

## **"Two Words: Own It!"**

Written by Pat Curran

Monday, 09 June 2014 01:01 - Last Updated Sunday, 10 May 2015 21:04

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### **DESTINATION TOUGHMAN: 90 Days Until Race Day**

**“Yeah... You see that look in their eyes? When we fought, I trained hard, but I didn’t have that look in my eyes. You had it, and you won.**

**You gotta get that look back, Rock.**

**Eye of the tiger, eye of the tiger.**

**Come on, let’s go...”**

□

□

**--Carl Weathers as Apollo in “Rocky III”**

To see video, click [here](#)

To see “Eye of the Tiger – Rocky Tribute,” click [here](#)

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So, do you have that look in your eyes? You know, the one where you walk into a room and people see you as the one person who knows how to fight and win? They sense your resolve, your grit, your sense of duty toward serving something bigger than yourself. They experience that passion behind all of your actions and wonder where is it all coming from? Those watching, see you as absolutely fearless about the road ahead, not because you're perfect, but because you've had your "steel" tested before and learned how to endure. Yeah... That's the look I am talking about.

This is what we're striving for in the Hero's Journey: Getting that look and everything that goes with it. And it all starts with two simple words: Own It! Own your dreams, own your goals, own your action plan, own the 1,440 minutes in every single, God given day so nothing stops you from living your purpose. Make your choices, take your chances, and live with all of the consequences that result.

Personally, I have (5) life long goals that are tied to my dream list. Below is one of those goals associated with the creation and growth of Freedom's Light Charity Program. It's my way of staying connected with my fellow servicemen and remaining worthy of their sacrifice.

Goal: Grow readership and donations for the Freedom's Light Charity Program and earn my

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personal best time for completing the [70.3 Mile Westchester Toughman](#) .

Objectives: Over the next 20 weeks, I will:

- Follow a training program that develops me holistically: Mind, Body, and Spirit
- Seek opportunities to support military, first responders, and children impacted by the Global War on Terror as a way to invest back into the nation
- Dedicate 1 full day each week to my daughters, helping them see their natural gifts and encouraging them to live balanced, healthy lives
- Write weekly journals to inspire others to pursue their dreams and leave important letters for my daughters to read someday.

So, do you have a dream list and a set of personal goals? What about some short-term objectives and an action plan to get there? If you don't, then I suggest you "own it" today. Do it now, before something enters your life and decides to "own" you!

Until next week...

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God Bless,

--Pat

[www.freedomslight.org](http://www.freedomslight.org)

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Did this week's message help you? If yes, here's an opportunity to help other Great Americans, starting at just \$25.

- Fisher House: To donate, [here](#)
- Tuesday's Children To donate, click [here](#)
- Wounded Warrior Project: To donate, click [here](#)
- Children of Fallen Patriots: To donate, click [here](#) ,
- USO's Operation Care Package: To donate, click [here](#)

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### **Letters From Your Father –**

#### **"The Matrix"**

**"The Matrix is a system, Neo. That system is our enemy.  
But when you're inside, you look around, what do you see?  
Businessmen, teachers, lawyers, carpenters.  
The very minds of the people we are trying to save."**

□

#### **Lawrence Fishburne as Morpheus in "The Matrix"**

To view video, click [here](#)

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Dear Girls:

A few weeks ago, I took you into Manhattan for a "field trip." The task was simple. Bring a pad/paper and write down what you see. To stimulate your thinking, I asked a few questions. Did the people seem warm and friendly? Did they look happy? Were they in a rush? Why? And who is responsible for making them behave this way?

The point of exercise was to help you understand that this is no accident. We live in a world that some call "The Matrix." Before I can teach you anything else, I need you to begin to see what this is.

In my mind, there are two aspects of the matrix to understand. First, there are the few rules or constraints made by our Creator that, when broken, have significant consequences. This is the place where some of our best individuals dedicate their lives working at the boundaries of the matrix using morality, mathematics, science, history, literature, and other disciplines to expand our collective understanding of the world we live in. Their goals are similar in that they are striving to address our most difficult problems and discovering new ways to save lives. Then, there is the remainder of the matrix that is created by other humans and commands most people's attention. Those who shape this part of the matrix (not God) utilize techniques to influence your decision-making. Most times its benign but sometimes the goal is to enslave you through peer pressure, guilt, debt, temptations, and even \*addictions to achieve their ultimate goal of control. The most skilled steer you toward outcomes of their choosing while leaving you the illusion of choice.

Here's the good news. God has made you free. So, that means you really do have a choice. Will you let the matrix eat you up? Or are you willing to learn how to use the matrix to amplify your humanity?

If you are willing to open your eyes to the world around you and take ownership of the time you have, then you have already taken your first step toward freedom. My challenge to you will be to keep going no matter what is thrown in your path.

Seeing the world as a "matrix" is simply a model. It's not the perfect explanation for how the world works but it's easy enough to understand and see our interconnectivity. Now that you have a general awareness of how the world we live in "runs," next week we will begin your training.

Love You Forever,

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--Dad

\*Note: Addictions highlighted because I worry about this the most for you. I've lost several childhood friends (jail, insanity, death) because they could not break free. Promise to pay close attention to this.

Reference:

[All Newscasters Agree!](#) - Funny, but who is writing the script?

["The Power of Myth"](#) – PBS interviews with Joseph Campbell

**This Week in Training**

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### **"Exercise Your Instincts & Intellect"**

**"The wolf begins to circle the boy.  
Claws of black steel, fur as black as night.□  
Eyes glowing red; jewels from the pit of hell itself.□  
The giant wolf sniffing, savoring the meal to come.**

*(Wolf leaps for the kill but is instead trapped by the boy.)*

**No fear grips him. Only a heightened sense of things.  
The cold air in his lungs. □□ The wind swept pines,**

**moving against the coming night.**

**Hands are steady. His form... Perfect!**

□

**David Wenham as Dilios in "300"**

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In society today, we often try to distance ourselves from our primal past. In Toughman Training, they are one. During my workouts, I allow my primal instincts to rule my decision-making while my intellectual side acts as a library for building options. After the workout, I go back to relying on my intellectual side regulate my actions and using my primal instincts as a sensory function in detecting danger. If danger is detected, it is easier to feign unawareness, move to a safe distance to observe, and then decide how to best diffuse (or neutralize) a threat.

If you have not already done so, start leveraging your primal instincts to sense and adapt through your workouts. Also, give some room for primal instincts to be part of your everyday life. Remember that our primal instincts are at the core of who we are. Exercising them increases our ability to overcome obstacles and find a way to achieve tough goals. Over time, a steel spine and "we'll find a way" attitude will emerge in other parts of your life. People will want to be around you because you will be seen as a "natural" leader.

During the weeks ahead, skills will be added to best use this gift. For now, have fun and go with it! Just make sure that whatever you do, it is guided by your moral conscience.

Monday: Swim 10 x 100m; Hills 2 x 800m  
Tuesday: Bike 60 min; Run 45 min  
Wednesday: Swim 6 x 300m; Bike 90 min  
Thursday: Swim Drills & 12 x 50m; Core strength training\*  
Friday: Bike 2 hrs 15 min  
Saturday: Run 70 min  
Sunday: Pilates Stretch; Sports w/girls

*\*Core strength training includes chin-ups, push-ups, dips, planks, rock wall climbing*

*\*\*Stretch 30 min each day to "injury-proof" and avoid becoming "brittle"*