

WHAT DO I WANT OUT OF LIFE – EXERCISE:

People’s actions are generally based on either seeking pleasure or avoiding pain. The goals we set for ourselves work the same way. Answer the following questions in as many different ways as you can.

I am happiest when:

I am frustrated when:

When you think about the goals you have in your life, do you see a correlation to what you wrote above? If you can’t think of any goals that you currently have, then take a closer look at what you wrote down. Use these answers to help you determine what goals you may start working towards to bring you happiness and a more fulfilled life. Why don’t you write them down while you’re thinking about them?

WHAT DO I WANT OUT OF LIFE – FOLLOW-UP EXERCISE:

NOTE: This is the most important exercise in this book for setting goals. If you really want to change things in your life then be ready to set aside 20 – 30 minutes to identify your goal and begin implementing your game plan for achieving it.

This exercise is designed to guide you through setting goals and reaching them easily. You can use this technique repeatedly in different areas of your life for short, medium, and long range goals. It is my hope that you become comfortable with the process and repeat it regularly.

Follow these steps to succeed in any venture:

1. **Identify your goal.**
2. **If needed, find people who are already successful in this area and learn from them.**
3. **Create a game plan for your success.**
4. **Remove negative influences from your life.**
5. **Stay focused and work your plan.**
6. **Expect obstacles and persevere.**
7. **Evaluate your progress on a regular basis.**
8. **Continue to adapt and work your plan until you succeed.**

1. Identify your goal. For the purposes of this exercise, answer the questions below about your job, your health, and your relationships. You will then pick one area to concentrate on.

At my job I'm frustrated when:

Concerning my health, I'm frustrated when:

Concerning my relationships, I'm frustrated when:

WHAT DO I WANT OUT OF LIFE – FOLLOW-UP EXERCISE Continued:

Write down what you would like to change in each area within the next 30 days.

What I really want to change about my job is:

What I really want to change about my health is:

What I really want to change about my relationships is:

Now pick one of the three statements about what you want to change above and write what you will change in the next 30 days.

2. If needed, find people who are already successful in this area and learn from them.

Ask yourself if you need any additional training to accomplish your goal. Can you find a mentor to guide you? Should you enroll in a course, join a support group, or read books on the subject? Write down what, if any, additional training you may require:

WHAT DO I WANT OUT OF LIFE – FOLLOW-UP EXERCISE Continued:

3. Create a game plan for your success. How will you accomplish your goal? What will you do differently over the next 30 days to achieve your desired result? Make a list and be as specific as you can be.

The steps above helped you to identify your goal and create a plan to achieve it. Now, apply the steps below on a daily basis to follow through with your plan.

4. Remove negative influences from your life. You already understand the importance of maintaining a positive frame of mind. Avoid negative influences in your life, including people who do not support you.

5. Stay focused and work your plan. Write down your goals and the rewards that will come to you when you achieve them.

Reread your goals several times each day to keep yourself focused on your plan. Make time every day to do something to work towards your goal.

6. Expect obstacles and persevere. Don't be surprised when you encounter obstacles. Remind yourself of the rewards that are waiting for you when you achieve your goals:

WHAT DO I WANT OUT OF LIFE – FOLLOW-UP EXERCISE Continued:

7. Evaluate your progress on a regular basis. You may find that you are not achieving your goals as quickly as you expected. Be willing to evaluate your plan and make adjustments as necessary.

8. Continue to adapt and work your plan until you succeed. Perseverance is the key. Reread your goals on a daily basis. Stay focused, expect obstacles, and revise your plan as needed.

Now you have a framework to begin changing your life. The decision to follow through with it is up to you.