beyond what they thought was possible time and time again.

This is a brief description of my journey to professional success, and each year brings new challenges and opportunities. And now let's go back to my original question: Have I also achieved the same kind of success and fulfillment in my family life as I have professionally? I can honestly reply yes, but it has also been a journey with many ups and downs.

The journey starts with my amazing wife who has accompanied me every step of the way. We have been together for 17 years. We met while we were students and we share a similar upbringing: close-knit, hardworking families with many of the same values. Then we were blessed with two incredible sons who we adore. Both my wife and I work and get a lot of satisfaction from our careers, but we also highly value our time together as a family. Just like the couples on Meadowlark Drive we are striving every day to have it all.

And to be very honest, there have been times in our life as a family where it all felt out of balance: challenging clients, complicated family schedules, the competing professional demands of two working parents, children home sick, aging relatives, periods of intense work travel and – especially for me – the all-encompassing nature of running a business. Our lives are always filled to the brim, and there is very little margin for error. On reflection, there were certainly moments where our family life didn't always receive the focus and attention that it deserved. I was (and still am) blessed that my wife fully supports my professional endeavors, as do I with her career. During those times when I was less present, she was always 100% committed to keeping our family life in order and made sure that I could stay connected to her and the kids on a daily basis. It was often very late when I got home, and I was away from home a lot – sometimes as much as 100 nights a year working with clients and at speaking engagements. The way we were living was totally unlike the lifestyles of my own parents and friends. They didn't travel for work and were usually home in the evenings. I felt that it should be possible to combine my work and family life in a successful way, but I had no role model to follow or provide me with guidance. I needed to rethink my own lifestyle and make some important changes if we were to have a functional and enriching family experience. I knew that I wanted more. We all wanted and deserved more.

My clients also experience this, often in the extreme. Here's an example. One of my clients is a busy corporate leader who works

intense hours, is often on the road and has a high level of stress in his position. He is also married with two young children. Recently they celebrated the birthday of one of his children – a summer day in the garden, surrounded by friends and loved ones. From the outside looking in it presented a picture perfect scene and an observer would be forgiven for thinking “here is someone who truly has it all”. My client’s experience of that day, however, was something entirely different:

“I was glad when it was over, because the whole event was so stressful. I had been working like crazy and almost didn’t find the time to prepare everything. I was tired, and I couldn’t enjoy it as much as I should have or wanted to. Maybe next year it will be different.”

By any measure the people I work with are enormously busy and very successful. But what is the cost of maintaining such a busy work life and achieving said professional success? It is not uncommon for top executives to give everything of themselves to their work, while suppressing a growing awareness that their family life is not all that it could and should be. Their focus, strength and energy are channeled into their professional life, while their private life slowly atrophies like an unused muscle. My clients are willing to cope with professional demands that are literally thrown at them from every angle. But it becomes increasingly difficult to juggle the increasing demands at home, especially when they are left with decreasing levels of energy, resources and joy.

Over the last decade working with influential executives, powerful corporate leaders and world class athletes, I have had one major goal: maximizing individual performance so clients can reach their optimum capacity at the highest level possible. I developed the P6PROP® model of Personal Leadership Excellence. This is a sophisticated business tool that can help individuals achieve sustainable high performance at work, particularly during times of uncertainty and change.

The P6PROP® model has been designed to help corporate leaders become excellent business champions by harnessing their Passion, Precision, Perception, Peace, Presence and Persistence (P6) using the unique Personal Resource Optimization Performance (PROP) tool kit.

To bring the concept to life, I wrote the book “Teach Me Patience – NOW!” in collaboration with a former client, a highly ambitious corporate leader previously known for his “take no prisoners” ethos. While he always delivered great results many key relationships were damaged along the way, jeopardizing his ability to succeed in the long term. By applying the P6PROP® model to his career, he was able to transform his entire leadership style and build stronger and more trusting relationships with the key people in his professional life, something critical for his success in future positions.

Since the launch of the P6PROP® program it has been in high demand in corporations worldwide, where I work with executives

and business leaders to develop the foundation for sustainable high performance on the job. Again and again I discover that program participants are looking for a similar concept they can apply in their private lives. Many have asked me if there is a program I can offer that includes their spouse!

I was asking myself similar questions:

*How can a top performer in the business world render excellent performance in their job on a daily basis, and then reproduce the same performance when they come home to their family, even if the day has been exhausting?*

*How can they get more out of all aspects of their life?*

It was a challenge I knew only too well. I recognized that many of the positive changes I made to better integrate my family life were anchored in the 6Ps. I actually applied the components of P6PROP® to my family life and saw some amazing results. It is why I feel compelled to help people experience their lives more fully, to form stronger and deeper connections with their partners and children, and to be more present, peaceful and mindful every single day. I am bringing the P6PROP® model *home*: to the family, to life-work integration, to those parts of ourselves that fundamentally matter a great deal.

This book is for busy and ambitious professionals who have the ambition not only to deliver high performance at work, but also to bring that spirit of excellence to the other vital and precious part of their life – their family and relationships. But let me be clear, this is not a book about cutting back, or stepping off of your career path. I will show you how you can maintain your ambitions and invest time and energy in achieving your professional goals, while simultaneously creating and using the moments for yourself and your family that ultimately build a strong foundation for your entire life. By looking at your life through this new lens, you will discover where you need More and how to achieve it!

I have been fortunate to collaborate annually over the last eight years with Tarina Wagschal, currently Head of Talent Management, Organizational Development and Training at a global pharmaceutical company in Montreal, Canada. Tarina also runs a successful coaching practice on a part-time basis, specializing in life-work integration and family. Both being passionate advocates of life-work integration, we knew we had something special and unique to offer, applying my innovative concepts to the family sphere, and illustrating P6PROP® in successful action through real-life examples from Tarina's work with families.

I asked Tarina to contribute to this book with specific ideas and tips for families, making the content as tangible and relevant as possible for you. What I have always appreciated about Tarina is her practical, pragmatic approach, and her focus on changing concrete

behaviors for the better. Tarina not only shares her tips, but has also interviewed and worked with many of the families that are captured within these pages and helped bring their stories to life.

This book is for those who know the passion for their family is inside them somewhere, even if they have not been able to fully access it yet. It is for those who want to be better, feel better and act better as a partner and/or parent – but just need some help getting there. It is for people who want to come home after a full day at work and, despite all the chores and “must dos”, feel a deep sense of belonging and comfort being with their families. The family provides a source of energy; it doesn’t deplete it. This book is for the people who want to have a better, stronger family and are committed to bringing that to the forefront of their lives.

Bringing together concepts, stories and concrete guidance, I will outline the conceptual view of each key area – Passion, Precision, Perception, Peace, Presence, Persistence – and then show how the concepts can be put into practice by “Applying the P”. To illustrate the concepts in action, you will find a real-life example of a family who had “Applied the P” to their lives, and what it meant for them. Finally, Tarina offers practical tips and suggested actions that can kick start your journey to achieving More.

When I speak of families, I use the broadest definition possible. Families come in all shapes, sizes and constellations. Maybe you are married, perhaps in a committed partnership. You may be a heterosexual couple or same-sex couple. You may have

small children or adult children, step-children or foster children. You may be a single parent. Your family might include your own parents or in-laws, or another person who depends on you for love and care. The families that I know and help are all of these things. When I speak of families, I typically say “partner”, as this to me seems to be the most inclusive term – it refers to the person you are committed to.

This book covers many topics on many levels, but it has a single, central promise: it is possible to get more from every part of your life. It is fully within your grasp. And your life will change profoundly because of it. That’s what this book is about. And that’s what I hope to share with you.

*Let’s start the journey. More life awaits.*





# 2

## The six Ps and why they matter

## P6PROP<sup>®</sup> – What’s in a name?

DO YOU TRAVEL OFTEN on planes? Then you can certainly recall flights where everything seemed to work flawlessly: on-time departure, effortless takeoff, cruising smoothly at altitude, and a gentle landing. And then there are the flights you wish to forget: delays, strong headwinds, and turbulence. You can blame it on the weather, but let’s not forget the role of the pilot. How is he or she maneuvering the powerful machine? Is the pilot working with the conditions, or fighting them?

Now imagine yourself as that plane. In the first example, everything is going according to plan. The conditions are working in your favor, but you have also angled your propellers to get maximum thrust and forward drive. You are managing your energy efficiently. You are prepared for a variety of circumstances, like that unexpected patch of turbulence that you successfully flew through.

If you are the plane, then you are powered by six propellers – or components – and each one corresponds to a fundamental aspect of yourself. These aspects all start with the letter P:

Passion

Precision

Perception

Peace

Presence

Persistence

That's what P6 stands for. And PROP means:

### **Personal Resource Optimizing Performance**

*or how you can angle those components to perform at your absolute best.*

Each of these P-components plays a critical role in your life. When all of the P-components are angled optimally, you achieve forward thrust and velocity, all the while effectively utilizing your energy. When your P-components are angled in the wrong direction, it hinders your progress, slows you down, and eats up all of your fuel. When you understand the key aspects of each P-component, and how they are currently angled in your own life, then you can realign your course and make greater use of your resources.

P6PROP® is an innovative paradigm that I have seen help individuals achieve sustainable high performance in their professional lives, especially during times of uncertainty and change. In the corporate sphere I have seen it produce dramatic results for individuals. So now let's talk about how P6PROP® can make a huge difference to your family life. First, you need to assess how well you currently measure up to the six Ps.

## The first P: Passion

When I talk about passion, I think of it as an overwhelming desire to do something, a something that excites and inspires you. Often it is driven by a first, wonderful, positive experience that sparks an increasing desire for more. Perhaps it is your first time traveling to a new continent and you can't wait to plan your next long-distance trip. Maybe it is volunteering to help those in need. Or it could be collecting the latest gadget, gaining an appreciation for fine wine or throwing yourself into a new sport or hobby. You think about it even when you are not doing it, and you can't wait for the next time. When you are away from the something you are passionate about, it is still there with you, burning inside. When you ask people what they are passionate about, they say their hobbies, their travels, their philanthropic activities, and learning new things – and for many, it is their daily work. Passion is a tremendous fuel for productivity and purpose, although when it is over expressed it can turn into compulsion or obsession. That's why "harnessing passion" has become such an important objective in my work. How can you live your passions AND be truly committed to the things you really love? How can you re-ignite passion when it has apparently faded from your life?

Think about this: Are you a passionate player in your family and at home?

How much enthusiasm, energy and commitment do you have for your family life? Are you fundamentally excited to see your

partner and children at night? Do you take a vested interest in what interests them? Do you go to work and think of your family often? When you are at home with your family, are you really there? Or are you mentally and emotionally displaced and distracted?

Passion is critical to families because it fuels our desire to be together and to create “moments” and memories together. When you hide out at work to avoid being at home, then you are not passionate about your family. If you can admit that to yourself, but you don’t make the time and effort to change it, then you are not expressing or living your passion for your family.

Passion in family life means placing your family commitments at the top of your to-do list on a regular basis. It is expressed in your commitment to being a really excellent partner, friend and parent at home.

Author Denis Diderot once said, “*Only passions, great passions, can elevate the soul to great things.*” I will show you how to be passionate about your family and unlock the “great things” that you and your family deserve.

## The second P: Precision

The common definition of the word precision is being *exact*, especially when performing a certain operation or task or mastering a skill. Someone who learns to ski for the first time is naturally clumsy,

uncertain and will make their way down the slopes in an uncontrolled way. An Olympic skier by comparison is the definition of precise. They are fully in control of their movements, their rigorous training has given them the skills and technique to excel, and they have the mental control and will to reach great heights. Once that Olympic skier was also a clumsy beginner on the slopes – and they couldn't get enough. But their passion for skiing was only one building block of their success. Their precision and mastery of the sport also plays an equally important role.

Have you mastered the right skills to bring your passion for your family to life? Do you have a real understanding of what it takes to be a committed and present partner? Do you have a strong sense of what it means to be an exceptional parent or friend? And do you take daily actions to be that person? Do you work at it each and every day?

Precision in the family context means tapping into your passion for your partner and children, and then forming the habits and behaviors to make that passion a part of your daily life. Although you can't guarantee that every day will be a success, precision is a desire for constant improvement, learning new techniques and habits as you progress. When you are precise with your family, you are not playing by ear, or "winging it". You are living with purpose and focus. People who are not precise often look back with regret at the things they wish they could and should have done. When you are precise, you know that fulfilling those promises to yourself and those you love

is simply a matter of focus, dedication and a commitment to making it happen. And the reward is a tremendous amount of satisfaction and joy in return.

Being precise may not come naturally to you, especially if you didn't observe or embrace these behaviors when you were growing up. I will show you not only how to be passionate about your family, but how to unlock the fulfilment that you and your family deserve. With practice, this will become second nature.

## The third P: Perception

How you perceive and experience your environment is very important to your success in life, and your understanding of a situation can make the difference between feeling mastery or being out of control. Think about a child starting school for the first time. Many factors will influence how well the child succeeds in the situation: the quality of the school, the size of the class, how well the child is accepted by his or her peers. These factors may be difficult for a parent to influence. The one aspect that is fully within the parents' control is how well supported the child is at home. If a child goes to school tired, upset or even hungry they won't thrive, and may not be able to cope with difficult situations. But when a child is well rested, eats healthy meals, and has a safe and stable home life where they are loved and accepted for whom they are, they have

a solid foundation to take on the challenges of school. Perception in this context is the ability of the child to depend on key people, like parents and teachers, for emotional and social support. Being able to rely on others is a crucial success factor for high-performing individuals.

Is your home a place of true trust and support? If you think about your life outside of work, what does that private sphere look like? Is it a stable and trustworthy environment? Do you get your needs met at home, not just in a material way but on an emotional, mental and spiritual level? And do you meet the needs of others?

The way you experience your home life is key to your ability to succeed. Your home and family life should be a place to reconnect and recharge, as well as making a strong impact. It should give you energy to face the stresses of the world. When your home is a safe haven, it is free from chaos and permanent conflict. It has predictable routines and rituals that you can rely on in times of stress. When you are truly supported at home, the key people in your life help you stay on track. They hold up a mirror to you if you deviate from your core values.

Perception is a strong grounding force. I will teach you how to find and reinforce this foundation in your family life.

## The fourth P: Peace

Peace as a concept can mean many things to different people. If you are from a place with a high crime rate or even conflict, then peace means an absence of existential or physical threat. For a busy parent, peace might mean the quiet when there is a moment of relaxation, no duties to complete, or seeing siblings playing together in harmony. Yes, this is one way to think about peace. But I'd like you to focus on the peace that you can achieve within yourself, a peace that comes from reflection, and the understanding and acceptance of your life story. It is about feeling comfortable in your own skin.

*Do you know yourself inside and out, as a partner, parent and friend?*

Can you pinpoint your strengths and weaknesses? Have you spent time thinking about your personal history, and what it has meant to your life so far? Peace is so important to individuals, especially to parents, to break the dysfunctional patterns of the past. When you have made peace with the past, you unlock the possibility of the present and are fully in charge of your vision for the future. When you are at peace with yourself, you know and appreciate yourself and what makes you unique.

Finding your inner peace will offer you strength and insight, which is the first step to bringing your best self to your family life. I will guide you on this journey to self-awareness.

## The fifth P: Presence

Put simply, presence is being able to express your true, authentic self. It is closely linked to peace, which is the understanding of the arc and main narrative of your life. Only through understanding your story can you know your true self. And presence is all about sharing this true, authentic self with the world.

*Are you truly authentic, especially in your interactions?*

When your kids or partner describe you, does it match how you feel inside? Do you sometimes feel like you are “playing a certain role” at home? People who have a strong presence efficiently connect and engage with people and situations. They can articulate and express themselves from a place of honesty and integrity, even during times of stress or conflict. When they are asked to switch between many different roles – partner, parent, manager, employee – they can integrate those aspects into one unified whole.

If you can achieve presence, your interactions will be natural, easy and comfortable. You will shed that feeling of being ill at ease, especially with those who matter to you the most. Presence is the ultimate gift to your family – letting them know and experience the most authentic you. I will share with you the way to bring out your authentic self with confidence.

## The sixth P: Persistence

Persistence isn't a difficult concept to understand. It is when you face a challenge, and you are not swayed by the fact that it is difficult. You keep at it. You continue to work towards your goal. You don't give up. Good sales people are persistent. People who successfully lose weight (and keep it off) are persistent. Recovering from injury and illness requires persistence. Persistence is all about overcoming inertia and keeping the forward motion focused on achieving your goals. And you can't be persistent without establishing "good habits."

*How do you tackle important projects in your life? Do you know what "good habits" help you perform at your best?*

There is no more important project than building a strong family. So just like in other areas of your life, establishing and maintaining "good habits" will strengthen your family bond and give others confidence in you. By stepping up and sticking to your commitments, especially those that involve you and your loved ones, you show them how much they matter to you. Persistence means cultivating your family relationships, day in and day out, especially in periods of stress. It is being disciplined with your "good habits" and ritualizing them so that they become the norm.

Persistence is the ultimate demonstration of your commitment to those that you love. It is love in action. I will show you how to unlock that commitment.

In the following pages, we'll take an in-depth look at all 6Ps – in theory and in practice. Each P-component is a fundamental aspect of who you are both as an individual out in the world and especially every day in your family. You may already know the Ps that come naturally to you. Other Ps will make you uncomfortable, and will challenge you to think and act differently.

In the following chapters, you will hear stories about other families and how they successfully incorporated passion, precision, perception, peace, presence and persistence into their lives. You will certainly see yourself in some of the examples and, I hope, recognize the possibility for transformation in your own family life.

