



10 Ways TROML Changed My Life

1. ***TROML taught me to be patient in the moment and the day.***

Patience is a powerful asset to have in life. For me growing up with alcoholism I definitely was focused outside of myself and in somewhat of a reactive mode. Working the TROML Process in my TROML Journal and taking TROML Timeouts has allowed me to develop my ability to be patient, stop reacting to people, events and situations outside of my control. For if we are truly patient then we realize we are perfect and complete in the present moment and can only truly change only ourselves. Our patience becomes our power because we realize we have choices in how we think, what we say and what we do. In this moment and for today my ability to be patient will insure that it is the best day of my life no matter what happens outside of myself.

2. ***TROML taught me to think, really think.***

The TROML Process being journal-based does by definition make us better thinkers. It takes time to write down our thoughts and in so doing makes us really think about what we are thinking, what we are feeling, what we are saying and what we are doing. Of course, no one wants to be introspective unless they can see the benefit of doing so. The TROML process, as laid out in the 17-day TROML PLAYBOOK, gives us some immediate, positive feedback. The unique manner in how one writes in their TROML Journal, including projecting and reviewing their thoughts, emotions, words and behaviors makes it an engaging, learning and fun process. Most of our problems in life are not problems in reality, they are problems in our thinking. TROML makes us better thinkers.

3. ***TROML reconnected me with my natural ability to learn from myself.***

What was the last thing you learned from yourself? Not something you learned from a book or an educational seminar but something you truly learned from yourself. How about something you learned from yourself about yourself? Yes, we can learn from others and capitalize on that knowledge to catalyze to improve our lives and avoid the mistakes made by others in pursuits similar to ours. But if you are not learning from yourself, especially about yourself, then there is a huge opportunity, through the TROML Process to do so. Engaging the TROML Process in our lives reignites our ability to seize the moments in life where we can apply intimate knowledge of ourselves and be successful in situations where outside knowledge simply does not apply.

4. ***TROML taught me how to accept, love and be compassionate to myself.***

People do not completely accept, love and be compassionate to themselves. There's that sometimes harsh, critical inner voice from who knows where that questions our ability or even our place in life. TROML brings you to the point of acceptance that you are perfectly complete and entirely ready to do, or not do, what you need to do in the present moment. We accept our strengths and weaknesses for today. We are at peace, rejoicing and free with ourselves. We love ourselves and know we are not perfect though we also know we are imperfectly perfect and right where we need to be at this moment in life. We are our best friend and never an enemy. Always compassionate in defeats and victories in life. We demand and see the need to respect ourselves and be respected by others.

5. ***TROML brought me into a dialogue and a trusting relationship with God.***

We are not in this world alone and this world does not revolve around us. Whatever your belief or no belief at all, there is something bigger than us. We are only on this Earth for a relatively short period of time. Before we were here and after we leave here, whatever is controlling the world, whether it be the seasons, the tides or the minds and hearts of every other person on Earth, that whatever is in control, same as during our lifetime. The question we answer through the TROML Process is what are we here to do with this lifetime of ours and where do I find the power to do it? Absolute trust and absolute sharing with God, however we define God evolves from the TROML process. We become directed by our intuition and TROML Realizations and understand our power to change ourselves and our lives.

6. ***TROML enabled me to become emotionally mature and emotionally free.***

Honestly I never really knew what feelings and emotions were and what they were for in life. So what does mature and free emotionally mean? Certainly not free of emotions or feelings. They are here to stay and part of life no matter who we are or how we portray ourselves to others. The good news is that TROML teaches us that while emotions and feelings are like a rollercoaster, up and down and all over the place we don't necessarily have to hop on board every time the ride is made available to us. Certainly we factor in our emotions and most importantly feel them but we don't necessarily react to them. We have choices to make with emotions, same as with our spirit, our mind and our body. We learn to love being an emotional and feeling being. It's a beautiful part of our lives.

7. ***TROML enabled me to be My Best Self Ever and Forever***

TROML brings clarity into our lives, magnifying our power to see our problems in the proper perspective and light. With that clarity comes easier choices. To be our best self ever we have to be heading in the right direction, working on the right things in our lives. If we are in New York City and want to get to Los Angeles we can go west or east and depending on the mode of operation the choice could be either direction. An airplane that goes east and around the world is faster than a car that takes the shortest route west. Sometimes we end up taking the car east and sink before we get started on the path to our best self ever. By imploring the TROML Process one cannot help but see and naturally bring all the pieces of the puzzle of our life together and they will be dynamically in place forever.

8. ***TROML enabled me to lose over 100 pounds and maintain that loss.***

For as long as I can remember, as a child and an adult, I had always struggled with my weight. I remember taking my clothes off and then even Band-Aids to make the 140-pound weigh-in limits to play Pee Wee football. As an adult I gained and lost 100 pounds more than a few times in my life only to gain it all back and then some. Only through the TROML Process was I able to finally lose over 100 pounds and to maintain that weight loss for over seven years now. The weight loss is easy to see and quite frankly a desire to lose weight or be free of any addiction is a good reason to come to TROML. This is a program of peace, joy and freedom and to be free of any and all addictions is a done deal once you develop your own TROML program using the journal-based 17-Day TROML Process. Absolutely, positively, without a doubt.

9. ***TROML makes for smooth, efficient and meaningful transitions in life.***

TROML is a lifelong process and program. It is a dynamic self-realization process and program that continually builds upon itself and continues indefinitely in life and beyond. Dynamic means it is ever-changing and always applicable to the present situation in your life. With clarity of mind, a focused future and an ability to foresee situations and solutions, change occurs smoothly, sometimes without detection even by you. Since you are learning from yourself, the transition is most efficient. Who better to learn about oneself than from oneself? The TROML process insures that the direction taken is meaningful and aligned with your life's purpose and mission. TROML Transitions in life are smooth, efficient and meaningful.

10. ***TROML is a peaceful, joyful and free life experience—The Ultimate Love***

To be truly in love with anybody in life including yourself and God there has to be peace, joy and freedom of choice by both parties. The TROML Process finds the inspiration and power needed to remove the negatives in life. It is always two steps forward with TROML and if anything a TROML Timeout to rest, not retreat or relapse back into old habits. Life through TROML occurs with an inspirational thought-life. Our life, our actions and reactions come from this positive center within ourselves. We learn how to inspire ourselves. We become an inspirational spirit free to give freely ourselves to ourselves and other human beings. We are powerful and living out our passion in life. Through TROML we become The Ultimate Love of Life to ourselves, God and the world.

[Get the 17 Day TROML Playbook by Clicking Here](#)

[Contact Anonymous Andy here for any questions or for a private coaching session.](#)