

Ideas-Shared: Intelligent Collaboration

Bob Thompson



Intelligent Collaboration

by

Bob Thompson

“At Ideas-Shared, our mission is to make a positive impact on a global scale. We strive to bring people together, encouraging active collaboration, idea-sharing, and collective action.

When you join our platform, you gain access to endless possibilities for challenging the norm and driving change. Together, we aim to make ambition accessible to all, creating a brighter future for everyone.”

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2024

www.ideas-shared.com

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Introduction

Are you tired of not being able to realise your ambitions or of seeing global issues persist without much progress being made? From personal struggles to societal challenges, these issues impact individuals across all levels of society.

Despite the growing awareness of these issues, the lack of relevant help, resources, and leverage hinders everyone to one degree or another. This limits our ability to overcome adversity or take advantage of opportunities, resulting in unnecessary suffering, and failure for millions of people, groups, communities, businesses, organisations, even the environment.

This is where Ideas-Shared comes in. We built it to facilitate structured, or intelligent collaboration and provide all Change Makers with a simple and practical way to overcome adversity and capitalise on opportunities. By bringing people together, either as individuals, or as organisations, Ideas-Shared enables members to leverage the collective knowledge, skills, and expertise of our members based on need, and interest. We believe that intelligent collaboration is the foundation of achieving shared goals. It drives growth, innovation, change, and improvement, and that is precisely what Ideas-Shared aims to provide - intelligent collaboration working for everyone.

So how would you like to achieve your personal, community, business, financial, political, and environmental ambitions, and goals using an intelligent collaboration methodology?

You're closer than you think.

You may not feel like you are.

That was exactly how I felt... and what prompted us to build Ideas-Shared, a unique **'Coached Ambition Realisation Platform'** powered by intelligent collaboration.

- Do you ever feel like you work SO hard, but your ideas never materialise, your frustrations never go away, and your problems are never fixed?
- Do you ever feel like you can never get the help you want just when you want it?
- Or do you ever feel like the world is at a crossroads, yet everything seems to be so difficult, such that it's now becoming a chore, where forgetting about your dreams and goals is just easier?
- And do you ever feel that those in power have lost touch with reality, and that most of us are just as a number, with no voice to influence matters?

In short, it may feel like you're missing out on life, unable to achieve the success you want, personally, at work, or across society in general, both of which you truly desire and deserve.

Well, what if I told you...

There is nothing mysterious about achieving our ambitions, or changing and improving anything, from developing ideas, overcoming frustrations, fixing problems, or completing

any other everyday activity that presents itself as we journey through life. Even significant environmental, or political change and improvement is possible when you follow what I will share in this guide.

You simply must be committed to your goals (which is NOT the same as being interested. More on that to come.). If it were easy though, then the world would be a different place to what it is now. Right?

Now here's the good news (great news, in fact):

There are proven "success" shortcuts used by those in the know. With these shortcuts, you can make a difference, and finally live the life you want, where you can contribute in any way you want.

The truth is, to achieve your ambitions, to be who you want to be... then you need to follow a particular set of steps, with other people, in the correct order, at the correct time, and have a mindset to capitalise on the potential.

The coming pages reveal my step-by-step formula for achieving your goals using a unique "**Coached Ambition Realisation Platform**" and "**intelligent collaboration**" that together can be used to support any aspect of your life – to develop ideas, overcome frustrations, fix problems, and lots more besides (in half the time)!

Let's get into what you can expect from this book:

1. **THE FORMULA FOR SUCCESS** – it's that which underpins our entire thinking
2. **3 KEYS TO ACHIEVING ANY AMBITION** – what to include when using intelligent collaboration to achieve your goals...
3. **UNDERSTAND WHAT INTELLIGENT COLLABORATION IS** – and why now is the perfect time to embrace it...
4. **DISCOVER THE 4 PRIMARY ACHIEVEMENT MOTIVATORS** – and learn why so many people fail to get their message across...
5. **THE 7 STEP PROCESS** – it's the process that we've just started using ourselves to help us reach our goals...
6. **OVERCOME SELF-SABOTAGE** – learn how to stay in control when everyone else is losing their mind...

Plus, lots more...

Are you ready to take the first step towards achieving your ambitions?

Great! Let's get started.

A FAIR WARNING

After 60+ years of bringing up a family, being in the military, working successfully in the private and public sectors, and contributing to the delivery of £200 million in revenue, savings, and other efficiencies I've discovered this: Most people love the idea of achieving ambitions and goals, but they refuse to do what's necessary, or fail to do what's necessary, leading to all manner of waste, blame, and frustration.

Essentially, they are interested in success but not committed to getting it. My first Sergeant Major shared this wisdom, and it has stayed with me ever since. If you are merely interested, you will only focus on doing the minimum, that which is easy and convenient. You will let your limiting beliefs, fears, and excuses define you and defeat you. You will allow your current story to drive your behaviours. But a committed individual...? Someone who is committed will do whatever it takes to achieve their personal, financial, professional, and life goals.

(And at that time when I joined the British Army, the slogan was 'Be the Best' and those words have resonated ever since).

If you want to learn more about how Ideas-Shared can help you and others make a difference, I encourage you to read the rest of our book. Together, we can overcome adversity, take advantage of opportunities, and achieve success through intelligent collaboration.

Our Purpose

The purpose of Ideas-Shared is three-fold:

- **One:** To develop a global repository of ambitions and goals, in support of personal, community, social, business, environmental, economic, financial, and political outcomes that change and improve our world.
- **Two:** To bring together a global network of Change Makers that act upon and drive the changes and improvements our world needs for people to thrive and prosper.
- **Three:** To give the world an operating platform which any individual or organisation can effectively and efficiently use to achieve its ambitions.

The Formula for Success

Ideas-Shared was a long time coming, built upon a deep understanding of how humanity works together to realise ambitions and goals. Our formula for success is:

AMBITIONS & ACTIVITY + ((IDEAS-SHARED) + (3rd PARTY LEVERAGE, MINDSET & BEHAVIOUR)) = VALUE & BENEFIT

Put another way, our ambitions, turned into everyday activities, facilitated by Ideas-Shared, and supported by 3rd Party action and leverage alongside mindset, and the right behaviours, equals value and benefit. It always has been like this, and always will be.

Whereas many solutions may only focus on the 'tech element' we've brought everything together under one banner to drive consistent, and predictable change.

We Are All Change Makers

As you read through this eBook, it's likely that we share many similarities. This is great news, because it means that you possess the potential and ability to benefit from utilising our "Coached Ambition Realisation Platform" and "intelligent collaboration." Here are some traits that we may have in common:

- We are experts in innovation, concerned about finding solutions, and providers of those solutions.
- We both live on planet earth, regardless of our location.
- We are 16 or older.
- We are confident and unafraid to speak our minds, without being arrogant.
- We are always seeking progress and looking for ways to develop as individuals.
- We may be fed up with the current state of affairs.
- We hold ourselves to high ideals and standards.
- We are willing to try new things and are not afraid to get our hands dirty.
- We are curious, open-minded, and enjoy new experiences.
- We have strong personal values and are effective communicators.
- We are kind and wise, always seeking to expand our knowledge.
- We are hopeful and passionate about life.
- We want to make a difference by utilising our skills and experience.
- We love learning and acquiring new knowledge.

Serendipity

The number one reason for individuals and entities, including Change Makers to intelligently collaborate that nearly everyone ignores when talking about collaboration is the potential for serendipitous discoveries and opportunities.

Serendipity refers to the unexpected discovery of valuable or useful information or opportunities, often by chance or accident. When individuals or organisations collaborate intelligently, they bring together diverse perspectives, experiences, and knowledge, which can lead to serendipitous discoveries and opportunities.

However, many people tend to focus on the immediate benefits of collaboration, such as increased efficiency, productivity, and innovation, and may overlook the potential for serendipitous discoveries and opportunities. This is because serendipitous discoveries are, by their very nature, unexpected and unpredictable, and cannot be guaranteed. As a result, many individuals and organisations may not see the value in investing time and resources in collaboration solely for the potential of serendipitous discoveries.

Nevertheless, the potential for serendipitous discoveries and opportunities is a compelling reason for individuals and entities to intelligently collaborate. By bringing together diverse perspectives and experiences, individuals and organisations can create a fertile ground for the emergence of new and unexpected ideas, insights, and opportunities. These serendipitous discoveries can lead to breakthrough innovations, new partnerships, or even entirely new business models or industries.

Therefore, it is important for individuals and entities to embrace the potential for serendipitous discoveries and opportunities as a key reason for intelligently collaborating. By being open to unexpected discoveries and opportunities, individuals and organisations can expand their horizons, break down silos, and build new relationships that can ultimately lead to greater success and achievement.

Introducing Intelligent Collaboration

Intelligent collaboration is a fusion of mindset, process, and technology that combines to deliver everyday activities, and desired outcomes.

Mindset and process are inexorably linked, and intelligent collaboration won't work without both working in harmony. Moreover, negative behaviour such as anger, worry, blame, and argument is replaced by curiosity and intuition.

Intelligent collaboration is all about taking appropriate action to ensure desired outcomes are attained. It is action-based, not a coaching programme.

On Ideas-Shared we use tech (that includes a social network, an ambition management platform, and a delivery engine), plus a 7 Step Process (the process), which is melded with your ambitions, and which we provide in-depth training. As far as mindset is concerned, we help you 'think straight' so that you can focus on your goals, teams, and relationships. This is covered in additional life-skills training.

Fusion of Tech, Process & Mindset Scaled Increases Success Rates Exponentially

The benefits of our intelligent collaboration methodology include:

- **Scalability:** The methodology is scalable, designed for mass use, and applied to collaborations of varying sizes, from small teams to large organisation participation.
- **Scope:** Operating across 36 categories that cover personal ambition as well as those of a community, environmental, business, political, financial, social, and economic nature.
- **Efficiency:** The methodology is designed to optimise collaboration and streamline decision-making processes, resulting in increased efficiency and productivity.

Ideas-Shared: Intelligent Collaboration Methodology

- **Innovation:** By bringing together a diverse range of perspectives and experiences, the methodology fosters creativity and innovation.
- **Transparency:** The methodology promotes transparency and accountability, ensuring that all stakeholders have visibility into the collaboration process.
- **Flexibility:** The methodology is flexible and adaptable to the needs of different entities, allowing for customised collaboration approaches.
- **Cost savings:** By reducing duplication of efforts and improving coordination, the methodology can result in cost savings.
- **Enhanced decision-making:** The methodology facilitates evidence-based decision-making by providing stakeholders with the necessary information and insights to make informed choices.

Intelligent collaboration is called upon when:

- You cannot achieve the goal on your own
- You do not have the relevant skill or experience and don't know what to do
- You do not have the necessary leverage, or resources
- The social infrastructure holds us back and needs changing

The value of Intelligent Collaboration lies not in process automation, but in the combination of multiple brains with diverse skills, experiences, and perspectives that come together effectively and efficiently to plan and execute tasks that deliver specific ambitions and goals.

Emotions and subconscious behaviour overwhelmingly influence what we do, and by using intelligent collaboration in a logical manner, we harness this power to achieve our goals and create a better world.

Our Coached Ambition Realisation Platform brings together each of the components needed to drive global participation, allowing ordinary people and groups from every field to intelligently collaborate with each other to share ideas, overcome frustrations, fix problems, and engage in other activities that benefit individuals, communities, businesses, and other organisations.

The Need for Intelligent Collaboration

There is a need for intelligent collaboration, recognising the pressing challenges enveloping our world. As we confront the complexities of our time, it becomes evident that more of us must unite to tackle these challenges head-on. Abandoning the notion of going it alone, we must proactively seek structured collaboration to address current issues and pre-emptively avert future problems. It is a collective responsibility, and together, we must speak up and act to effect real change.

The world faces an array of multifaceted problems—from environmental crises and social inequalities to technological disruptions and global health emergencies. These challenges know no borders, impacting nations and communities worldwide. The call for structured collaboration arises from the realisation that no single entity possesses all the answers. Instead, through structured collaboration, where ideas and efforts are organised and coordinated, we stand the best chance of finding lasting solutions.

While this call addresses current issues, its significance extends far beyond the present moment. By coming together now in a structured manner, we can prevent future problems from escalating into crises. Structured collaboration acts as a proactive shield, with shared experiences and organised approaches serving as the foundation for sustainable progress.

To heed this call, we must abandon passivity and recognise our role in shaping the world. Each of us possesses unique skills, knowledge, and perspectives that, when unified through structured collaboration, create a formidable force for good. By acknowledging our part to play, we empower ourselves to be proactive agents of change.

The call for structured collaboration reverberates across all sectors of society, from governments and businesses to communities and individuals. It reminds us that in unity lies strength, and through structured collaborative action, we can surmount even the most daunting challenges.

As we embrace this call, we open the door to boundless possibilities. Structured collaborative efforts on a global scale offer hope for a more sustainable, equitable, and harmonious future. By stepping forward together, embracing structured collaboration, we become architects of a world that transcends boundaries and unites us in our shared endeavours.

Asking for Help

Fundamental to intelligent collaboration is the notion of ‘asking for help’. This is an essential step in realising your ambitions, as it initiates the entire process. Asking for help can provide you with the resources, support, and guidance you need to overcome challenges and achieve your goals. Here are some more reasons why asking for help is so important:

- **Access to knowledge and expertise:** No one has all the answers and seeking out the knowledge and expertise of others can provide valuable insights and perspectives that you may not have considered. By asking for help, you can tap into the experience and expertise of others, who can provide you with guidance and advice that can help you achieve your ambitions more efficiently and effectively.
- **Overcoming obstacles and challenges:** Realising ambitions often involves overcoming obstacles and challenges that may be difficult to navigate on your own. Asking for help can provide you with the support and resources you need to overcome these obstacles and achieve your goals.

- **Building relationships and networks:** Asking for help can also help you to build relationships and networks that can be valuable in achieving your ambitions. By reaching out to others, you can build connections and establish relationships that can provide ongoing support and opportunities for collaboration.
- **Accountability and motivation:** Asking for help can also help you to stay accountable and motivated in pursuing your ambitions. By sharing your goals and aspirations with others, you can create a sense of accountability that can help you to stay focused and committed to achieving your goals. Additionally, the support and encouragement of others can help to motivate you and keep you on track.
- **Learning and growth:** Finally, asking for help can also be an important opportunity for learning and growth. By seeking out the knowledge and expertise of others, you can gain new insights and perspectives that can help you to develop new skills, expand your knowledge, and grow as an individual or organisation.

Asking for help is an important step in realising your ambitions, as it can provide you with the knowledge, resources, support, and motivation you need to overcome obstacles, achieve your goals, and grow as an individual or organisation. By recognising the value of seeking out help and support from others, you can increase your chances of success and reach your full potential.

3 Keys to Achieving Success

There are three essential keys that you must possess to achieve your ambitions and goals:

- Knowing what you want - although it may seem obvious, we often overlook this crucial step. We tend to complain, blame, and argue without a clear understanding of what we truly desire. Your goals should encompass various aspects of your life, including personal, professional, community, and sports club goals.
- When you encounter a goal that requires assistance, share your story. Share your pain, fears, frustrations, desires, and needs in a concise manner, and don't forget to ask for help.
- Build a team of like-minded individuals who possess the discipline to support you. Together, you can agree on and execute the necessary tasks to achieve the desired results.

There is no magical key to success; it requires clarity and effort. That's why we developed "Ideas-Shared" - to enable everyone to take control of their lives, move in the direction they desire, and collaborate when significant leverage is required for major challenges and issues.

Identifying Your Ambitions & Goals

It's critical to know what you really want from life, this saves time, and allows you to focus on your priorities, rather than wasting time on things you don't really care about.

To guide you, here is a list of potential ambitions or goals, split by interest area, that you may want to follow up on:

Personal Goals & Possible Benefits

In areas such as Children & Parenting, Fashion & Style, Food & Drink, Gaming & Virtual Reality, Health & Well-Being, Hobbies & Interests, Home & Garden, Living Standards, Money & Debt, Personal Development & Growth, Pets & Animals, Quality of Life, Relationships & Communication, Religion & Spirituality, Retirement & Old Age, and Taxation:

Primary Goal	Possible Benefits
<ul style="list-style-type: none">• Be empowered to act• Develop as an individual• Enjoy life• Achieve a goal• Improve efficiency• Increase in self-esteem• Have more money	<ul style="list-style-type: none">• Start doing what you really want• Learn new skills, get headhunted• Have more time freedom• Benefit from the goals• Have more time to do other things• Be more inclined to stretch oneself• Buy previously out of reach things

Community Goals & Possible Benefits

In areas such as Charities & Non-Profits, Cities & Communities, Community & Social, Culture & Entertainment, Events & Celebrations, Internet & Digital, Organisations & Associations, and TV & Radio:

Primary Goal	Possible Benefits
<ul style="list-style-type: none">• Identify needs of the community• Bring people together• Improve quality of life for people• Offer more choice to people• Help those normally out of scope	<ul style="list-style-type: none">• Give population what they want• Make people happier, less trouble• Improve ratings/get more funding• Incorporate more people to act• Create more inclusive society

Business Goals & Possible Benefits

In areas such Including Business, Career Development, Energy, Industry, Infrastructure, Innovation, Leadership & Management, Science, Technology, and Work & Employment:

Primary Goal	Possible Benefits
<ul style="list-style-type: none"> • Help customers • Create efficiencies • Stay in business • Grow and make money • Develop portfolio/range 	<ul style="list-style-type: none"> • Customers stay loyal • Customers get a better experience • Continue to do what you love • Pay wages and salaries, invest • Offer more/sell more

Non-Profit Organisation Goals & Possible Benefits

In areas such as Art & Creativity, Bereavement, Crime & Criminology, Equality, Diversity & Inclusion, Extra-Terrestrial, Geography & Places, Global Issues, Health & Well-Being, History, Human Rights & Social Justice, Humanitarian Aid & Development, Illnesses & Conditions, Languages & Linguistics, Law & Legal Systems, Media & Journalism, Medical & Healthcare, Medicines & Drugs, Money & Debt, Paranormal & Supernatural, People & Society, Poverty & Hunger, Quality of Life, Social Impact & Philanthropy, Sport & Recreation, Travel & Tourism, and War & Peace:

Primary Goal	Possible Benefits
<ul style="list-style-type: none"> • Help more people • Add more value/greater economies • Remain solvent • Be efficient • Care more 	<ul style="list-style-type: none"> • More people enjoy better living standard • Give people more for less money • Continue operating and helping • Get thing to people quicker, save lives • Those they help feel better

Government Goals & Possible Benefits

In areas such as Disasters & Emergency Response, Education & Learning, Government & Policy, Local Government, Military & Defence, Politics, and Taxation:

Primary Goal	Possible Benefit

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<ul style="list-style-type: none">• Improve life for people in the country• Make better, smarter decisions• Support people better by...• Stay in power• Be more popular by...	<ul style="list-style-type: none">• Improve society, reduce crime etc.• Waste less, do more, achieve more• Increase their popularity• Do more of what they want• Stay in power longer
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As always, the trick is to know what you want to achieve, then go out there, and make it happen.

Turning Ambitions & goals Into Everyday Activities

No matter what we want to achieve, getting from A to B is all about doing activities. On Ideas-Shared there are 18 different Activity Types that you can choose to undertake as needed.

Each of these delivers specific outcomes, and these outcomes have value and benefit attached.

- **Share Ideas:** Share innovative concepts and proposals to inspire and spark creativity.
- **Rant:** Vent frustrations or express grievances on specific topics.
- **Fix Problems:** Discuss challenges, seek insights, and collaborate on finding solutions.
- **Share Knowledge:** Share informative content, articles, or thought-provoking insights.
- **Ask Questions:** Ask for information, advice, or input from the community.
- **Offer Solutions:** Offer practical answers or resolutions to address specific issues.
- **Manage Jobs:** Explore opportunities or advertise job openings.
- **Showcase Places:** Discover and share information about different locations or venues.
- **Promote Events:** Discover and promote upcoming events, fostering community engagement.
- **Express Opinions:** Express viewpoints, share perspectives, and engage in healthy debates.
- **Offer Help:** Extend support, expertise, or services to assist others.
- **Start Discussions:** Engage in conversations, exchange ideas, and foster meaningful interactions.
- **Supply Tutorials:** Offer step-by-step instructions, guidance, or educational content.
- **Post Announcements:** Communicate important notices, updates, or announcements.
- **Request Help:** Seek assistance or support from the community for specific needs.
- **Submit Adverts:** Promote products, services, new and old to reach a wider audience.
- **Present Recommendations:** Provide suggestions and endorsements for various items or activities.

- **Post Fun Stuff:** Explore and participate in entertaining or enjoyable activities within the community.

It's particularly easy to self-determine from your ambitions and goals just which of the above activities are needed to achieve the desired outcome.

This structure coupled with intelligent collaboration in the age of granular data and information management, including AI is very powerful.

Once you know what you want to achieve, and you know what you want to do, then it's simply a matter of asking the world for help.

Activity Listings

On Ideas-Shared, an Activity Listing is the mechanism through which you ask the world for help.

They take just minutes to complete, and once submitted are visible on our [Ambition Directory](#), where members and the public alike can view, review, like/dislike, and actively support.

The Account Type (either individual, or entity related) contextualises the listing, and supporting information provides all the information needed for other people to want to get involved and help.

Naturally, the bigger the ambition, the greater number of people it impacts is, as is the likely number of tasks needing to be completed is.

The 7 Step process guides all members to identify ambitions, post listings and follow through to completion.

Top end Activity Listings are ones that are fully complete, tell a story, show what the future could look like, describe clearly what is being asked for, and declare next steps that interested parties can easily follow up on.

Completing an Activity Listing can be done in just a few minutes, so long as the subject matter is known, and understood, and any images, videos, and documents are readily to hand.

For activity listings to be effective, they should:

- Capture and maintain the reader's interest.
- Provide sufficient compelling details to help the reader make an informed decision and proceed towards supporting the ambition.
- Present a clear and straightforward next step that motivates the reader to contact you or follow up in some other way.
- Take action to achieve the desired outcome.

Creating a Better Future

Has the world lost its way?

Perhaps.

But simply selling information, coaching, and courses won't solve the world's problems directly. The information age may create jobs, wealth, and taxes, but it won't change or improve anything unless people intelligently collaborate to tangibly change or improve something. Blaming, polarising, and nonsense won't teach kids how to behave or do the right thing. There is a disconnect between leadership, workers, and people in general that has led to mistrust, waste, inefficiency, and misery.

To address this, we must recognise that we can influence four layers:

- Level 1: Ourselves
- Level 2: Other people and communities
- Level 3: Businesses and organisations
- Level 4; Societal structures and the broader environment.

Layer 1 should be the easiest and requires the least amount of leverage, while layer 4 is the most complex and usually requires maximum leverage.

Intelligent collaboration can be used across all layers to bring together small groups of players to determine tasks that need to be undertaken to achieve desired outcomes, followed by action to complete or execute those tasks undertaken by any interested parties.

Who becomes involved is entirely driven by interest and can include family, friends, neighbours, colleagues, suppliers, customers, professionals, the public, or any other segment of society.

To follow a logical sequence:

- Someone has an idea or thought based on an adverse experience or opportunity knocking.
- That person creates an activity listing based on a strategic goal, shares it with others, and meets with a core team to agree on how to proceed.
- A core team puts a plan into action, inviting themselves and others to deliver tasks.
- Benefits and value are realised as tasks are delivered, and the cycle repeats.

While how we react, engage, and do is outside the scope of this eBook, it is vitally important.

Creating Your Space

Now that we've explained the concept of "Intelligent collaboration" and introduced you to Ideas-Shared, the question is how to leverage it to achieve your goals and aspirations?

Here are some key tips:

- Use Ideas-Shared to identify your urgent and important goals for change and improvement.
- Utilise the platform to differentiate yourself from others and stand out in your activities.
- Engage and attract the people you need to help you achieve your goals through the platform's networking and collaboration tools.
- Become an unstoppable "achievement machine" by leveraging Ideas-Shared's unique combination of social networking, ambition directories, and intelligent collaboration methodology.

Ideas-Shared is not just another social media platform, but a comprehensive intelligent collaboration experience that can help you realise your ambitions. It features a social network, personal and organisational ambition directories, and a powerful collaboration methodology and delivery system to support your goals.

Managing Self-Sabotage

Self-sabotage refers to the negative behaviours and thought patterns that hinder our personal growth and success. It encompasses actions such as anger, worry, procrastination, self-doubt, and fear of failure. These self-destructive behaviours often arise from deep-seated beliefs and past experiences, leading us to undermine our own progress and potential.

Negative behaviours can have a profound impact on various aspects of our lives. They create mental and emotional barriers that prevent us from pursuing our goals, forming meaningful relationships, and embracing new opportunities. These patterns can lead to a cycle of dissatisfaction and unfulfillment, hindering us from reaching our true potential.

Intuition is a powerful tool that often gets overshadowed by the noise of negative thoughts. By learning to trust our instincts and inner guidance, we can break free from the cycle of self-sabotage. Intuition acts as an inner compass, guiding us towards decisions that align with our authentic selves and higher purpose.

Curiosity is the key to breaking free from self-sabotage. By adopting a curious mindset, we open ourselves to learning and growth. Instead of succumbing to negative behaviours, we

can explore the underlying causes of our thoughts and emotions. Curiosity allows us to question our beliefs, challenge limiting assumptions, and seek new perspectives.

To overcome self-sabotage, it is essential to identify the triggers and patterns that lead to negative behaviours. By becoming aware of our emotional responses and thought patterns, we can interrupt the cycle of self-sabotage before it takes hold. Intuition and curiosity play a vital role in this process, helping us delve into the root causes of our behaviours.

As we explore the depths of self-sabotage, it is crucial to practice self-compassion. Self-compassion involves treating ourselves with the same kindness and understanding that we would offer to a friend. By acknowledging that everyone experiences setbacks and struggles, we can release feelings of self-blame and move forward with greater self-awareness.

Intuition and curiosity lead us to embrace positive change. By redirecting our energy from self-sabotaging behaviours towards self-awareness and personal growth, we create space for transformation. With an open mind and a curious heart, we can embark on a journey of self-discovery and make empowering choices aligned with our intuition.

Mindfulness plays a significant role in overcoming self-sabotage. By being present in the moment and observing our thoughts without judgment, we can disentangle ourselves from negative patterns. Mindfulness cultivates a heightened sense of self-awareness and empowers us to respond to challenges with clarity and composure.

As we navigate the path of overcoming self-sabotage, resilience becomes a valuable asset. By embracing our intuition and curiosity, we build the resilience needed to bounce back from setbacks and continue our journey of growth. Resilience enables us to face challenges with determination and adaptability, fostering personal development.

Overcoming self-sabotage is an ongoing process of growth and transformation. By integrating intuition and curiosity into our daily lives, we open ourselves to profound personal change. Embracing our authentic selves and honouring our inner wisdom empowers us to step into our true potential and live a life free from the limitations of self-sabotage.

Self-sabotage can be a significant barrier to living a fulfilled and purposeful life. However, by harnessing the power of intuition and curiosity, we can break free from negative behaviours and step into a life of self-awareness, growth, and empowerment. Embrace your intuition, nurture your curiosity, and unlock the extraordinary potential within you to create a life that aligns with your deepest desires and aspirations.

Now It's Your Turn

Intelligent Collaboration is a powerful concept that can help you achieve your goals and ambitions by working with others who share similar objectives. Now that you have a good

understanding of what Intelligent collaboration is, and the 7-Step Process (from Guide 1), it's time to put these concepts into action.

To get started, it's essential to take some time to reflect on your goals and ambitions. What is it that you want to achieve in life? What specific outcomes do you want to see? These could be personal or professional, short-term, or long-term. Whatever they are, take some time to think about them carefully.

Once you have a clear understanding of your ambitions and goals, it's time to think about the specific activities that will help you achieve them. This might involve learning new skills, networking with others, pursuing specific projects, or taking on new challenges. Whatever the activities are, they need to be actionable and achievable.

Setting aside an hour to focus on this exercise can be incredibly helpful. This is a chance to clear your mind, focus on what's important, and come up with a plan of action that will move you towards your desired outcomes. Use this time to think deeply about your ambitions, your goals, and the specific activities required to achieve them.

Remember that Intelligent Collaboration is about working with others who share your objectives. As you think about your ambitions and goals, consider how you can collaborate with others to achieve them. This might involve finding mentors or partners who can help you along the way, or it might mean joining a community of like-minded individuals who can support you as you work towards your goals.

Guide 3 shows you how to use Ideas-Shared. It is an Enhanced User Guide available from within the members area.

Our Mission

The most important reason to join Ideas-Shared.com is to leverage the power of intelligent collaboration. The platform brings together like-minded individuals from different locations, desires, and professions to collaborate and share their knowledge, skills, and experiences. Through this intelligent collaboration, individuals can overcome adversity, take advantage of opportunities, and achieve shared goals.

This can lead to growth, innovation, change, and improvement, not only for individuals but also for communities, businesses, organisations, and the environment. Joining Ideas-Shared.com provides a practical and simple way to collaborate and make a positive difference in the world.

That's why my focus this year is on a specific mission - finding joy in helping others succeed rather than achieving personal success. Throughout my career, I have helped myself and others achieve impressive financial targets, create innovative technology, and develop complex commercial solutions and boutique consultancies.

Ideas-Shared: Intelligent Collaboration Methodology

Now, I aim to facilitate 10,000 global activity listings within our online community in just one year, creating unlimited value and benefits for all involved. If you're ready to join us and create your own activity listings, don't wait - get access to our Coached Ambition Realisation Platform now and start working towards achieving your goals.

Not a member?

Then use the link below to claim your seat.

[Click Here to Sign Up](#)

Summary

Our society has ingrained in us the idea that we must compete with our neighbours to succeed. Unfortunately, this competition often benefits those with power and money, while disadvantaging many.

Therefore Ideas-Shared has two goals: to support individuals and organisations in achieving their ambitions, and to advocate for societal changes that benefit everyone.

Without a system that enables social reform, fair pay, and business investment opportunities, it will remain difficult for us to achieve our goals.

We must come together as a global community, understand the challenges we face, and create the conditions we need to succeed.

So, what have we learned?

- We've discovered that "Intelligent Collaboration" is a way to use the latest brain science and technology to share our ambitions and collaborate with people we know and those we have yet to meet.
- As an innovation expert, concerned party, or solution provider, how can you stand out in a crowded world and leverage the power of Intelligent Collaboration to initiate solutions to adversity and opportunity?

How can you become someone others want to help? Here are three action steps for you:

- Sign up and complete your profile pages.
- Confirm your ambitions and strategic goals and post activity listings.
- Follow the 7-step process until you achieve your desired outcomes.

Repeat this process as many times as you want. It will be an amazing experience for you, because as always, it is up to us to voice our concerns and push for change so that we can all thrive and achieve our personal and entity-related objectives.

Thank you for reading!

Your friend,

Bob.

P.S. If you found this book helpful, please share it with someone who may benefit from it. Here's to the best experiences ever!

About Us

At Ideas-Shared, our journey began with a shared vision and a passion for empowering individuals to achieve their aspirations. Co-founded by Ivar Ingimarsson and Bob Thompson, our platform is built on the belief that collaboration and unity are powerful catalysts for positive change.

Ivar Ingimarsson, a former professional footballer, brings his compassionate nature and genuine desire for the well-being of others to our team. Residing in Iceland, Ivar actively contributes to the growth of Ideas-Shared while nurturing tourism in his native country. His valuable insights and perspectives shape our vision and impact, amplifying our mission of facilitating collaboration among our diverse user bases.

Bob Thompson is a versatile individual with a diverse background, from military service to holding an MCIPS qualification as a procurement and supply professional. With an innate ability to troubleshoot and solve complex issues, Bob's straightforward communication style and dedication to providing value set him apart. He transformed the original concept of Ideas-Shared into the robust platform it is today. As a visionary leader, Bob is responsible for steering the direction, growth, and product strategy of our company, ensuring we meet the evolving needs of our users.

Together, Ivar and Bob's unwavering commitment to empowering individuals and fostering a sense of unity have shaped Ideas-Shared into a platform that brings people from all walks of life together. We provide opportunities for personal growth, community development, social impact, and business innovation. Join us on this transformative journey, where ambitious dreams become tangible realities, and together, we create a world of boundless possibilities.