



The Trask Triangle

A path to Clarity, Courage & Confidence

This is a brief overview of *The Trask Triangle*, which Bob Trask explains in more detail in his book *Romancing The Soul, Your Personal Guide to Living Free*, along with other powerful self-empowerment processes.

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What path will help you
progressively grow in your personal power
and to attain the very best in life?



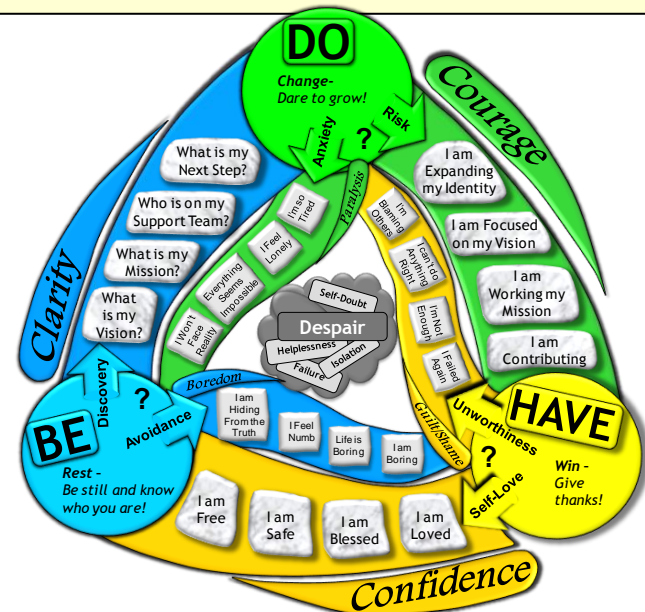
The Trask Triangle helps answer that question, providing an easy, natural, and intuitive way to achieve your goals. The Triangle has been perfected through the experiences of tens of thousands of people applying it to their lives in dozens of countries.

The Trask Triangle shows the progression of choices that lead us to either increase our personal and spiritual growth, or decrease our personal power and effectiveness. Most people do not realize that **THEY** have the power to choose the course of their own lives. Through the Trask Triangle, we find that the choices taken at each corner of the Triangle will guide us to empowerment or to sink us into helplessness.

You can DELIBERATELY CHOOSE AND ACHIEVE the life that you want!!

The following process will lead you through the Trask Triangle and show how it can work for you. You will be excited as you see how success and happiness in your life will unfold...

As you follow along, please keep in mind a cherished vision that you want to accomplish in your life. (We will give more details on setting a Vision, but for now your Vision can be anything you want to attain, whether large or small).

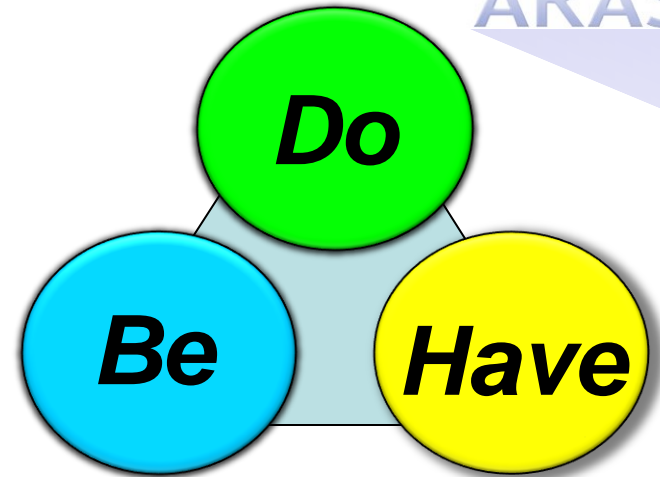


The Trask Triangle



The insights of the Trask Triangle are based on the principle that there are three ways in which we humans experience life:

- **BEING**
- **DOING**
- **HAVING**



You will notice these three essences form a **Triangle**; the ancient spiritual symbol of eternal awareness and consciousness. The ancient and mystical triangle forms an ideal model for success in every area of life.

When we are:

BEING all we can, **DOING** what gives us joy, and **HAVING** abundance,
then our lives flow with Grace, and each day allows us to actualize our dreams and
grow to our potential!!!

*This is the power of **The Trask Triangle!***



We grow as we progress clockwise through these three corners in our life. Let's briefly examine these three corners of the Triangle.

We begin at BE. This is our foundation, the platform of our power. At the BE corner we **Rest**, to “**Be still and know who we are**” as unique individuals. We must know ourselves in order to establish a clear vision of who we want to be, where we want to go, and to gain insight to the steps it will take in order to attain our vision. The effectiveness of everything we **DO** and the rewards of what we **HAVE** will depend upon our being established in who we are.



As we move forward in our lives, we come to the **DO** corner where we can “**Change and Dare to Grow**”. Personal courage allows us to take the steps and risks to grow and achieve our vision and our dreams.

We progress to the **HAVE** corner where we “**Win, and Give thanks**”. Appreciating our achievements and being thankful for all it took to gain the win allows us to grow in personal confidence and power. Our self confidence as an even stronger achiever enables us as we move back to BE, and grow to a stronger vision.

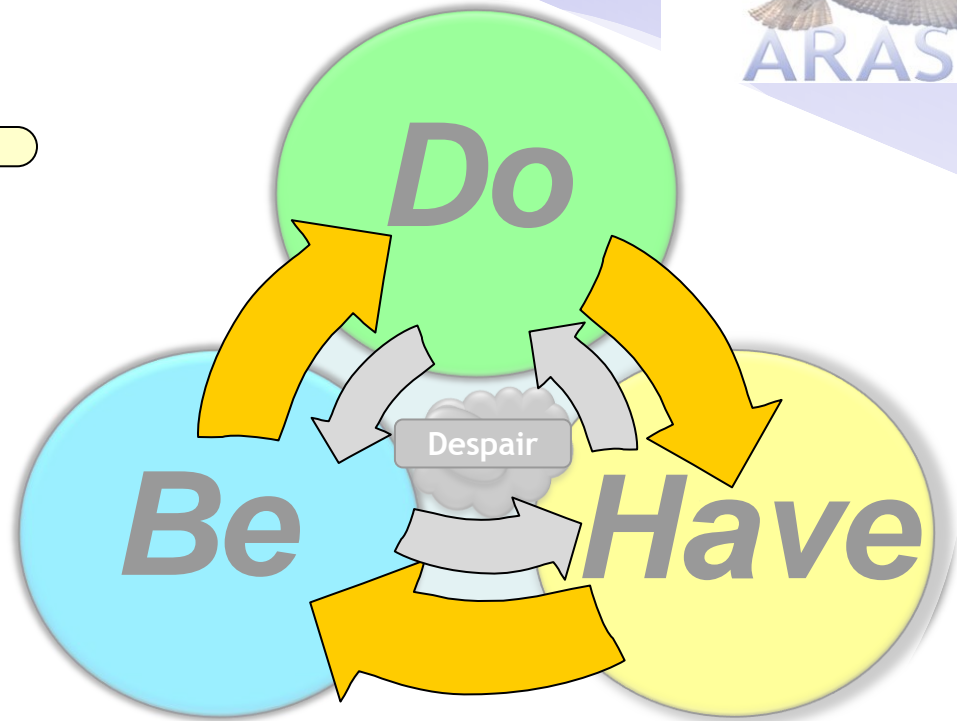
Why is journeying through these corners in this way important? Because as we focus on each of them, they impart to us ancient wisdoms about who we are and what we are doing here. They are our guides to being all we can be in this lifetime. By taking this path, we allow the mysteries of life to unfold. We discover ourselves as eternal souls on unique quests, and we learn how to effectively carry out those quests. **In the process, we expand our consciousnesses and elevate our lives.**



The 3 corners of **BE**, **DO**, and **HAVE** help frame our life choices.

Connecting these three corners are two paths:

- *an outer path of personal growth that progressively improves our lives*
- *or an inner path of by which we shrink away towards despair.*



The outer and inner paths are a result of the choices we make in responding to the fears and excitement which we all constantly experience in our lives.

- Following the **outside path** grows our courage, confidence and clarity towards our vision.
- Following the **inner path** of boredom, guilt & paralysis shrinks us away, decomposing towards despair.

The outside path is depicted as a clockwise spiral of growth, while the inner path is a counter-clockwise path of diminishment. The Trask Triangle helps us recognize which path we are on and how to move forward on the right path to grow and enable our vision, so we can achieve our goals and reach our potential.

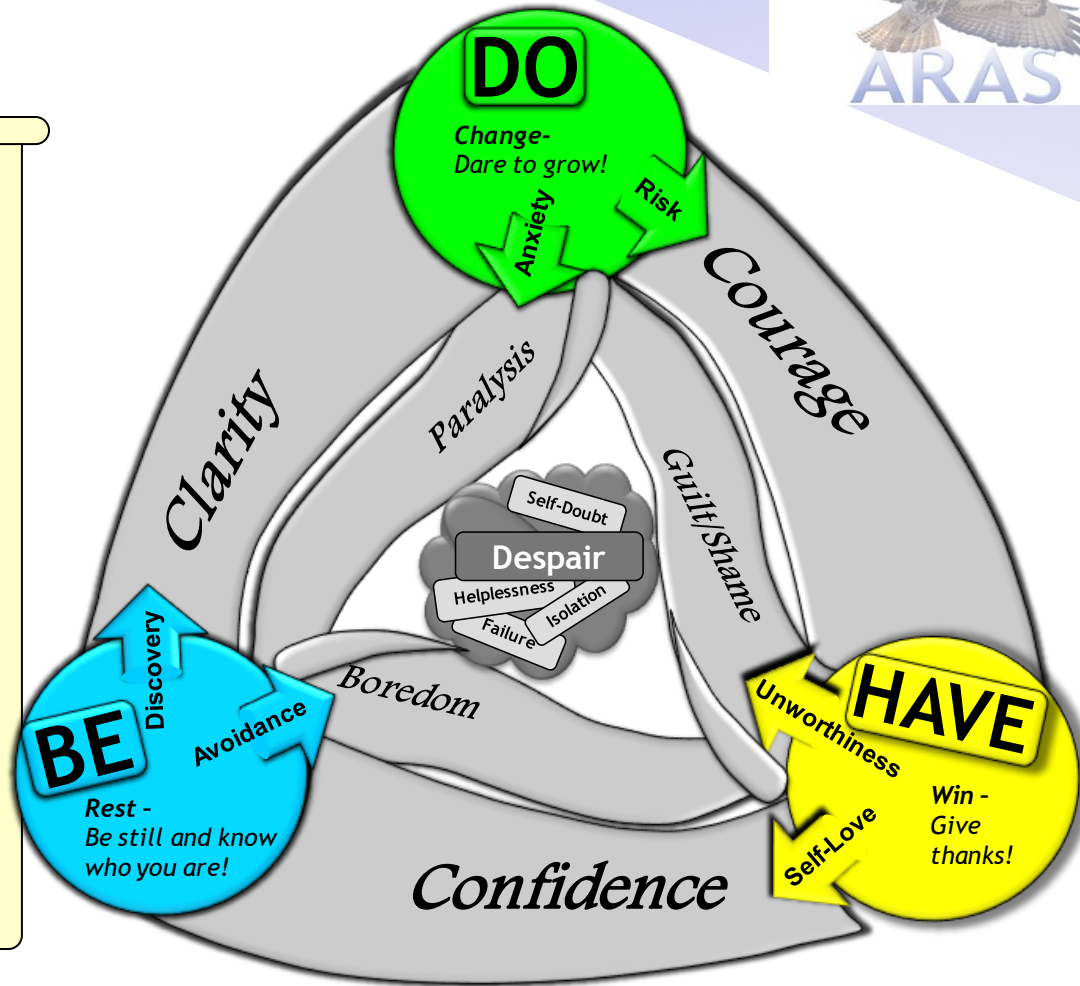


Inside or outside? - It is your choice!

Change in our lives is constant, naturally giving us excitement and fear. How we respond to these changes and to the world around us, determines whether we are growing or shrinking as a person. We choose whether to take the inner or outer path!

The path outside of the Triangle contains steps by which we progressively improve our lives, by increasing our Clarity, Courage and Confidence. The path inside the Triangle has steps by which we progressively erode our personal power, through guilt, shame, paralysis and boredom.

On the outside, we learn to accept fear and to experience it as a pure energy, an excitement 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 then victimizes us and causes anxiety, pessimism and despair.



The key is to be aware of the actions we are choosing in response to the excitement and fear that we constantly face. Like water, gasoline, dynamite or any other energy source, when not properly harnessed and directed, fear can be destructive. When we stop being victimized by our fear, understand its energy, and focus it toward the accomplishment of our goals, it becomes our friend. The practice of training our fears to serve our needs makes us more courageous, clearer and more confident, and able to attain our dearest dreams.

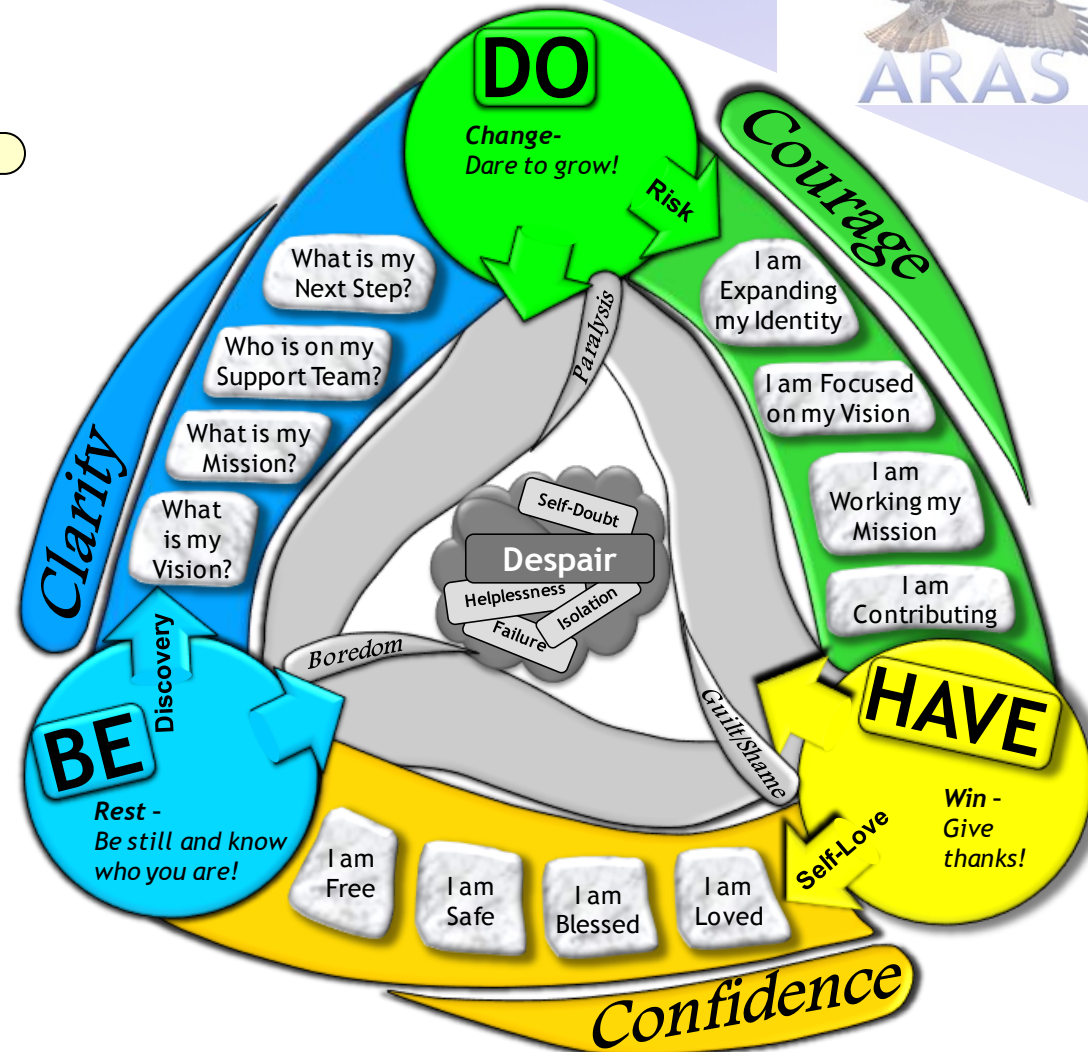


Life is a series of choices; each one leading to either fulfillment or despair. At each Triangle corner, a life-choice must be made where our life's quality will be established by either our determination or our distrust.

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 of or the result of life's experiences.

Those on the outside of the Triangle make proactive decisions and meet challenges head on, with **Clarity, Courage and Confidence**.

We grow by deciding to discover our vision and the steps to accomplish it, then courageously taking the risk to focus on achieving it, and gaining further confidence by appreciating the successes which we incrementally earn.



We must all take the time to BE, DO and HAVE in order to grow and achieve our potential. Our self confidence increases as we achieve our goals, allowing us to visualize and attain stronger and stronger achievements. Life on the outside of The Triangle is an exciting and constantly rewarding experience, which is how life was designed to be.



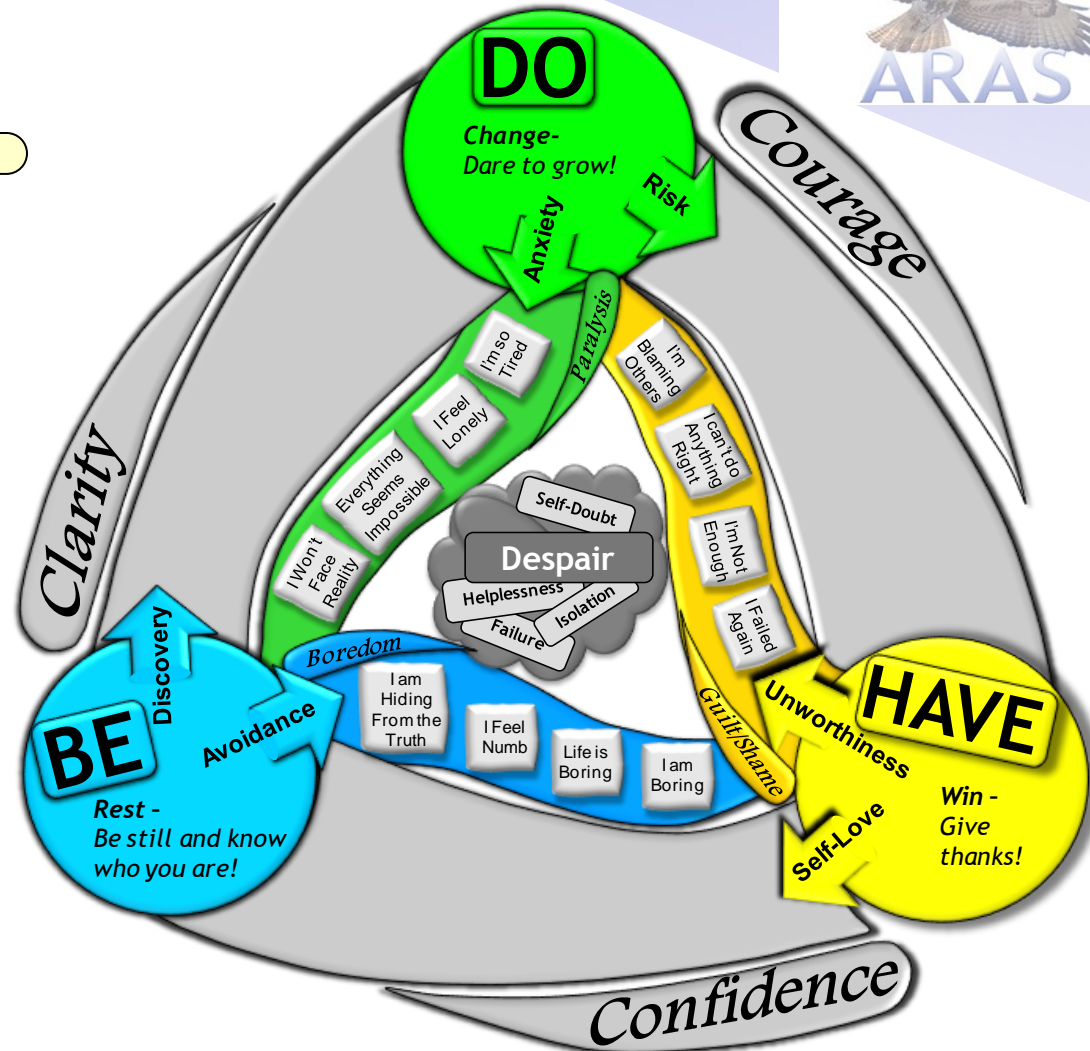
Going Inside the Triangle: Oh No!

Those crippled by self-doubt and mistrust allow themselves to be pulled inside the Triangle. When inside the Triangle we are powerless victims, being swirled around the interior as in a flushing toilet, always at the mercy of forces around us.

We let ourselves get trapped inside the Triangle through our choices at the Triangle corners:

- Avoidance instead of Discovery
- Anxiety instead of Risk
- Unworthiness instead of Self-Love

We become trapped through our negative response of retreating from fear and change instead of embracing it. This leads us down a spiral path of Boredom, Guilt and Paralysis, ultimately leading to despair and misery.



Once trapped in the inner path, the only way to get back outside and return to the path of personal growth and achievement is to recognize the corner at which we entered and what choice we made that led us there. Are we avoiding commitment to our vision? Are we too anxious to risk achieving our goals? Do we feel unworthy? Once we recognize where we retreated off from the path, then we can get back on the right path and start achieving again!

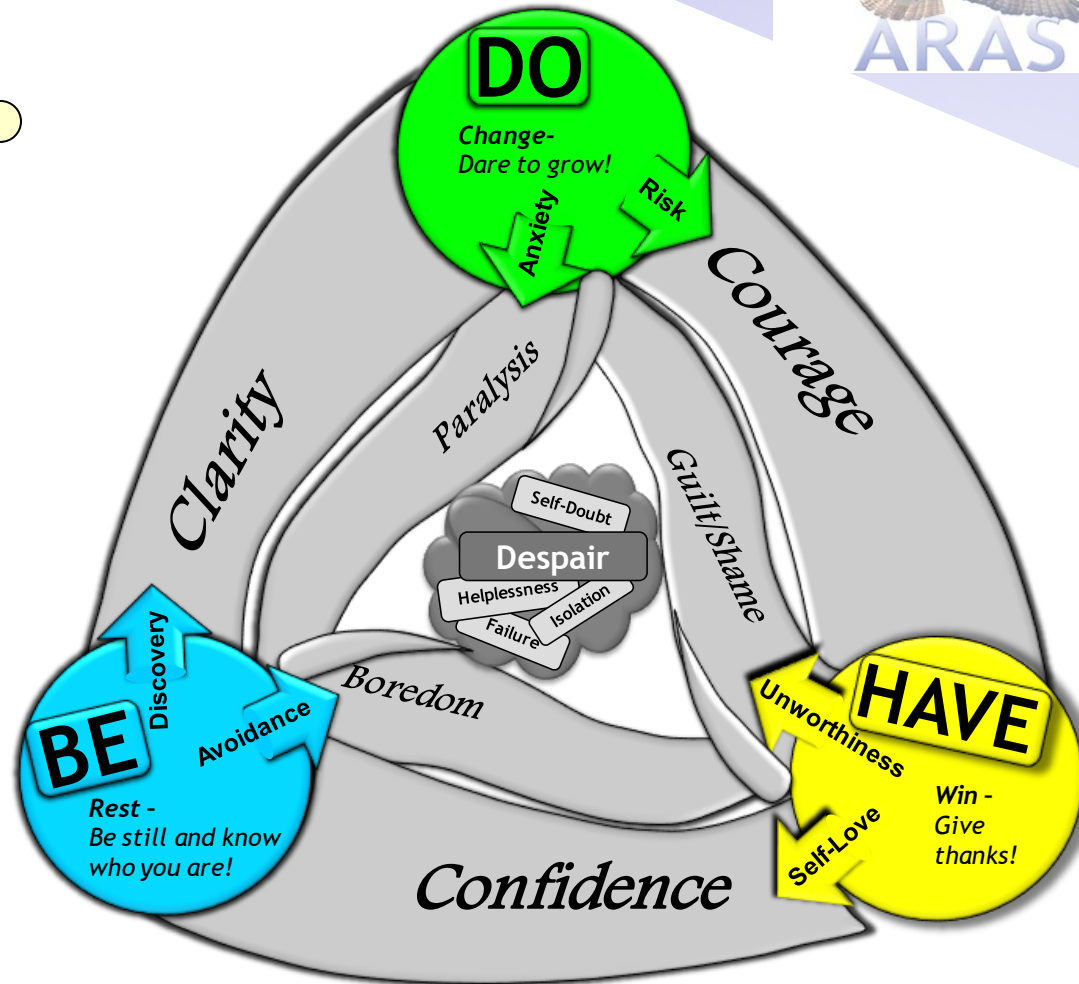


At each corner there is a decision to be made, and steps which take you down the path you have chosen.

Sometimes it can be difficult to recognize if you are on the outer path of growth, or the inner path. Resting is necessary to know yourself and to plan the steps to discover and achieve your next wins, but prolonged rest is avoidance.

Understanding the path you are on is important, and can be determined by the choices you are making and how you feel about your journey.

To focus on the path of growth, you must be making the decisions and taking the steps that are on the outer path. Recognizing if you are taking the steps of the inner path will help you understand where you are, and allow you to instead choose to change and live with intent.



We will look at the steps of the inner and outer paths which result from the decisions made at each corner of the Triangle. Understanding these steps and decisions are the keys to growth and successfully transforming our lives.



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, which expands our Clarity through these four elevations:

What is My Vision?

- A true Vision is a future state that will fulfill our lives, whether a lifelong dream or simply gaining friends. Discovering a Vision is the first 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 tantalizes us, demanding we grow beyond our comfort areas. Visions constantly evolve. Make your first Vision something small that you really want to DO, BE or HAVE. As you move around the Triangle you will truly accomplish it. Then you may expand to a larger Vision.
- Corporate Visions: Organizations such as businesses, sports teams, governments and non-profits can only attain their Visions with all team members focused on the same goal.

What is My Mission?

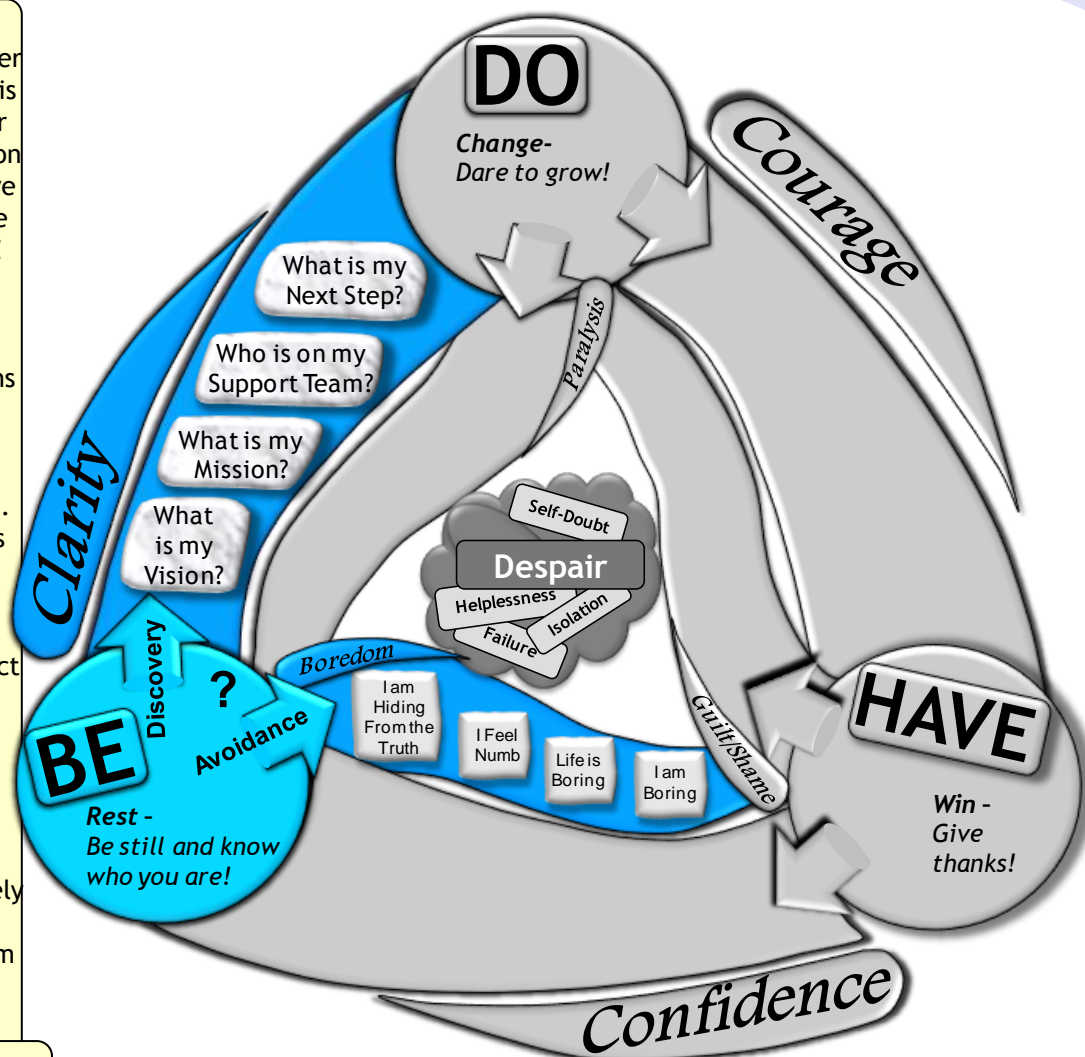
- A Mission has only one purpose, which is to support the Vision. Comprised of plans, strategies and inflexible ethics, a Mission is the achievement of goals which move us closer to our Vision.

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 those upon whom we can rely to be committed and to help us faithfully follow our missions.

What is my next step?

- Just as we can't eat a watermelon in one bite, we would surely not expect to complete a major Vision with only one Triangle circuit, a number of revolutions may be necessary, each of them carefully focusing on the Vision and moving a step closer. Our Mission plan shows us the next step!



DO... Change & Dare to Grow!



Now we are at DO, and see that we must “Change—Dare to Grow”. It is often said that our dreams are not yet available, but in truth it is we who are not available to our dreams. If we are to be successful, we must acknowledge anything within us that is at odds with our dreams, and then act to overcome those obstacles.

As we move onto the Risk side of the Triangle we are reminded that: to have something we’ve never had before, we must do something we’ve never done before. Risk means daring to think and to act in a new way. It is in this way that our courage grows.

Taking a Risk must not be confused with taking a chance. In the following process, you will see that by holding your Vision securely in mind, you are reducing uncertainty and increasing probability - you are making your dream come true.

Here are the four elevations of growth in Risk:

I Am Expanding My Identity:

- We become flexible, reach beyond who we thought we were and discover more of ourselves than we previously knew.

I Am Focused On My Vision:

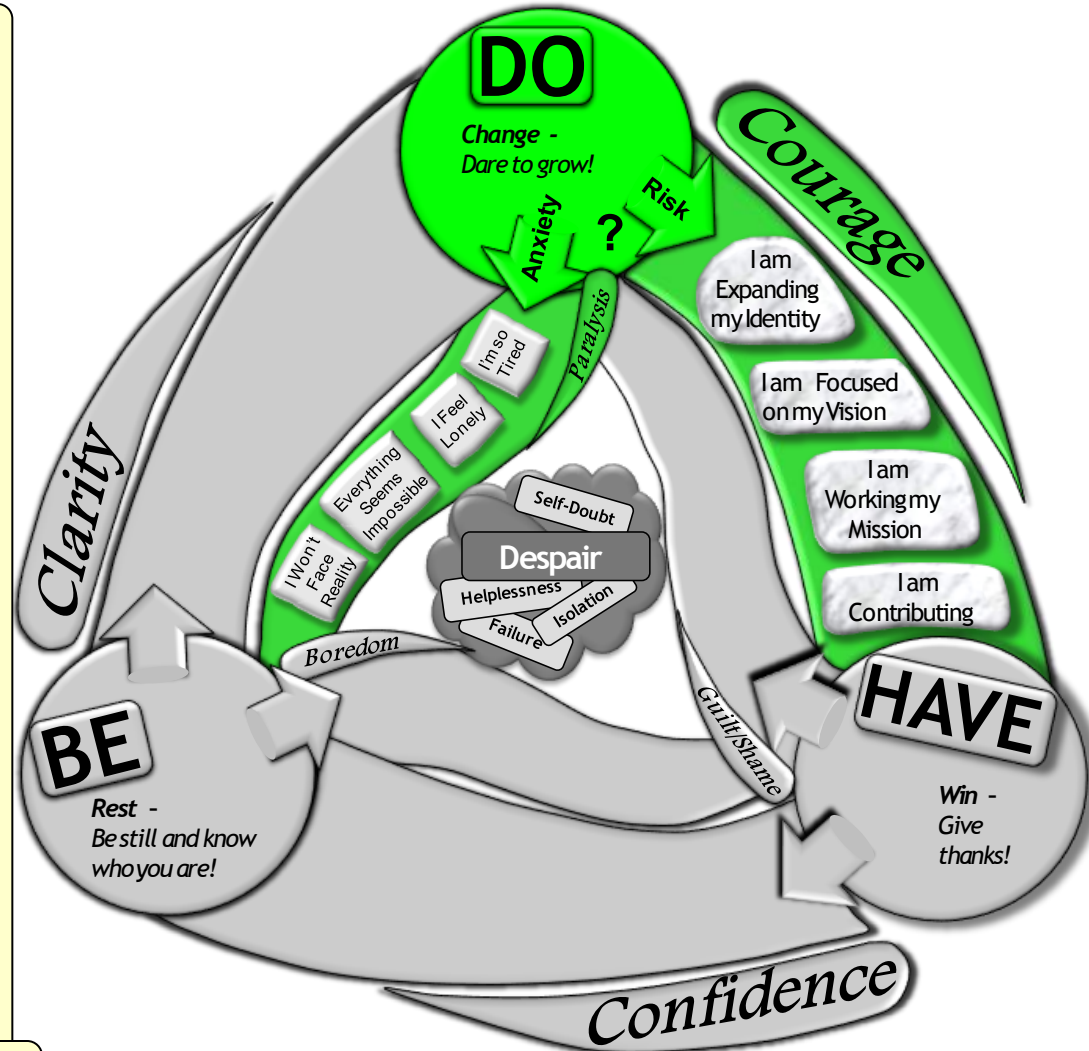
- The Vision is boss. We always keep our eyes on this prize. With our Vision constantly and clearly in mind, we move toward it, eliminating or bypassing the obstacles in our way.

I Am Working My Mission:

- When in Discovery, we laid out our Mission plan. Now we must follow that plan, keeping it flexible and always open to making 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.





We arrive at the HAVE corner where we accept our Win, and give thanks for what we have learned and accomplished. Why feel grateful? Because gratitude is the magic key to Confidence and personal power. Looking back we see that in the Discovery phase we grew in Clarity, in the Risk phase we grew in Courage. Now in the Self Love phase we are about to grow in Confidence.

While seeking things for which to be grateful, we discover how empowered we are, and our Confidence grows. If you want more Confidence yet have a problem experiencing gratitude, make an agreement with yourself to find and write down ten things each day for which you are grateful. Then watch as your Confidence blooms! The more gratitude you feel, the more Confident you will become in yourself and in your world.

From Win we move into Self-Love. This is a difficult path for many, yet Self-Love is vital because it catalyzes our Clarity, Courage and Confidence, and elevates us to a new level of BE. Without Self Love, our journey around the Triangle will have little lasting value to us. The four elevations of Self-Love are affirmations that may be repeated many times each day and night until you are convinced they are true. If you have trouble sleeping, try saying them one hundred times and you may be asleep before fifty. The four elevations of Self-Love are:

I Am Loved:

- My family and friends care for me, and even those who barely know me are rooting for me to win.

I Am Blessed:

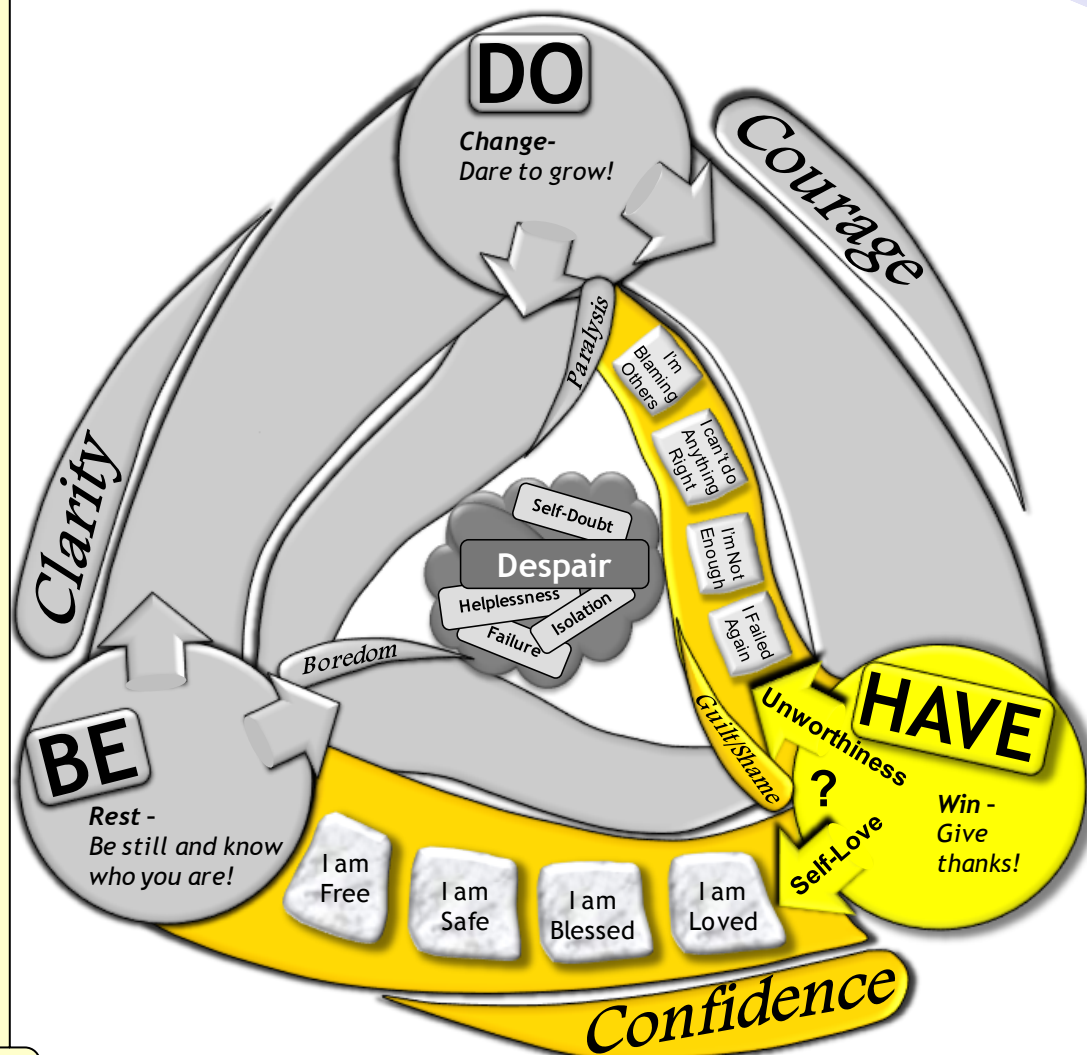
- No matter how uncertain or dire my situation, throughout my life I have always been given the abilities & resources I needed.

I Am Safe:

- I am guided and protected by the power and intelligence of the Universe, the Creator who empowers my daily life.

I Am Free:

- I alone am in charge of my mind and my heart, and I make my choices freely.



Getting Back on the Outer Path...



How do we recognize if we are trapped on the inner path, and what do we do to get out and start achieving again?

Once trapped on the inner path, the mindset which let us choose to go there will prevent us from escaping until we recognize and confront it. If we try and take the steps of the outer path, it will undermine our success and keep pulling us back inside. We must recognize and change our mindset.

To return to the outer path of personal growth and escape the despair of the inner path, we must recognize the corner at which we entered, and what choice we made that led us there:

- Are we avoiding commitment to our vision?
- Are we too anxious to risk achieving our goals?
- Do we feel unworthy and afraid to take action?

How do we know? We must honestly ask if we are experiencing the feelings of the inner path. Then we must change our mindset to address the choice that led us there, embrace our fear, and instead choose the path of growth and achievement.

- **Boredom** (hiding, numb, bored)? Then stop Avoiding, step back to BE and focus on who you are, and then start discovering a vision and mission you want to grow to.
- **Paralysis** (tired, lonely, impossible)? Then get control of your anxiety, step back to DO and decide that you want to grow, then take the actions & risks to achieve your Vision.
- **Guilt/Shame** (failure, can't do anything right)? Stop telling yourself you are unworthy - you deserve to win! Step back to HAVE and recognize the many gifts and blessings that you have and which empower you to achieve your Vision.

Everyone has the power to recognize when we have let ourselves get trapped on the inner path. We also have the power to change, and to choose the path of growth and achievement instead. Only then can we achieve our Vision. If we embrace our fear it will empower us, and guarantee our success and personal growth!!



Back at BE, as an Expanded Person...

You have attained your goal by having **Clarity** to Discover your Vision, **Courage** to Risk and achieve it, and growing in **Confidence** as you accepted your Win and gave thanks! Now you are back at **BE**, where you Rest and “Be still and know who you are.”



Knowing who you are now, requires a new way of thinking. You are not fixed in place like a statue in a park. You are in a process of growth; centered, but ever becoming, ever changing—like a river or forest.

Yet there is a place in your soul where you do not change, just as your fingerprints do not change as you grow stronger. 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:

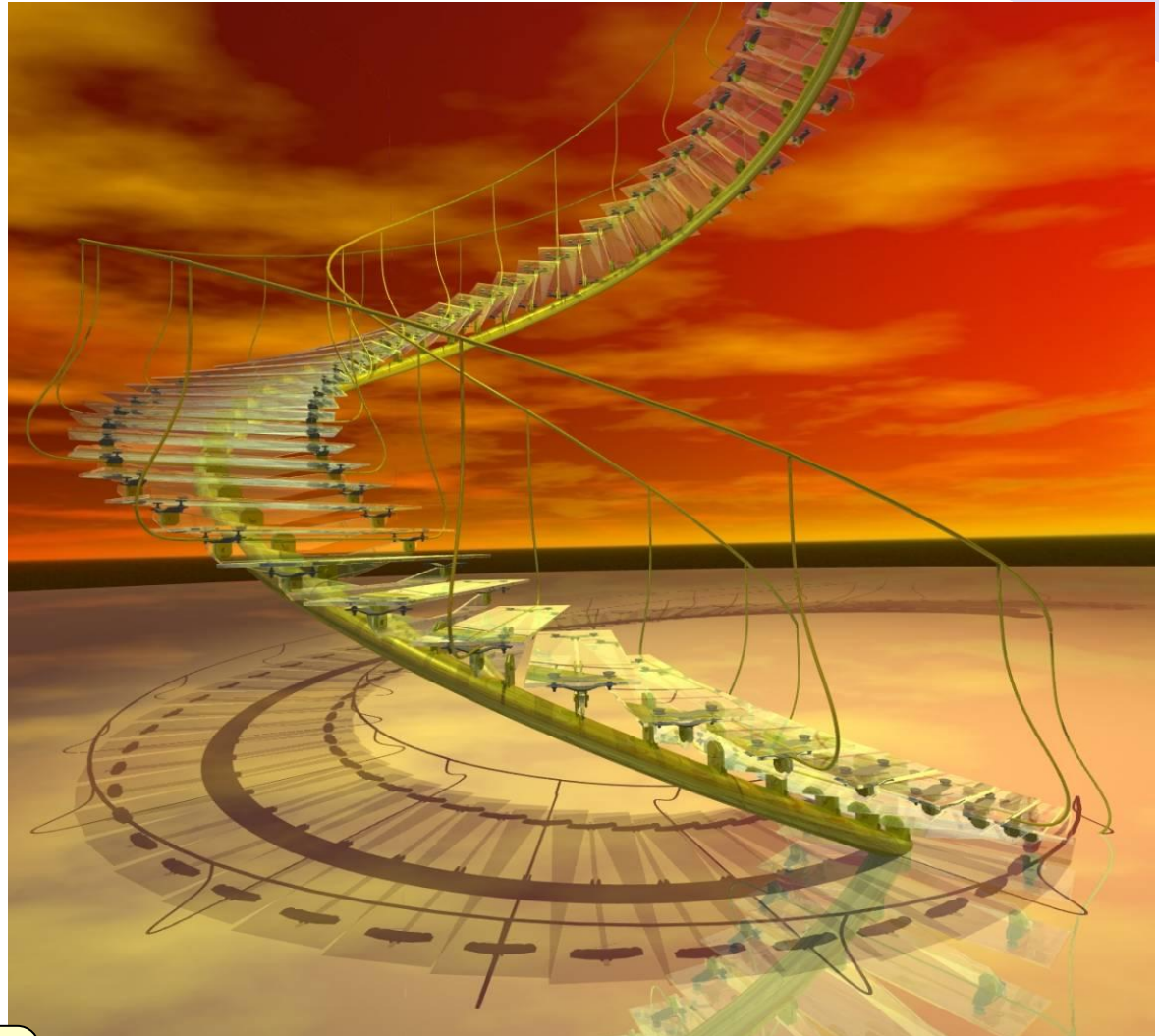
- the clarity to see a Vision,
- the fortitude to create a Mission and recruit a support team,
- the courage to take a risk and to begin expanding your identity, following your Vision, working your Mission and contributing to your world.

You are the person who had the confidence to love yourself, and allow yourself to grow and achieve your Vision! Congratulations!!!



Your personal growth and happiness is always rising or falling with the Triangle paths, based 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 motivate us to 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.

Many wise people have said “the only risk, is to not risk at all”.

They are 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?

Your destiny is to enjoy the personal growth and happiness that you deserve - with Confidence, Clarity and Courage!!

However, YOU must choose and take the path to grow!



Trask Triangle

The Trask Triangle



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!



Trask Triangle



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You can contact Bob Trask by emailing him at Bob@ARASFoundation.org

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.

The Trask Triangle helps people create fuller and more effective lives, and to break the mental habit of becoming victims.

The elements of the Triangle are often printed out on paper and laid out upon a floor as a physical path. That way, people may walk around the outside path while repeating each step aloud, until following 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.

More effective results may come from the help of a Triangle Coach. Bob Trask coaches individuals from all walks of life to use the Triangle for individual and organizational success. Bob also teaches life coaches, and widely speaks to large and small organizations.

To learn more about how you can find or become a coach, or to have Bob help empower your organization, **contact Bob Trask today at Bob@arasfoundation.org**.

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