

ESCAPING THE JAR

THE SECRET FORMULA FOR
CREATING A HAPPY, FULFILLING,
AND SUCCESSFUL LIFE!



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ESCAPING THE JAR

“Be truly glad. There is wonderful joy ahead.” (*1 Peter 1:6*)

ESCAPING THE JAR

This story is true. It really happens.

If you put a bunch of flies in a jar and cap it up, they will buzz around and try to find a way out – but only for a while.



After three days, they learn that they cannot get out and they stop trying. They don't buzz around. They just sit – resigned to their situation.

What do you think happens if you take the lid off the jar?

When you take the lid off the jar, the flies stay put. They do not buzz around and try to leave because they believe they cannot get out.

The flies look through the glass jar at the big, beautiful world outside. They dream of getting out, but they do not try because they believe they cannot escape.

They are trapped. But the trap is not the jar. The trap is inside their mind. The trap is their beliefs, expectations and attitudes.

The lid is off the jar; but, because the flies believe they cannot get out they don't do anything to try and escape.

They are stuck.

These flies will live their whole life stuck in the jar.

Unfortunately, people can be just like flies.

Validate this information with this video:

Search Youtube for: "Fleas in a jar (similarity in fleas and human behaviour)"

Humans are not like flies. We can escape from the limiting beliefs that our environment, circumstances, and others that have fed our minds that put a lid on our beliefs and dreams.

"There is surely a future hope for you, and your hope will not be cut off." (Proverbs 23:18, NIV)



The **JAR** is your life now. It's your situation, your neighborhood, and your friends.

The **CAP** on the jar is what you have come to believe about yourself.

Most beliefs about ourselves come from other people. Maybe these people believe that they cannot have a good life, and so they think you will not. But, over time you accept these beliefs as your own.

However, you have the power to change your beliefs. You can take the lid off the jar and learn the secret formula.

Here is how you can take the lid off your jar—to change what you believe about yourself.

Beliefs are “stories” we come to accept as true. Some stories are good and helpful. For example, you might believe that you are creative and have a good imagination. Those are good, useful stories.

Other stories are bad and hurtful. For example, you might believe that you are lazy and you don't do what you say you will do. These are bad and hurtful stories.

There are three things you must do in order to take the lid off your jar.

1. The first step is to identify many of your good and helpful stories.
2. The second step is to reject the bad and hurtful stories about you.
3. The third step is to write a new, more powerful and happy story about yourself and what is possible for you in the future.

Let's get started on taking the lid off your jar and do the first of nine assignments, one at a time.

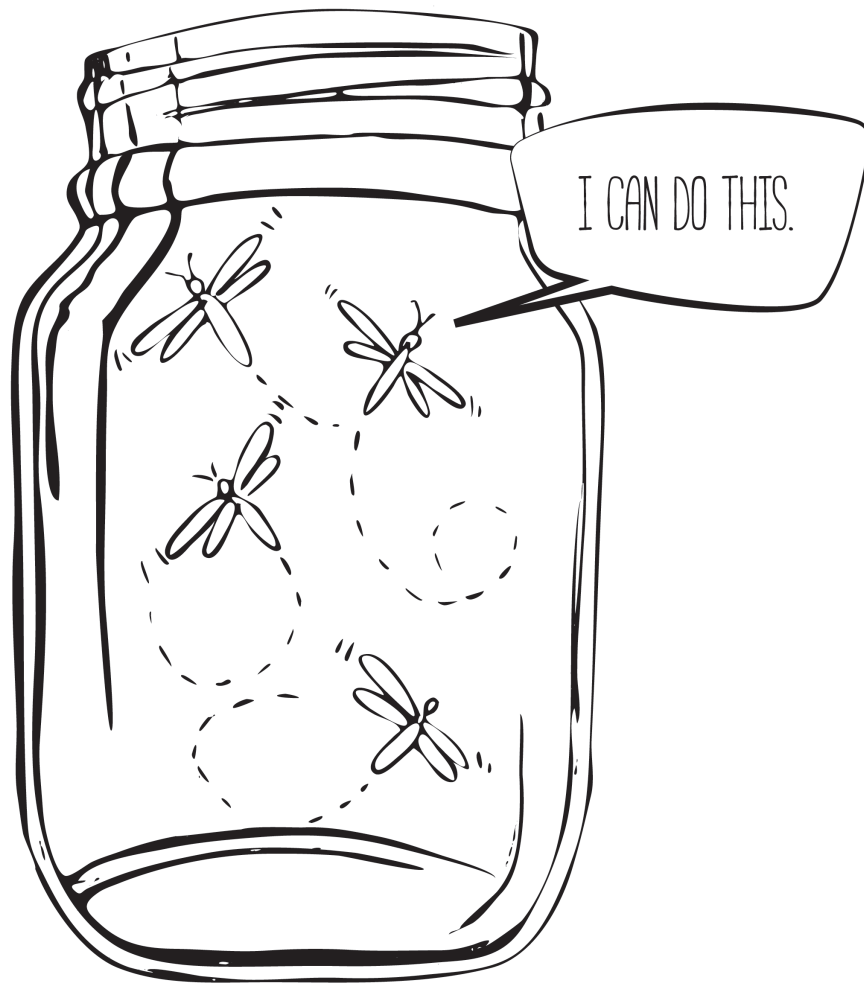
Many assignments have some questions to get you started. You can use these questions or not. Do the assignments the best you can. Leave some space after your work in case you want to add other ideas later on.

ASSIGNMENT #1

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” (*Jeremiah 29:11, NIV*)

Write down as many good and helpful stories about yourself that you can recall.

- Have you been told that you are smart or talented in some areas?
- What kinds of activities have you learned that you do particularly well?
- What, in your heart, do you know makes you special?



When you have completed assignments #1, #2 and #3, the lid will start coming off your jar. You will start to believe in yourself and feel your personal power.

BUT

You must do something else if you want to get out of the jar and learn the secret formula for having a happy and successful life.

You must “buzz around” – take action!

There are a many different ways to “buzz around” – take hope, take action and take charge of your future. Try all of these assignments and see which ones you enjoy the most.

ASSIGNMENT #4

“Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.” (*1 Peter 1:13, NIV*)

Do some reading and research to find other people who have taken the lid off of their jar and “buzzed” out to have a successful life. Some examples include:

- Ursula Burns – President of Xerox Corporation and first African American woman to head up a top 100 U.S. company. She grew up in the projects on Delancy Street in New York City, and was raised by her mother.
- Jim Carrey – When his family fell on hard times, Carrey lost their home and he had to live in a van. Now he is a successful movie star.
- Madam C. J. Walker – The first female to become a millionaire by making beauty and hair care products for black women. She was born in Delta, Louisiana. Her parents had been slaves.

See if you can find other successful people who seemed “trapped in the jar”, but were able to escape.

ASSIGNMENT #5

“Where there is no vision, the people perish : but he that keepeth the law, happy is he.” (*Proverbs 29:18, KJV*)

Draw how you currently see the world. (For example, do you see yourself as a victim, villain, or helpless?)

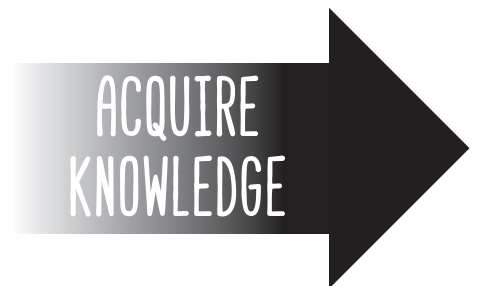
THEN

Draw a picture of how you would like your world to look in the future. (Do you want to be hopeful, happy, or excited about life?)

Begin on page 16.

DRAW YOUR PICTURE HERE ON HOW YOU CURRENTLY SEE YOUR WORLD.

METHOD OF CHANGE



THEN ON THIS PAGE DRAW HOW YOU WOULD LIKE TO SEE YOUR WORLD.

ASSIGNMENT #6

“As he thinks within himself, so he is.” (*Proverbs 23:7*)

Make your goals real and clear by writing about what you will accomplish, and who you will become when you grow up.

THEN

Cut out pictures from magazines and newspapers that illustrate your goal(s) and planned achievements, and then paste them in this notebook.

For example, if you want to see the world, find a picture of someone in a strange exotic foreign country. Or, if you want to be a scientist, find a picture of one working in their laboratory.

TAPE OR GLUE PICTURES HERE

TAPE OR GLUE PICTURES HERE

TAPE OR GLUE PICTURES HERE

ASSIGNMENT #7

“Then Jesus said to the centurion, ‘Go! Let it be done just as you believed it would.’ And his servant was healed at that moment.” (Matthew 8:13, NIV)

On the next page -- write down three very positive statements about:

- What kind of person you are.
AND/OR
- What you will become.
AND/OR
- What you will achieve.

THEN:

Read these three statements out loud to yourself EVERY SINGLE DAY!

It works best if you begin each of these statements with “I.” For example,
“I am a happy, hard working person who never gives up on my goals.”

Read these statements out loud to yourself EVERY SINGLE DAY!

Statement #1:

Statement #2:

Statement #3:

ASSIGNMENT #8

“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity.” (*1 Timothy 4:12*)

Tell two other people about your goals, what you are planning to achieve, and what you want to become when you grow up.

REMEMBER: Share your plans with people who are not “stuck in the jar” – people who are hopeful and helpful.

You can plan what to share by reviewing assignment #5. Make a list of the people with whom you plan to share your goals, dreams, and plans on the next page.

ASSIGNMENT #9

“Work hard and become a leader, be lazy and never succeed.” (*Proverbs 12:24, TLB*)

Find a person who is already doing what you want to do and ask them for their suggestions and advice.

You can probably find people who are doing what you plan to do in your own area, but you may need to write a letter to someone far away, call them, or send them an email.

You may need help from a relative, teacher, minister, librarian, or some other person to find a successful person who is doing what you want to do in the future.

As you search for successful people who are doing what you plan to do, make notes about these people along with their address, phone numbers, email address, website, etc.

In some cases, it may be difficult to make contact, but with help you will find a way. Keep trying until you are talking to these people. And when you do, you should write down what they tell you in the pages that follow.

THE SECRET FORMULA

“Now faith is confidence in what we hope for assurance about what we do not see.” (*Hebrews 11:1, NIV*)

You must complete assignments 1, 2, 3, 4, 5, 6, 7, and 8 before the secret formula for happiness and success is revealed in your life. Wishing alone and dreaming won't make it work.

Here is how “the secret formula” works:

- You must change the stories you have about yourself and what is possible for you.

AND

- You must take action to make new goals and possibilities happen.

THEN

THE WORLD AROUND YOU, AND THE PEOPLE IN THE WORLD (PEOPLE YOU MAY NOT EVEN KNOW), WILL SHOW UP TO HELP AND SUPPORT YOU.

Keep “buzzing around” – stay in action. Keep reading your three messages (affirmations) every day. It will likely take time, but if you keep doing these exercises, you will “escape the jar”.

“And you will know the truth, and the truth will set you free.” (*John 8:32*)

Stay in action, pray, and HAVE FAITH that your life will change and improve, and you will grow up to be a happy and successful person. You now know the secret formula.

Strong beliefs about yourself and a clear intention to work hard toward a good life is what takes the lid off your jar.

+

Persistent action on your goals and seeking help from other people is what enables you to escape the jar.

=

**HAPPINESS
AND
SUCCESS**



WEEKLY PLANER

Write down your goals for the week.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

*Make copies of this page for future use.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

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Monday

Tuesday

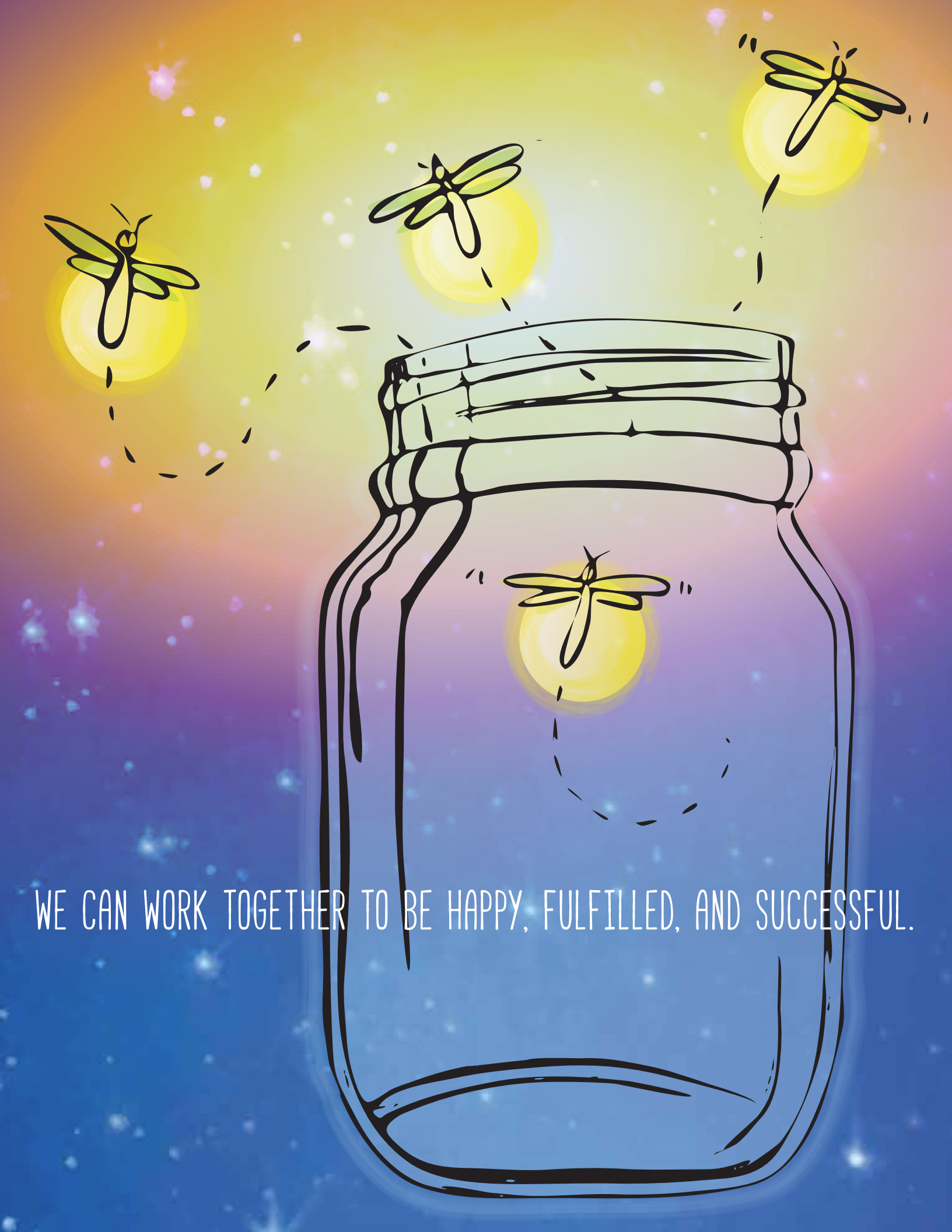
Wednesday

Thursday

Friday

Saturday

Sunday



WE CAN WORK TOGETHER TO BE HAPPY, FULFILLED, AND SUCCESSFUL.