

Chapter 1 : How to Start Over and Have the Life You Want (with Pictures)

Once you start the process you'll discover it is much easier to get what you want by taking control of your thoughts, your visualizations, and your actions! And if you'd like my help in creating true life transformation for yourself, or for others around you, then I invite you to attend my free webcast, called "The 7 Pillars of True Life Transformation."

No, they reach their goals and discover they were the wrong goals and the wrong path to get there. No one taught them how to set goals that would give them the life and the career they wanted. Stop Setting Goals for the Wrong Reason The first step to setting goals that will bring you an awesome life is to stop setting goals that will bring you a sucky life. Most goals are about a destination. Figure out the things that would create a fun, meaningful, compelling journey. How do I want to spend my time? What daily activities make me want to leap out of bed? What do I want to learn? Who do I want to hang out with? Now set your goal. Choose one that will create the journey you just designed. For example, Chris, a mid-career finance executive, had an original life goal of making a small fortune. That goal led to an education in securities and securities law, a life of financial analysis on Wall Street, and a community of financial professionals. Despite the money, Chris feels like life is slipping by in a gray fog. Any number of goals could send Chris on a different journey. Here are his answers to the above questions: These goals are wildly different from one another, but what they all share is that the journey to reach them will motivate the activities, learning, and community that Chris really wants out of life. Some journeys are so much fun, people stay on them forever. As much press as persistence gets, keep in mind that you can always change your direction. Your goal is there to shape your life in a way that delights you, not enslaves you. If the pursuit of the goal is draining your life, then why keep it? We adopt goals for one reason and one reason only: Rather than adopting a goal you hope will change your life once you reach it, do it the other way around. Choose the journey that for you would be awesome—the activities, personal growth, and friends. Then choose a goal that acts as a compass to give you that life as part of the journey. And if you ever feel your direction needs changing, change goals. Your life is too precious to settle for less than extraordinary. He helps people live extraordinary lives and embark on big-vision, world changing projects.

Chapter 2 : How To Set Goals For The Life You Actually Want

You are definitely going to college, but maybe you need a better grade in chemistry to get into the school you want or maybe you need to study for the SAT a little differently to get a higher score.

The massive action strategy is quite powerful. An example of when I took massive action in the past was when I requested vacation time off from work and dedicate practically ALL of that free time towards moving forward with one of my goals. Things can change pretty quickly when you dedicate a bulk of your time and energy toward realizing your goals instead of simply fantasizing about them. I typically try to incorporate massive action bursts, into my life from time to time. If I go too long without incorporating massive action energy, my results and lifestyle will suffer. All it takes is one or two days or maybe a week of intense focused action and things can drastically change for the better. During my massive action period, nothing is off limits. There are no excuses during times of massive action. Consistent Action Taking massive action requires a lot of effort. The consistent action method is ideal if you are short on time or if you are juggling a lot of other responsibilities. Basically, I pick actions to do each week that will move the needle forward on my progress. This is the perfect compromise for when time is limited. The last thing you want to do is to wait too long to take action towards your goals. So, as you plan your week, always incorporate several actions that will have a direct impact on your life. Law of Attraction Whenever I find myself lacking in action, I do the bare minimum by incorporating Law of Attraction techniques. This requires the least amount of physical activity but it still works to some extent. When I apply LOA methods consistently, my life seems to shift without much physical effort from me. LOA techniques may not alter my physical reality as quickly as the other tactics but it still can produce some results. Inspired Action The last type of action that will help close the gap between inspiration and reality is immediate, inspired action. This is where I take one step while in the midst of inspiration. I like to take advantage of the inspiration zone by doing something. The results from taking that one inspired action will remain long after that feeling of inspiration is gone. And it will serve as a trigger to keep moving forward. Within days of receiving the idea, I researched and ordered a small batch of glass bottles for the product. Lack of inspired action is the major reason why most ideas die before they ever become real.

Chapter 3 : How to Create the Successful Life You Want in 7 Steps | Jack Canfield

It's easy to get stuck in a routine. We graduate from school, get married, raise a family, and somewhere in there, we get so busy living a life that happened accidentally, we forget that we can create the life we want.

However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you to reduce stress, find friends, reach out to the community, learn new skills, and even advance your career. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. Giving in even simple ways can help others those in need and improve your health and happiness. The happiness effect Helping others kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in Social Science and Medicine. Volunteering connects you to others One of the better-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities. Increase your social and relationship skills While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Volunteering as a family Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change. Volunteering is good for your mind and body Volunteering provides many benefits to both mental and physical health. Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression. Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals. Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease. I have limited mobilityâ€”can I still volunteer? People with disabilities or chronic health conditions can still benefit greatly from volunteering. In fact, research has shown that adults with disabilities or health conditions ranging from hearing and vision loss to heart disease, diabetes or digestive disorders all show improvement after volunteering. Whether due to a disability, a lack of transportation, or time constraints, many people choose to volunteer their time via phone or computer. Some

organizations may require you to attend an initial training session or periodical meetings while others can be done completely remotely. In any volunteer situation, make sure that you are getting enough social contact, and that the organization is available to support you should you have questions. Teaching you valuable job skills Just because volunteer work is unpaid does not mean the skills you learn are basic. Many volunteering opportunities provide extensive training. Volunteering can also help you build upon skills you already have and use them to benefit the greater community. For instance, if you hold a successful sales position, you raise awareness for your favorite cause as a volunteer advocate, while further developing and improving your public speaking, communication, and marketing skills. Gaining career experience Finding the Right Career: How to Find Job Satisfaction Volunteering offers you the chance to try out a new career without making a long-term commitment. It is also a great way to gain experience in a new field. Your volunteer work might also expose you to professional organizations or internships that could be of benefit to your career. Bear in mind that the most valuable skills you can bring to any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude. Volunteering brings fun and fulfillment to your life Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life. Many people volunteer in order to make time for hobbies outside of work as well. Consider your goals and interests You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Think about why you want to volunteer. What would you enjoy doing? The opportunities that match both your goals and your interests are most likely to be fun and fulfilling. Tips for getting started First, ask yourself if there is something specific you want to do. Having answers to these questions will help you narrow down your search. World Volunteer Web How to find the right volunteer opportunity There are numerous volunteer opportunities available. The key is to find a volunteer position that you would enjoy and are capable of doing. Ask yourself the following: Would you like to work with adults, children, animals, or remotely from home? Do you prefer to work alone or as part of a team? Are you better behind the scenes or do you prefer to take a more visible role? How much time are you willing to commit? What skills can you bring to a volunteer job? What causes are important to you? Sometimes an opportunity looks great on paper, but the reality is quite different. Try to visit different organizations and get a feel for what they are like and if you click with other staff and volunteers. Where to find volunteer opportunities Community theatres, museums, and monuments Libraries or senior centers Service organizations such as Lions Clubs or Rotary Clubs Local animal shelters, rescue organizations, or wildlife centers Youth organizations, sports teams, and after-school programs Historical restorations, national parks, and conservation organizations Places of worship such as churches or synagogues Online databases such as those contained in the Resources section below How much time should you volunteer? In fact, research shows that just two to three hours per week, or about hours a year, can confer the most benefitsâ€”to both you and your chosen cause. The important thing is to volunteer only the amount of time that feels comfortable to you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list. To make sure that your volunteer position is a good fit: You want to make sure that the experience is right for your skills, your goals, and the time you want to spend. You should be comfortable with the organization and understand the time commitment. Give yourself some flexibility to change your focus if needed. If volunteering overseas, choose carefully. Some volunteer programs abroad can cause more harm than good if they take much-needed paying jobs away from local workers. Look for volunteer opportunities with reputable organizations. The best volunteer experiences benefit both the volunteer and the organization. Or are you uncomfortable simply because the situation is new and unfamiliar? Recommended reading Simple Changes, Big Rewards: A Practical, Easy Guide for Healthy, Happy Living Volunteer Resources â€” A series of articles to learn more about volunteering, from finding the best fit to how to include volunteer experience on your resume. Timebank The Health Benefits of Volunteering: Recent Research PDF â€” A comprehensive

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discussion of the most recent research on volunteering, citing specific studies outlining the benefits to health, especially for seniors. Corporation for National and Community Service The many ways volunteering is good for your heart â€” How volunteering offers advantages for your physical and mental health. Harvard Health Publications 10 Tips on Volunteering Wisely â€” Tips to make the most of your volunteering experience, from finding the right organization to managing your volunteer time. Network for Good VolunteerMatch â€” An online volunteer search database which allows you to search for opportunities that match your volunteer interests, from location to type of work. VolunteerMatch Idealist â€” Find volunteer opportunities in your local area or internationally. Idealist National and Community Service â€” Federal organization offering volunteer position across the U. National Service Volunteer â€” Provides a directory of environmental volunteer opportunities with organizations such as the U. Peace Corps â€” Offers volunteer opportunities overseas and includes a 50 Plus division for older adults.

Chapter 4 : 5 Words And Phrases That Can Transform Your Work Life

You may spend time and effort helping someone with something that they didn't even want help with. Make an effort to ask them where they need help, and keep that in mind when you see an opportunity.

However, employees also identify with their outside roles, or their "true self". In other words, identity is "fragmented and constructed" through a number of interactions within and outside of the organization; employees do not have just one self. Most employees identify not only with the organizations, but also other facets of their life family , children , religion , etc. Sometimes these identities align and sometimes they do not. When identities are in conflict, the sense of a healthy work-life balance may be affected. Organization members must perform identity work so that they align themselves with the area in which they are performing to avoid conflict and any stress as a result. Gender, time spent at work, and family characteristics. It has been demonstrated that men prioritize their work duties over their family duties to provide financial support for their families, whereas women prioritize their family life. This being said, long hours could be interpreted positively or negatively depending on the individuals. Working long hours affect the family duties, but on the other side, there are financial benefits that accompany this action which negate the effect on family duties. Parents who are employed experience reduced family satisfaction due to their family duties or requirements. In addition, parent workers value family-oriented activities; thus, working long hours reduces their ability to fulfill this identity, and, in return, reduces family satisfaction. This aspect can also be the cause of an imbalance in the areas of life. All of these contribute to the perception of a chronic lack of time. Psychological strain is also affected by the complexity of work, the growing responsibilities, concerns for long-term existential protection and more. Work-life conflict is not gender-specific. According to the Center for American Progress , 90 percent of working mothers and 95 percent of working fathers report work-life conflict. Organizations play a large part in how their employees deal with work-life balance. Some companies have taken proactive measures in providing programs and initiatives to help their employees cope with work-life balance. The conflict of work and family can be exacerbated by perceived deviation from the "ideal worker" archetype, leading to those with caretaker roles to be perceived as not as dedicated to the organization. This has a disproportionate impact on working mothers, [15] who are seen as less worthy of training than childless women. The report is based on the analysis of data drawn from a representative sample of 10, U. In the past, women often found it more difficult to maintain balance due to the competing pressures at work and demands at home. As a result, the foundations of the male dominance structure have been eroded. Generally speaking, men have more interests in financial gain which requires working longer hours. Women tend to report higher desires of flexibility between profession and home life, which can allow them to be at home more frequently. While women are increasingly represented in the workforce, they still face challenges balancing work and home life. Both domestic and market labor compete for time and energy. A new study on fatherhood shows that more men are looking for alternatives to their hour workweek in order to spend more time with their family. Though working less means a smaller paycheck and higher stress levels, men are looking for flexibility just as much as women. However, with an ever-changing society, flexibility is becoming much more apparent. According to Garey and Hansen, "the masculine ideal of a worker unencumbered by caregiving obligations is built into workplace structures and patterns of reward. Occupational stress Steven L. Sauter, chief of the Applied Psychology and Ergonomics Branch of the National Institute for Occupational Safety and Health in Cincinnati, Ohio, states that recent studies show that "the workplace has become the single greatest source of stress". Symptoms of stress are manifested both physiologically and psychologically. Persistent stress can result in cardiovascular disease , sexual health problems, a weaker immune system and frequent headaches, stiff muscles, or backache. It can also result in poor coping skills , irritability, jumpiness, insecurity, exhaustion, and difficulty concentrating. Stress may also perpetuate or lead to binge eating , smoking , and alcohol consumption. The feeling that simply working hard

is not enough anymore is acknowledged by many other American workers. What little time is left is often divided up among relationships, kids, and sleep. The study states that women, in particular, report stress related to the conflict between work and family. Between trying to balance a new schedule, managing additional responsibilities, and lacking flexibility and support, they can only increase stress, potentially causing depression to the employee. Psychoanalysts diagnose uncertainty as the dominant attitude to life in the postmodern society. It is the uncertainty to fail, but also the fear of their own limits, not to achieve what the society expects, and especially the desire for recognition in all areas of life. For example, appearance, occupation, education of the children are compared to a media-staged ideal. This idea of perfection is due to this deep-rooted aversion to all things average; the pathological pursuit to excellence. The individual is then faced with the realization that perfection does not exist. It has been noticed that a burnout affects those passionate people who seek perfection. This condition is not considered a mental illness but only a grave exhaustion that can lead to numerous sick days. According to experts in the field, the individuals who detain the following characteristics are more prone to burnouts: All together, they usually have a lack of a healthy distance to work, leading to work-life imbalance. They are not allowed to show weaknesses or signs of disease, because this would immediately lead to doubts of their ability for further responsibilities. The highest priority seems linked to the job, and it leads individuals to waive screening as a sign of weakness. Nonetheless, the burnout syndrome seems to be gaining popularity. Nothing seems shameful about showing weaknesses, but quite the opposite: The burnout is part of a successful career like a home for the role model family. Since the description of burnout could be "socially recognized precious version of the depression and despair that lets also at the moment of failure the self-image intact", it concludes that "only losers become depressed, burnout against it is a diagnosis for winners, more precisely, for former winners. In fact, one in every sixth individual under the age of 60 consumes medication against insomnia, depression or to boost energy levels, at least once a week. Often, those individuals seem to have anxiety disorders and depression as well, which are serious mental diseases. Depression is the predominant cause of nearly 10, suicides that occur each year in Germany. For example, in Germany, early retirement due to mental illness represented In , the percentage increased to The proportion of failures due to mental disorders seems to be increasing. In , statisticians calculated 41 million absent days that were related to these crises, leading to 3. As Bowswell and Olson-Buchanan stated, "Increasingly sophisticated and affordable technologies have made it more feasible for employees to keep contact with work". Employees have many methods, such as emails, computers, and cell phones, which enable them to accomplish their work beyond the physical boundaries of their office. Employees may respond to an email or a voice mail after-hours or during the weekend, typically while not officially "on the job". Researchers have found that employees who consider their work roles to be an important component of their identities will be more likely to apply these communication technologies to work while in their non-work domain. Technological control "emerges from the physical technology of an organization". This type of control, as Barker argues, replaces the more direct, authoritarian control, or simple control, such as managers and bosses. As a result, communication technologies in the temporal and structural aspects of work have changed, defining a "new workplace" in which employees are more connected to the jobs beyond the boundaries of the traditional workday and workplace. This added use of technology creates a confusion as to what the purpose of the technology poses for the individual using it. Questions such as "what is work usage media compared to non-work usage media look like" or "are we working more because it is easier and more accessible or because we want to work more? According to Esther M. Orioli, president of Essi Systems, a stress management consulting firm, "Traditional stress-management programs placed the responsibility of reducing stress on the individual rather than on the organization where it belongs. Indeed, employees report increased job satisfaction, greater sense of job security, better physical and mental health, reduced levels of job stress and enhanced control of their environment. In fact, work-life balance does not only benefit the employee, but also the organization. Once work-life balance has been introduced to the employee, the organization faces less absenteeism, lateness and staff turnover rates. In addition, there is an

increase retention of valuable employees, higher employee loyalty and commitment towards the organization, improved productivity and enhanced organizational image. These "deals" support the idea of a constructivist approach including both the employer and the employee, based on a give-and-take situation for both of them. Access to these benefits, however, varied by employee and establishment characteristics. According to the data from the National Compensation Survey NCS , paid vacation benefits were available to 37 percent of part-time workers in private industry. These benefits were available to 90 percent of workers earning wages in the highest 10th percent of employees and only to 38 percent of workers in the lowest 10 percent of private industry wage earners. Paid sick leave was available to 75 percent of full-time workers and 27 percent of part-time workers. Access to paid sick leave benefits ranged from 21 percent for the lowest wage category to 87 percent for the highest wage category. These data provide comprehensive measures of compensation cost trends and incidence and provisions of employee benefit plans. Unskilled workers will almost always have to rely on bare minimum legal requirements. The legal requirements are low in many countries, in particular, the United States. In contrast, the European Union has gone quite far in assuring a legal work-life balance framework, for example pertaining to parental leave and the non-discrimination of part-time workers. Although employers are offering many opportunities to help their employees balance work and life, these opportunities may be a catch twenty-two for some female employees. Even if the organization offers part-time options, many women will not take advantage of it as this type of arrangement is often seen as "occupational dead end". Even when the option to work part-time is available, some may not take advantage of it because they do not want to be marginalized. Formation of the "ideal worker" and gender differences. Additionally, some mothers, after returning to work, experience what is called the maternal wall. The maternal wall is experienced in the less desirable assignments given to the returning mothers. It is also a sense that because these women are mothers, they cannot perform as "ideal workers". Maternity leave[edit] Maternity leave and parental leave are leaves of absence for expectant or new mothers sometimes fathers for the birth and care of the baby. These policies vary significantly by country regarding factors such as the length of the leave and what amount of money is paid. They may help create a work-life balance for families.

Chapter 5 : 7 Reasons Why Helping Others Will Make You Live a Better Life

If you want to have a wonderful life, spend your days in positive, forward-moving action and thought. Dismiss your longings for what you don't have. Dismiss your longings for what you don't have. Enjoy the actions as much or more than the outcomes.

She noticed her son had made major progress in his writing and wanted to let me know she appreciated my effort to make the work fun and engaging. Her appreciation was so sincere and her gratitude so heartfelt that it still gives me a warm feeling just thinking about it. To know that your work means so much to someone else made me understand the value that comes from helping other people. The experience also made me realize that helping other people is an important part of living a good life. I still make decisions based upon my self-interest. We should want to help others succeed in life because that, in turn, helps ourselves. It makes you happy: One study showed that helping others through volunteer work increased levels of happiness in the participants. In another study, people were given money to either spend on themselves or give to charity. Those who gave to charity felt happier. Happy workers are more likely to report that they regularly help others. Some studies have shown that children under the age of two report being happier when they give treats away rather than receiving treats themselves. In short, helping others feels good. Because of my actions, I made another positive connection to the people around me. In one study, college students took an immersion trip where they helped the poor. Those who took this trip were assessed months later and were found to manage stress and adversity much better than their peers. It makes you more accepting of the stress and hardships we all have to face. Sometimes we lose that perspective in a culture obsessed with celebrities living glorified lives, seemingly carefree. But one of the biggest things to consider is how your work impacts others. People who work as a medical professional, psychologist, religious figure or firefighter often give high ratings of job satisfaction. The connection between all of these professions is that they all help people on a regular basis. Those who are happiest in their job, more committed and less likely to quit make it a priority to help others – either co-workers or customers. One answer might be making money by selling a product or service. Look at these examples: Google was created to make searching the internet easier and faster, with better results. Gyms earn money by providing a place to exercise. Uber is trying to make on-demand car service better. The image of a corporate raider using sneaky tactics to weasel their way through a system is commonplace, and there is some truth to it. Not all companies help others – cigarette companies for example. But the companies that do best, focus on helping others and solving their problems. Businesses that solve problems in the best and cheapest way will win – and we win right along with them. Better health; it can make you live longer. If you want to live longer, be a giver. The link between better health and helping others is striking. It lowers rates of depression and puts you in a better mood. The researchers were careful to not draw conclusions about why helping others is so good for health, but it probably has something to do with the social contact we make while doing it. Such interactions release a hormone called Oxytocin which helps us bond and care for others and helps us manage stress. Not only that, but doing good makes us happier which, in turn, makes us healthier. Helping others fulfills some of our most basic needs such as connecting with others and seeing how your actions make a positive difference. Those are the areas that help define a meaningful life. The idea that there is a link between a meaningful life and helping others is actually a rather old one. Carol Ryff, a psychologist, reviewed the writings of numerous philosophers and thinkers throughout history and found one overarching idea: And it starts with looking for ways to help others. Join 20, Monthly Readers I agree to have my personal information transferred to MailChimp more information Get weekly strategies for motivation, travel and living life on your terms. Get free ebook 10 Ways to Travel Endlessly - the amazing methods that have already helped thousands travel faster, better and cheaper. Other readers also liked:

Chapter 6 : Work-life balance - Wikipedia

You may also not think you have the time to consider something as fanciful as what you want out of life, but it's important to remind yourself that a life of fulfillment does not usually happen by chance, but by design.

And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary. Are you living every day in excitement? Are you excited every single moment? Are you living your best life? Why settle for anything less than what you can get? You deserve nothing but the best. Be sure to bookmark or print out this page and refer to it daily. Here are ways to live your life to the fullest: Live every day on a fresh new start. Life is short, so live in the present moment. Be true to who you are. Stop trying to please other people or to be someone else. Stop complaining about your problems and work on them instead. Stop waiting for others around you to do something and take action yourself instead. Focus on WHAT vs. Anything is possible as long as you set your mind, heart, and soul to it. Create your own opportunities. You can wait for opportunities. Or you can go out there and create your own opportunities. The latter is definite and much more empowering. Live more consciously each day. Stop sleepwalking through life. Your life is something to be experienced, not coasted through. Be committed to your growth. In the Map of Consciousness , there are 17 levels of consciousness – from Shame to Enlightenment. The higher your consciousness level, the richer your life experience. Achieving a higher consciousness comes from your commitment to your growth. Know your inner self. This means knowing who you are and what you represent. Be clear of your personal identity. Finding Your Inner Self Discover your life purpose. Set the mission statement for your life, one that will drive you to live your life to the fullest. How can you live true to your purpose within every situation you are in, every second of the day? Set your life commandments. Define your personal commandments to live your best life. What adages and principles do you want to follow in your life? Values are the essence of what makes you, you. Hold yourself to the highest conduct. Every one of us have our own set of ethics and principles. Live true to them every day. Also, live in full alignment with your purpose 12 , commandments 13 and values Stop putting life on hold. Are you putting any parts of your life on hold? Uncover that and start working on it. Create your life handbook. Your life handbook is your personal manual to live your best life, containing your mission statement, values, goals, personal strengths, blind spots, and action plans. Start off with a few basic pages, and then build on it. Design your ideal life. What is your ideal life? Firstly, assess your life via the life wheel. What is the life that will make you shout for joy? There are no limits in life – only those you set for yourself! After you design your ideal life, set your 5-year, 3-year, and 1-year goals. The more specific they are, the better! Take action on your goals and dreams. Create an action plan for your goals and work on it! Create your bucket list , which is a list of things to do before you die. Then, get out there to achieve them. Spend your time and energy on things that bring you fulfillment and happiness. Discover your passion in life. What sets you on fire? Go out there to discover what you love to do. Then, start pursuing it. Stop working in a job you feel passionless about. Quit your job when you are ready to do it full-time. How to Pursue Your Passion series Turn your passion into a huge success. Turn your passion into a multi-million dollar business. Better yet, make it a multi-billion dollar one. Criticism is meant to help you be a better person. Is the glass half empty or half full? Take on perceptions that empower you, not those that bind you. Show compassion and kindness to everyone around you. Believe in yourself and your abilities. Remove your limiting beliefs and replace them with empowering ones In Days of Be a Better Me in 30 Days Program , you identify your limiting beliefs and replace them with empowering ones. This means past grievances, heartbreaks , sadness, disappointments , and anger. Forgive those who have done you wrong in the past. This includes backstabbers , those who took credit for your achievements , and those who have done you wrong. Smedes Let go of attachments. These are impermanent and will ultimately disappear one day when you die. Focus on growing and living life to the fullest instead. Let go of relationships that do not serve you. Spend more time with people who enable you. Hang out with people whom you

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compatible with: You are after all the average of the 5 people you spend the most time with. Spend time to know them better and foster stronger connections. Connect with an old friend. There is no end to the number of friends you can have. Reach out to people from the past. Do a kind deed a day. What is something you can do today that will make the world a better place? Go and do it. Help other people who are in need. Volunteering is one outlet. You can also start with your friends and family. Help people when they least expect it, without reason. Do it because you want to. Share the love with everyone. Procrastination is a huge waste of your time and your life.

Chapter 7 : 3 Ways to Live a Simple and Peaceful Life - wikiHow

By simply phrasing your want as "I'd like to ask for a raise," you are acknowledging your desire, and desire is usually associated with positive, pleasant thoughts.

April 27, by Jack Canfield 67 Comments We all aspire to do, be, and have great things. But what we need to understand and keep at the forefront of our minds is that greatness exists in all of us. It is simply up to us to pull it out of ourselves. Regardless of personal circumstances, economic climates, and access to resources, it helps to maintain faith in the fact that we each are more powerful than we think. We all have the ability to create the life we want. We just need to learn how to do it. No, but there are certain common features that successful people exhibit and that anyone can practice. They are what can jumpstart your success and attract what you want in life. But the real truth is that there is only one person responsible for the quality of the life you live. That person is you. Everything about you is a result of your doing or not doing. That person who reflects back at you in the mirror is the chief conductor in your life. I think everyone knows this in their hearts, but the mind can play games, tricking plenty of people into thinking external factors are the source of failure, disappointment, and unhappiness. You are in complete control of the quality of your life. Successful people take full responsibility for the thoughts they think, the images they visualize, and the actions they take. They evaluate their experiences and decide if they need to change them or not. They face the uncomfortable and take risks in order to create the life they want to live. Identifying, acknowledging and honoring this purpose is perhaps the most important action successful people take. If you need to, write it all down. You might be surprised by what you discover. I see plenty of people who are overly busy yet who feel unsatisfied and unfulfilled. They end up going in circles and wasting lots of energy. In the meanwhile, they grow increasingly uninspired and out of touch with their authentic selves. This, of course, sets anyone up to living a life out of balance. What does success look like to you? As soon as you commit to a big dream and really go after it, your subconscious creative mind will come up with big ideas to make it happen. Big dreams not only inspire you, but they also compel others to want to play big, too. Believe It Is Possible Scientists used to believe that humans responded to information flowing into the brain from the outside world. In fact, the mind is such a powerful instrument, it can deliver literally everything you want. But you have to believe that what you want is possible. As you commit to believing in yourself, also make a commitment to toning down the complaint department. Look at what you are complaining about: Really examine your complaints. More than likely you can do something about them. They are not about other people, other things, or other events. They are about YOU. Believe in Yourself If you are going to be successful in creating the life of your dreams, you have to believe that you are capable of making it happen. Whether you call it self-esteem, self-confidence or self-assurance, it is a deep-seated belief that you have what it takes; the abilities, inner resources, talents and skills to create your desired results. Have unwavering faith in yourself, for good and bad. Make the decision to believe that you create all your experiences. You will experience successes thanks to you, and you will experience pain, struggle, and strife thanks to you. Sounds a little strange, but accepting this level of responsibility is uniquely empowering. It means you can do, change, and be anything. Stumbling blocks become just that little hills to hop over. Become an Inverse Paranoid This one is straightforward: Imagine how much easier it would be to succeed in life if you were constantly expecting the world to support you and bring you opportunity. Successful people do just that. Unleash the Power of Goal Setting Experts on the science of success know the brain is a goal-seeking organism. Whatever goal you give to your subconscious mind, it will work day and night to achieve. To engage you subconscious mind, a goal has to be measurable. At least it comes with a few actions to achieve. A first step simply can be making an immediate change in a single area in your life. Are you unhappy about something that is happening right now? Make requests that will make it more desirable to you, or take the steps to change it yourself. If you want a different outcome, change your behavior Making a change might be uncomfortable and overwhelming for you. It might mean you

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have to put in more time, money, and effort. It might mean that someone gets upset about it, or makes you feel bad about your decision. It might be difficult to change or leave a situation, but staying put is your choice so why continue to complain? You can either do something about it or not. It is your choice and you have responsibility for your choices. Use daily affirmations to focus on your goals and reprogram your subconscious mind. Bear in mind that you have to be willing to change your behavior if you want a different outcome. You have to be willing to take the risks necessary to get what you want. So, if you need just one thing to do different today than you did yesterday, make it this: Decide to make changes, one step at a time. Reserve your spot now. Would you be interested in teaching my Success Principles to others to make more money? Could you teach seminars locally? Can you offer a class at the local high school or community college? Could you lead a workgroup at the office to incorporate these principles on the job or in your department? Or could you boost your existing career as a professional trainer? If you can envision yourself as a dynamic and powerful presenter you should apply for my Train the Trainer Live certification program. The results would be miraculous. And YOU can be the person that makes that happen. Click the button below to learn more. You can, as long as you include this complete statement with it:

Chapter 8 : Make A Difference Quotes (quotes)

4. Give Up Your Excuses. It's not about the cards you're dealt, but how you play the hand. • Randy Pausch, The Last Lecture. Successful people know that they are responsible for their life; no matter their starting point, weaknesses, or past failures.

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7. It can help you find meaning in your life. There's a link between helping others and finding meaning in your life. And it's not just those who have already found purpose giving back. Instead, helping others can actually CREATE a sense of meaning in our lives.