

A BETTER ME · FREE SAMPLE

A BETTER ME

The Six Systems That Changed Everything

— FREE SAMPLE —

Introduction + System 1

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I'll See You in the Land of Better

INTRODUCTION

You picked up this book because something in you knew it was time.

Maybe you've been running on the hamster wheel long enough that you can't remember what it felt like to stand still. Maybe you've had the dream in your head for years — the business, the life, the version of yourself you know you're capable of being — but you keep hitting the same walls, starting the same conversations, and waking up in the same place.

Or maybe you've been doing everything right on the outside and something on the inside still doesn't add up. The titles are there. The paycheck clears. People would look at your life and call it a success. But privately, when the house is quiet, you feel the gap between the life you're living and the life you were built for. That gap is not your enemy. That gap is your invitation.

Whatever brought you here, I want you to know something before we go further: this book isn't going to change your life. You're going to change your life. This book is just going to show you the six systems that, when applied honestly and consistently, make change feel less like a miracle and more like the natural result of deciding to think and operate differently.

I'm Demorrious Robinson. I'm a coach, a consultant, and a speaker. I hold an MBA in Resilience Based

Management from Columbia College and a BA in Organizational Leadership from Winthrop University. But more importantly, I'm someone who has lived every chapter of this book before I wrote it.

I grew up in Boyd Hill. I've chased the wrong metrics for the right dreams. I've hidden behind silence when I should have been building accountability. I've sat in a church I pastored for fifteen years and confused the compass for the destination. And I've come out on the other side of every single one of those seasons with more clarity, more freedom, and more capacity to help others navigate the same terrain.

Why Systems, Not Steps

This is a book about six systems — not six steps, not six tips. Systems. Because steps assume a straight line, and life doesn't work that way. Steps say: do this, then this, then you're done. But you already know life isn't a checklist.

Systems are different. Systems are frameworks you return to — principles you apply in different seasons, at different levels, with different challenges. You don't graduate from a system. You grow inside it. The same six systems that help you start a side business will, years later, help you lead an organization. The details change. The systems don't.

The six systems are: Think Differently, Know Your Pie, Choose Your Circle, Dream Draft Divulge, You've Been Permitted, and Review Reset Re-Engage. Each chapter ends with a Work It Out section — real questions and exercises, not filler. The person who

reads this book and does the work will be in a completely different place than the person who reads it and nods along.

Commit to the next six chapters, and the plan will work. I'll see you in the Land of Better.

— *Demorrious D. Robinson, MBA*

Think Differently

SYSTEM ONE — THE PERSPECTIVE SYSTEM

Is It Half Empty or Half Full?

If you asked one million people whether they'd like their life to improve dramatically — the finances, the relationships, the health, the purpose — I believe every single one of them would say yes. They'd light up talking about what they'd want to see change.

Almost nobody is short on desire. If wanting it were enough, every one of those million people would already be living the life they described. The thing standing between most people and the life they want is not a lack of wanting. It's something quieter and harder to see.

Here's what I've learned after years of coaching individuals and organizations: the obstacle isn't the goal. The obstacle is the lens. How you perceive what's in front of you determines whether you approach it as something to conquer or something that conquers you. Two people can face the exact same circumstance — the same layoff, the same diagnosis, the same closed door — and one is buried by it while the other is built by it. The circumstance didn't decide that. Their perspective did.

The Washington Monument Lesson

When my children were young, I took them to Washington, D.C. We walked the Mall, visited the Lincoln Memorial, and stood on the very spot where Dr.

Martin Luther King Jr. gave the “I Have a Dream” speech.

The moment I want to tell you about happened as we were leaving the Lincoln Memorial. My son Kyle turned around and looked down the length of the Reflecting Pool. At the far end stood the Washington Monument — tall, thin, and distant. And in that moment, his eyes lit up, his hands came up in front of his face, and he pinched his fingers together like he was holding something small. He actually thought he could hold the Washington Monument in his hand.

I let him marvel for a minute. Then I said, “Let’s walk toward it.” With each step, the Monument got bigger. His head tilted back further. And by the time we were standing at its base — this thing that moments ago he could hold between two fingers — was now towering over him in a way that made his mouth drop open all over again.

The Washington Monument didn’t change. Its size was the same from the Reflecting Pool as it was up close. What changed was his perspective — and his perspective changed because his position changed.

Most of the things standing in your way aren’t as big as they look from far away — and aren’t as small as you think they are once you’re standing right next to them.

That’s the lesson I wanted to burn into my kids that day: perspective isn’t just about attitude. It’s about

position. Where you're standing changes everything you see.

Now apply that to your life. The obstacle in front of you — the financial situation, the relationship, the business challenge, the dream that seems too far away — looks different depending on where you're standing when you look at it. Your job isn't to eliminate the obstacle. Your job is to find the right position to see it clearly.

The Obstacle Is the Curriculum

You have to establish what I call an overcomer mentality. Not toxic positivity that denies the reality of obstacles. But a conviction that the things standing in front of you are there to pull out of you what you didn't even know you had.

The obstacle is the curriculum.

We tend to think the obstacle is the interruption — the thing keeping us from the lesson. But what if the obstacle is the lesson? What if the difficult client is teaching you how to lead difficult conversations? What if the lean season is teaching you how to build without waste? When you start treating obstacles as curriculum, you stop asking “why is this happening to me?” and start asking “what is this trying to teach me, and who do I have to become to pass?”

That single shift — from victim to student — is available to you in every circumstance you will ever face. Nobody can take it from you. It doesn't require

money, credentials, or permission. It requires only the decision to change your position so you can change your view.



This Is Where the Sample Ends.

You just met the first of six systems. In the full book, System 1 keeps going — the Work It Out exercises that move it from idea to action, plus the story of how a single conversation with my wife rewired how I show up in every room.

Then come five more systems: Know Your Pie, Choose Your Circle, Dream-Draft-Divulge, You've Been Permitted, and Review-Reset-Re-Engage — each with real stories, the exact “how,” and exercises you can run this week.

KEEP READING

Get the full book — *A Better Me: The Six Systems That Changed Everything* —
and free resources at iamdemorrious.com

The Land of Better is real. I saved you a seat.