

C.A.T. I.N. T.H.E. H.A.T. POWER TRACK

By Ray Gebauer, M.D. (Mission Driven) (www.RayGebauer.net/docs/catpowertrack.pdf)

What picture comes to your mind when you see the word “cat?”

- ❖ Do you see a starving stray cat, just trying to survive, frightened and always on the look out to avoid being caught and taken to the pound?
- ❖ Do you see a cute adorable playful kitten?
- ❖ Do you see a house cat, perhaps your favorite pet, your companion and friend?
- ❖ Do you see a BIG cat, like a lion, who is the King of the Jungle, like the “Lion King”?

Let’s get personal—if you were a cat, what kind of cat would others say you were?

- ❖ A hungry cat, unwanted, just trying to survive, with 8 of your 9 lives already used?
- ❖ A cute adorable kitten, looking for something fun to do or someone to play with?
- ❖ A family house pet?
- ❖ A BIG cat, like a Lion, the “King of the Jungle”, like the “Lion King”?

I have been all of these at different times of my life—how about you?

If you want to have the maximum impact and make the greatest difference, you must discover how to be a big cat, how to be powerful and dangerous, rather than trying to avoid the danger around you.

Historically, the lion has been used as a metaphor to represent ferocious strength, power, courage and leadership. The word “Lion (s)” occurs in the Bible 140 times, and represents ferocious strength, boldness, violent danger and judgment. Proverbs 28:1 states that *“honest people are confident and bold as lions.”* The devil is described in I Peter 5:8 as a *“roaring lion, seeking someone to devour.”* One of the four living beings before the throne of God is like a lion (Rev. 4:7, Ezek. 1:10). God Himself is referred to as a fierce devouring lion, **“I (Yahweh) will be like a lion to them.”** (Hosea 13:7). The Son of God (Yeshua) is described as a lion in the last book of the Bible: *“Behold, the Lion that is from the tribe of Judah...has overcome....”* (based on Genesis 49:9 *“Judah is a lion’s whelp”*).

I say that it is **your destiny** to be a lion or lioness. You were not created to be a weak helpless person, but someone who is bold, courageous and powerful enough to make a difference in this world.

For you to be successful in life, you must learn to *see* yourself as a lion—a Lion King!

To help you bring out the true Lion King in you, use this “CAT IN THE HAT” Power Track acronym **daily** to empower yourself to be bold, courageous and powerful in life and in your business, so that *you can make the greatest and most meaningful difference for the most number of people.*

Compassion, **C**ommitment and **C**ost

Awesome; **A**ttitude

Thankfulness

Inadequacy

New; **N**ow

Trust

Honor

Expectation

Happiness

Attention, **A**djust and **A**dvance

Transformation and **T**riumph

Here are some examples of what to say to yourself as you *reprogram your thinking* as you use this **C.A.T. I.N. T.H.E. H.A.T. POWER TRACK** acronym on a daily basis to empower yourself to be as powerful, bold and dangerous as a lion! **Why not be a Lion King? Why not be a Manna-Lion, or a Manna-Angel? This is the real you—powerful, bold and courageous!**

I am a person of COMPASSION. Because I care, I share. Because I care, I take the initiative to talk to people so that I can make the difference I was called to make. I do not let my concern (fear) about what a person may think overcome my compassion to reach out and share. Instead, I choose to overcome my fear by my COMPASSION and lion king courage. Because I care a lot, I share a lot.

I am a person of COMMITMENT. I realize that desire or wanting something does not make a difference—my power is in my COMMITMENT (my promise). My commitment is to do whatever I can to make the maximum difference for the maximum number of people. I will not allow my fear to overcome my COMMITMENT; rather my COMMITMENT will overcome my fear, because that is who I am—I am an Overcomer, *as bold as a lion*. Because I am committed, *I act in spite of my fear* and concerns. I am a winner, COMMITTED to winning and helping others to win BIG in their lives.

I am a person who is willing to pay the COST. I realize that all good things cost something, and the more valuable it is, the more it will cost me. I am 100% willing to pay whatever it costs to be all of who I am (as a Lion King) and create the success in my life that I deserve and desire. I also realize that in the long run, it will COST me far more to NOT take action, just like avoiding the cost to fix my car brakes will only set me up to pay a much higher cost later (it could cost me my life!).

I am a person who appreciates how AWESOME this technology and opportunity is in making a difference. I am on an *awesome* mission with *awesome* technology and products with an *awesome* company to make an *awesome* difference in the lives of others. ***I am an awesome powerful lion!***

I am a person of ATTITUDE. Because I clearly see what is at stake, and because of who I really am on the inside, I choose the “*lion*” spirit/attitude so that I can be proactive ***like a lion*** and make a meaningful difference. I am not timid, neutral or apathetic, because I know that my *attitude determines my altitude*. Therefore, I live with a Lion King attitude congruent with who I really am.

I am a person who is THANKFUL, with an attitude of gratitude. I am thankful for my past successes that empower me with confidence for greater wins in the future. I appreciate all my current resources that empower me ***like a lion*** to take action *today*. I am thankful for all the difference I *will* achieve in the future and for the rewards I *will* receive for doing this. ***I am a thankful lion!***

I am INADEQUATE. I renounce any arrogance or illusion that I can achieve anything meaningful or great by myself. To get to the top of a great mountain, I need to be a part of a great team and in an inner circle. Therefore, I remind myself to be teachable and coachable, because I am weak and inadequate for this important mission. Alone, I may be a weak mouse, but as a member of a T.E.A.M. (Together Everyone Achieves More), I am a **powerful lion**—*I am unstoppable, and we will prevail!*

I am a person of the NEW. I will not settle for old obsolete perspectives or paradigms that do not serve me. I have the advantage of a NEW perspective, a NEW technology, a NEW exciting life. I help others move out of the old into the NEW. I am renewed and I create the NEW in my mission of serving others and making a difference. *I don't settle for just watching “the News”—I am making it!*

I am a person of the NOW. Unlike others who may feel stuck in their memories of the past, or burdened by the worries about the future, I live in the NOW. I enjoy the NOW, and I act NOW—not just someday, or when I am “ready” or “fully prepared.” NOW is the time to be ***as bold as a lion*** to save lives and make a difference. Time is of the essence because lives are at stake. Therefore I seize this present moment to be ***as bold as a lion*** and serve NOW. *As a lion, I make a difference NOW!*

I am a person of TRUST (Belief). Rather than living in the dark shadows of doubt and fear, I live fully in the bright light of **trust, belief, faith and confidence**. I TRUST myself to do what I say, and others find me trustworthy as well. I believe in God, myself, in my products, company, business, and in my better future. I am a **powerful lion** because *others* believe in me, *God* believes in me, and *I* believe in me. I empower others by *believing* in them and telling them *often* that I *believe* in them.

I am a person of HONOR. I HONOR the preciousness of people's lives by living my commitment to tell them the truth and share the gift. I HONOR myself by being purpose driven and choosing to consistently live a healthy lifestyle congruent with my purpose in life. (e.g. to make a difference, honor God, etc.). I HONOR others by holding them to be *lion kings in development!*

I am a person of EXPECTATION. While others are expecting things to stay the same, I am expecting things to get better. Realizing that people tend to get what they expect, I expect to achieve my dreams and goals. I expect people to be receptive and open, and to be excited about my message. I enrich and enlarge the lives of others because I am using the power of expectation to hold the space open for them to grow and be all they are meant to be, to ***be as bold and powerful as a lion!***

I am a person who creates HAPPINESS. The secret to being HAPPY (the emotion I have when I perceive that something can benefit me) is to realize that I have the power to create it, because it is

based 100% on my perception. It is my choice. The way to create the **maximum** happiness for myself is to live in such a way (serving) that I am making others happy. I help others be happy when I give them something that they realize is of great value to them. ***I create bold and happy lions!***

I am a person who pays ATTENTION. I pay ATTENTION to what is most important, always remembering that the main thing is to keep the main thing the main thing, which is to serve so as to make the greatest difference for others. I pay ATTENTION to my purpose, mission, commitments, priorities and to my true "***Lion nature***". Like a lion, I am alert to feedback I receive from others and my experiences. I give others the ATTENTION they need.....***ATTENTION—Adjust—Advance!***

I am a person who ADJUSTS. Like getting feedback in a mirror, I ADJUST quickly. As I pay attention, I learn from my mistakes and from the mistakes of others, and ADJUST appropriately, as I already do whenever I drive my car. Others may be inflexible and rigid—I, ***like a lion***, am flexible and adjust at lightening speed.....***Attention—ADJUST—Advance! (I correct and continue).***

I am a person who ADVANCES. After making the correct adjustment, I ADVANCE forward. Rather than falling into resignation, discouragement and retreat, I correct and continue, adjusting and always moving the action forward, ***as bold as a lion***. I show others how to be members of this empowering **Triple AAA Lion Club**: ***Attention—Adjust—ADVANCE (I correct and continue).***

I am a person who is in TRANSFORMATION. What does not kill me will make me stronger—in fact, I am being transformed into the person I was destined to be—a Lion King, standing in faith and confidence. I speak with others in such a way that I enrich and transform their lives (in their health, lifestyle, financially, spiritually, etc.). While I myself am being transformed, I am a **transformer** of others, empowering them to be ***as bold and powerful as a lion***.

I am a TRIUMPHANT. Because I am a winner, I am unstoppable and I am ultimately triumphant. Others are overcome by their challenges; I, ***like the true Lion King I am***, overcome my challenges, knowing that my triumph is *inevitable* because that is my very nature—being a triumphant winner, a Lion King. I believe in others and show others how they too can be a Lion King winner and be **TRIUMPHANT**.

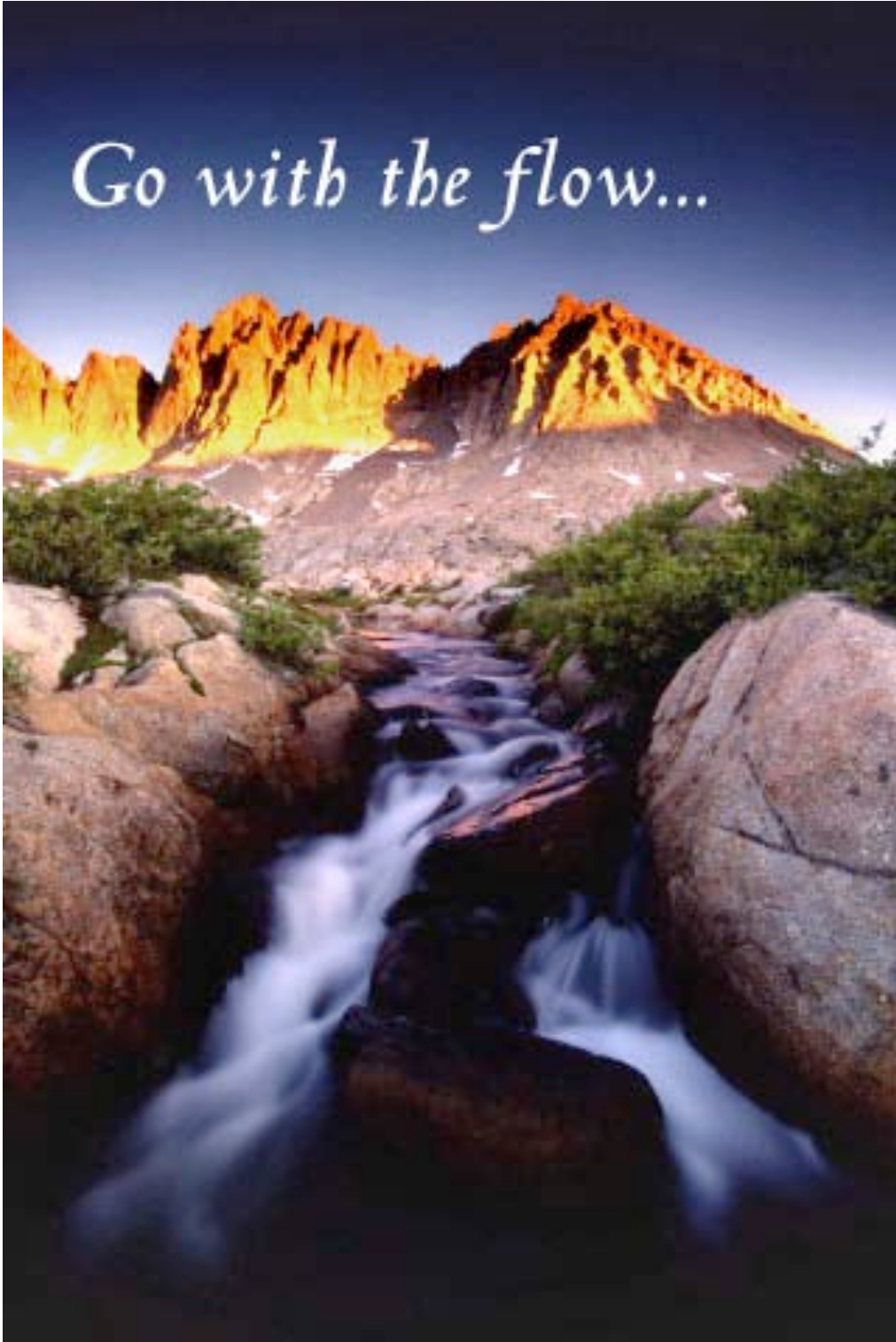
What you have read is my recent adaptation (2-20-05) of my original version of this CAT IN THE HAT acronym that I created for my personal use as a daily Prayer track/guide. Having used this on almost a daily basis for almost a year, I have found it to be VERY useful. Perhaps you may too.

If you are interested in seeing the original version of this CAT IN THE HAT acronym as a Prayer Track, I invite you to check it out at www.RayGebauer.net/docs/cathat.pdf. Thank you!

I appreciate you and the difference you are making!

Ray Gebauer, M.D. (Mission Driven)

Go with the flow...



**Flow with God, and He will flow
in and through you**