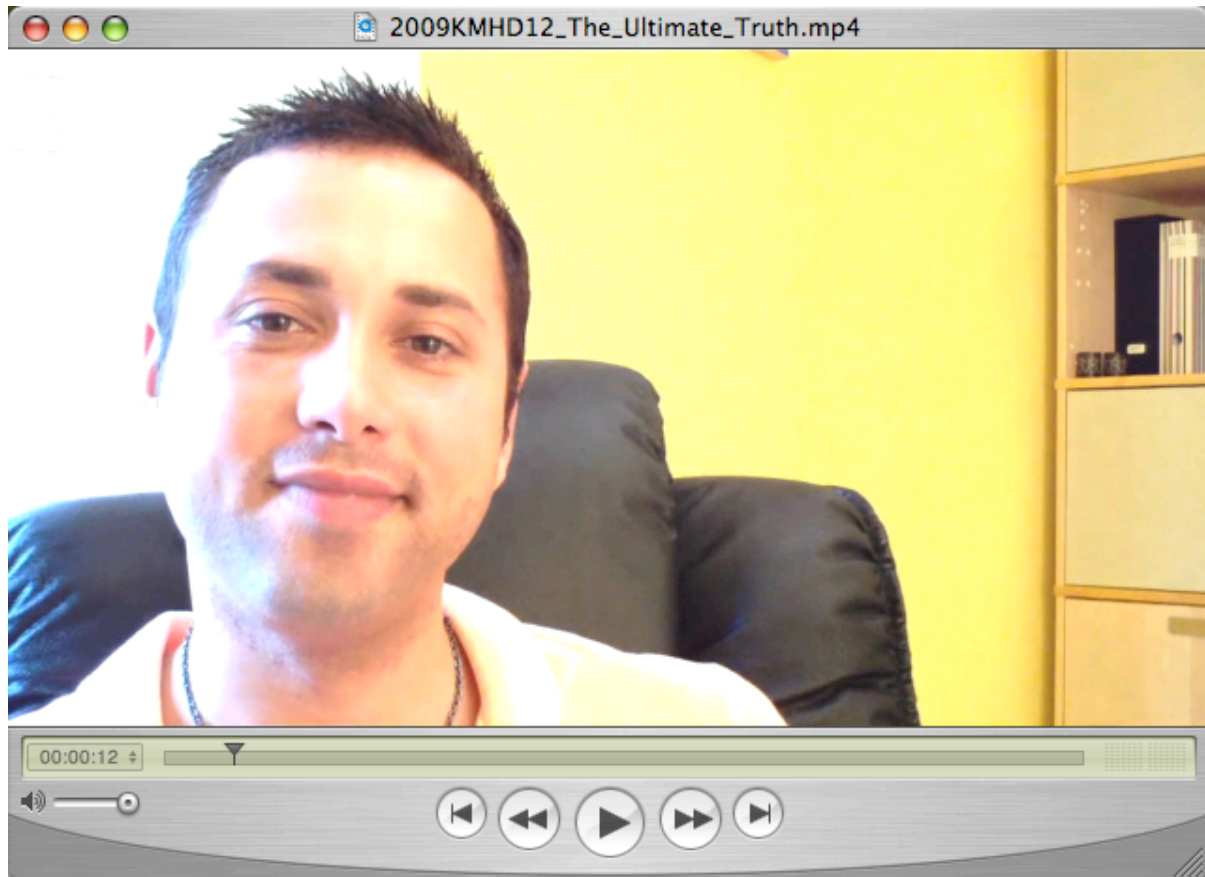




## Thirty Day Challenge 2009 – Mindset – Day 29

### 2009KM12: The Ultimate Truth

Running Time: 3mins



Hello, this is Karl Moore. Welcome to the final video in this series of mindset videos as part of the Thirty Day Challenge.

Now, today I'd like to chat with you about your journey over this past month and to get you to consider that maybe you've been on a slightly different journey than you initially thought.

Now, no matter how many dollars you now have in your bank account as a result of sitting the Thirty Day Challenge month, no matter how much success you've enjoyed or failure you believe that you've endured, I'd like you to consider the fact that maybe, throughout this month you've actually been on a slightly different journey.

In fact, it's not just a journey that's lasted for this month, but for the past year, in fact for your whole lifetime. You see, maybe, without realising it you've been on this journey. Now, it is the single motivating factor behind every thought and action that you've taken your whole life, and that journey is **your quest for happiness**.

# 30 Day Challenge

there is no charge for awesomeness



Whether you realise it or not, you've been attempting to achieve happiness your whole life. In fact, achieving happiness was one of the reasons you signed up for the Thirty Day Challenge, and if you don't have that in your life right now, then I'd like to invite you to continue to follow your bliss and to find your happiness. That's the reason you started on the Thirty Day Challenge and I don't want anything to get in your way of it. Obviously, I'm hoping that you continue with the Thirty Day Challenge, that you find success, but remember your goal; remember that that's the ultimate achievement behind your work here - to find your happiness.

So don't let work get in the way, don't let life bog you down - just remember to continue following your bliss throughout it all.

You know, Joseph Campbell said that you can have money, but you might lose money. But if you follow your bliss you'll always have your bliss. He said, follow your bliss and doors will open for you where doors would not open for anyone else.

So if I can only leave you with one single thought as a result of this series of mind set videos, I'd like to leave you with a thought that I really want you to find your happiness and to follow your bliss.

Thanks so much for joining me in these videos. I wish you all the very best in the future. Thanks very much for your time and goodbye for now.

## Links:

Karl's Blog: <http://karlblog.com/>