

About the author



Joe Jackson

I retired from my first career in quality avionics electronic manufacturing at age 46. That's much too young to quit working. (Though I don't view what I'm doing now as work.)

I decided to pass on my experiences to help others find success and happiness in their lives. That's why I created, and manage, Free Spirit Enterprises LLC. I write about those experiences, and new adventures as I travel the country camping, sightseeing, scuba diving, and kayaking.

Enjoy my offerings, and if you see me somewhere in this beautiful country of ours please introduce yourself.

My other products:

- <http://www.livelifeofsuccess.com>
- <http://www.remotecontrol-airplanes.com>
- <http://www.remote-controlcars.com>
- <http://www.remotecontrol-boats.com>
- <http://www.remotecontrol-trucks.com>
- <http://www.rcconstructiontoys.com>
- <http://www.radiocontroltoysfromfse.com>
- <http://www.bugsmiceratsnomore.com>
- <http://www.freespiritenterprisesllc.com> (most products showcased here)

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It's All Up To You

As soon as you begin tracking your growth toward success, the quality of life you enjoy increases, and you'll start living that higher quality lifestyle at a younger age.

The choice is yours to make. Will you live a life of luxury, or will you spend your life just scraping by, never knowing the joys that are yours for the asking?

*The ebook "LIFE IS A PROCESS, And That Process Is Measurable!" (<http://www.livelifeofsuccess.com/lifeprocessofsuccess.html>) gives you a start toward your future of success and pleasure. It doesn't matter when you start. It only matters *that you start*.*

The life actions you take today affect your life, your kid's lives, their kid's lives, and even your great grandkid's lives. I ask that you give yourself, and them, a life you're proud of.

When you leave something behind (no matter what it is) you add to the legacy, or quality record, of your life. It's kind've like filming a movie that others watch about all you've done. How popular will your movie be? How will it affect other people's lives? Will you be a role model -- or an example of **what-not-to-do**?

When you rent a house, clean it up, and make any needed repairs before you leave. When you leave a dwelling better than you found it, landlords give positive references, and other landlords happily rent to you. It benefits their businesses. It gives you a good image.

When you own a car and take care of it, make it better than when you bought it; you'll never have trouble selling it. People hungrily pay your price.

When you live as a positive example to others by always making you a more compassionate, and more valuable, person, you give them a vision of the opportunities for success that wait for them.

The success or failure of your life depends on how you grow as a person. That growth decides the respect, or lack thereof, that you receive from others.

In "The Art Of Personal Growth," <http://www.livelifeofsuccess.com/personalgrowth.html>, you'll learn one very important question you must ask yourself. The answer helps define your future. But that isn't the only information you'll read in "The Art Of Personal Growth." You'll learn how failure at life is in itself a form of success, and methods for turning yourself around if you find yourself on the wrong path.

With success comes responsibility. People start looking to you for direction. Eventually you become a leader. Make sure you're prepared with a valuable vision for those who follow you. For forming the vision of your future go to <http://www.livelifeofsuccess.com/getvision.html>, and read "Get A Strong Vision And Pass It Around."

When you give people a vision of making the world better for themselves, *and others*, you give them reasons to live. You give them opportunities to be proud of themselves.

May The Choices You Make Bring Joy And Quality To Your Life

The level of quality in the life you live depends on how successfully you do everything you want in life. The more success you have the more money and time you have for those things you really enjoy doing. The more you do those things, the better you become at doing them. Success comes from being excellent at what you do.

The more fun things you get to do in life, the higher the quality your life is for you.

And the higher your quality of life, the more you have to spread around and help others improve the quality of their lives.

When your accomplishments increase quality of living for other people you're leaving a legacy to be proud of.

I dedicate "LIFE IS A PROCESS, And That Process Is Measurable!" to helping you build your legacy, and to helping you teach others do the same. See <http://www.livelifeofsuccess.com/lifeprocessofsuccess.html>.

Through the pages of the ebook I travel my part of your journey. I enjoyed many victories in my life. Now I pass on my experience for your use. I hope you enjoy, and gain value, from my ventures and offerings.

As an example of what you'll find in the reports and book at <http://www.livelifeofsuccess.com>, let me show you my statistical process control (SPC) tracking process for "*LIFE IS A PROCESS, And That Process Is Measurable!*". I decided on the following plan for writing the book:

I made my writing goal: "*completing one chapter each month*" and looked at that goal in terms of number of pages for each chapter. I figured ten pages would be about right.

Next, I divided the ten pages into the number of pages I'd write each week. I gave myself three weeks to write each chapter, then one-week to organize and do a quick edit of the content. I made an original goal of writing on Monday, Tuesday and Wednesday each week. That gave me a weekly goal of three-and-a-third pages. My daily goal became "write each day until I completed at least one full page."

I keep a log that shows my progress for each project. In the log for this book I recorded the date, the type of activity, the start time, the end time, the number of minutes, and the number of pages written for every day dedicated to creation. I tracked those measurements of progress for Monday, Tuesday and Wednesday in the first three weeks of each month.

My original goal was "start chapter four in January and finish the book in August." That goal (and my starting outline) called for eight chapters.

My planned chapter six became chapters six and seven, and my planned chapter nine became chapters nine and 10, because parts of the material I covered in those pages demanded their own individual chapters.

I added a chapter about savings. I didn't plan that one originally, but decided that subject too important to ignore.

The three new chapters stretched my completion date out to the end of November. Fortunately, I had files where I wrote some of the material at an earlier time so I copied, pasted and organized. By doing that I accelerated my progress and actually finished the book in July.

One of my graphics is a C-chart that represents defectives. Finishing a chapter before the scheduled deadline doesn't throw my process out-of-control because writing more than one page in a day is a positive progress measurement. When I complete at least one page on any scheduled writing day I have no defect, if I complete only half-a-page, I have .5 defect, and 0 pages on one of the scheduled writing days creates 1 defect.

I plotted my chart for number of defects each week to keep it simple. The following calculations and charts display my SPC process for chapters 4 - 12.

My final calculations showed me five out-of-control points over the 25-week period I took to write those chapters:

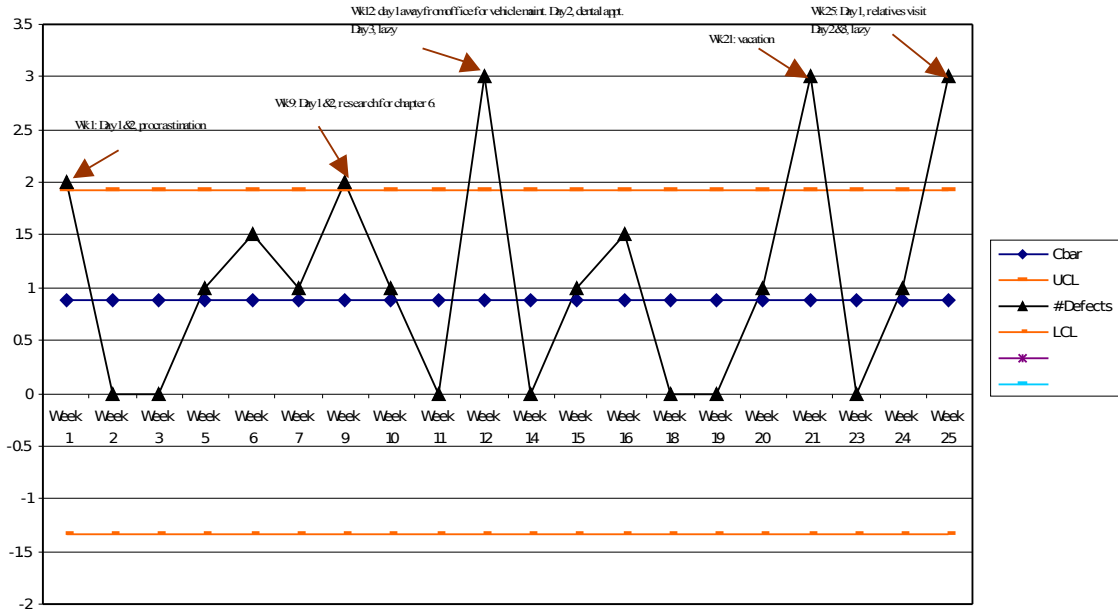
$$\begin{aligned} \text{Average number of defects} &= \text{total defects divided} \\ &\quad \text{by number of samples} \\ &= 22 \div 75 \\ &= .2933333 \end{aligned}$$

$$\begin{aligned} \text{UCL} &= \text{average defects plus} \\ &\quad \text{three times the square} \\ &\quad \text{root of the average} \\ &\quad \text{defects} \\ &= .2933333 + 3 \times .5416025 \\ &= .2933333 + 1.6248075 \\ &= 1.9181408 \end{aligned}$$

$$\begin{aligned} \text{LCL} &= \text{average defects minus} \\ &\quad \text{three times the square} \\ &\quad \text{root of the average} \\ &\quad \text{defects} \\ &= .2933333 - 3 \times .5416025 \\ &= .2933333 - 1.6248075 \end{aligned}$$

$$= -1.3314742$$

The chart for Chapters 4 – 12 looks like this: (Explanations of the out-of-control points, the points above the upper red line, are explained below.)



I checked the out-of-control points and found these reasons why each happened:

Week One - On the first and second days I procrastinated and didn't write.

Week Nine - Days 1 & 2 I did research for chapter 6 and wrote nothing.

Week 12 - On day one I was out of the office for vehicle maintenance. On day two I was away from the office for a dental appointment. On day three I was just plain lazy.

Week 21 - I took an impulsive vacation. (I do things like that sometimes. Helps me collect my thoughts and revitalize myself.)

Week 25 - I took day one off because of visiting relatives. On days two and three, I was lazy again.

One thing you'll realize when you track each project with SPC method charting is that when you do procrastinate you're likely to return more quickly to your work; and you normally concentrate on each current task more intently. Your fascination at how the process chart shapes up, and your desire to keep that chart's indicators in control provide motivation to follow your original plan.

As you enter your plot points for each day of activity you see immediate evidence of how successfully you're moving toward your goal. Once you form the habit of charting each day's progress, the action becomes an important and urgent task. You'll look forward to seeing the new addition to your chart at the end of each day.

As I told you earlier, SPC is one tool you have for measuring the process of your life.

Establishing your goals so you work toward a life of balance, educating yourself toward the realization of those goals, developing your philosophy, growing your skills for communication, relationships and leadership, nurturing your creativity, and getting into the habit of being stubborn toward moving forward when necessary are also tools you'll use if you're serious about personal success.

But the most important tool you have in your life's measurement and auditing work shed is the question.

Ask the "what do I want" questions to first determine your goals. Ask the "what do I need to do" questions to plan the path to reaching your goals. Ask the "how am I doing" and "do I need to make any changes and what changes do I need to make" questions as you walk your path.

And as you near realization of each goal, set yourself a new one. Push yourself toward higher accomplishments. If you don't, you'll find unbearable boredom. Once you reach a goal, you need something new to work toward or your life loses meaning.

No matter what comes your way in life be persistent in working toward your goals. Make sure you "Never Give Up On Your Dreams," and you'll find the life you most desire. Find out more in the free report. Visit <http://www.livelifeofsuccess.com/chasedreams.html> to get it.

Allow Me To Leave You With One Last Thought

When you start finding those successes you're working toward -- pass your knowledge on to others. Become a mentor, show them your mistakes, and arm them with your solutions so they know, before they smack into the same problems you faced, how you dealt with them.

Write your book about the accomplishments you made, and the struggles that helped you make them. They'll make plenty of mistakes on their own, even with your teachings and knowing how to conquer the roadblocks you forced your way through. Let them make their mistakes and find their own path, but make that path a little easier for them by paving part of their way.

Don't let your knowledge and experiences get lost, don't keep it to yourself. Spread what you learn to others. Send it out, and see what joy the action brings back to you.

Leave a valuable legacy for other's gain.

Additional Resources

Expand your successful life experience with my additional reports:

"Measure Your Successes In Life"

<http://www.livelifeofsuccess.com/measurelifesuccess.html>

"Starting Your Life Success Plan"

<http://www.livelifeofsuccess.com/startplan.html>

"Designing Your Life's Success Path"

<http://www.livelifeofsuccess.com/desscessplan.html>

"Education, Do You Really Need It?"

<http://www.livelifeofsuccess.com/whyschool.html>

"The Art Of Personal Growth"

<http://www.livelifeofsuccess.com/personalgrowth.html>

"Figure Out Who You Are"

<http://www.livelifeofsuccess.com/whereareyou.html>

"You Can't Be A Hermit AND Reach The Stars"

<http://www.livelifeofsuccess.com/hermit.html>

"Get A Strong Vision And Pass It Around"

<http://www.livelifeofsuccess.com/getvision.html>

"Finding - And - Keeping Your Vision"

<http://www.livelifeofsuccess.com/keepvision.html>

"Finding Your Way Through Life"

<http://www.livelifeofsuccess.com/findingway.html>

"How To Retire A Millionaire"

<http://www.livelifeofsuccess.com/millionaire.html>

"Never Give Up On Your Dreams"

<http://www.livelifeofsuccess.com/finish.html>

"Chase Your Dreams With Determination"

<http://www.livelifeofsuccess.com/chasedreams.html>

Or get it all in my life of success book:

"SUCCESS IN LIFE IS A PROCESS,

...And That Process Is Measurable!"

<http://www.livelifeofsuccess.com/lifeprocessofsuccess.html>

I wish you happiness, and success in everything you go for in life.

Joe Jackson, <http://www.livelifeofsuccess.com>