

LIFE COACH AND AUTHOR
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HOW TO GET
EVERYTHING
YOU WANT IN
LIFE

*THE STEP-BY-STEP
METHOD TO
BECOME
ANYTHING YOU
WANT TO BE...*



Getting Everything You Want From Life: Cheat Sheet

In the full eBook we went over a bunch of techniques and strategies you could use to genuinely start getting everything you want from life. Sure, we found that there were the occasional caveats but *generally* there's a strategy you can apply to get everything you want from your life – whether that means finding your dream career, having the perfect love life or even finding a way to fly without wings!

This cheat sheet will put that strategy into simple terms that you can follow step by step. Use this as a refresher every time you're stuck for what to do next.

Learn What You Really Want

Step one is learning what you *really* want. You can use a number of specific strategies to accomplish this:

- The five whys (ask yourself why you want something five times) - Maybe you can't be an astronaut but there are other ways to get that sense of 'pioneering'
- Writing your own eulogy (how do you want people to remember you?)
- Learning what it is that all your aims have in common
- Looking at the times you've been happiest in your life

From here you can then prioritize a few goals to begin with. Choose the things that will bring you most happiness but also that you can get a 'quick win' on.

Making a Start and the 'Step Back' Technique

The next thing to do is to *start* moving towards that goal. You've decided what it is you're going to be aiming for but in the past you've likely 'put off' really trying, thinking you need to be rich or you should wait until you're retired.

But you can probably get what you want *right now* instead of deferring your happiness.

Want to travel the world? Think you need to wait until you're retired?

How about instead, you start taking lots of smaller holidays every few weeks? If that's what gives you a sense of satisfaction then this compromise will bring you a lot of happiness *right now*.

Dream of living in a mansion? How about *right now* investing in your current home and making that as close as possible to your dream home? This is the 'step back' technique.

You can be anything you want to be career wise – just start it as a side project and gradually turn it into a revenue generating model. As soon as you start writing, you *are* a writer!

Fear Setting and Goal Writing

For things that require a lot of work, you need to know how to write goals properly.

The answer is to write small goals that are directly in your control. Your goal is not to 'gain an inch of muscle in 2 months'. Instead, it should be 'go to the gym at least four times a week'.

Meanwhile, use 'fear setting' in order to overcome the concerns holding you back. That means writing down what you're afraid of and then assessing how realistic those fears are while also finding ways you can mitigate the risks.