

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...*



Get Everything You Want From Life: Resource Sheet

The objective?

Simple: get everything you want from life.

It's not exactly a *modest* aim but it's certainly a worthwhile one that everyone of us should be aiming towards.

Of course it's also not all that simple, which is why you need all the help you can get. Here are some useful tools, resources and articles you can use to make the challenge a little easier!

The Five Whys

The Five Whys is one of the tools you can use to learn what it is that you really want. The idea is simple: you ask yourself the same question five times in order to better understand what you want. Learn about it [here](#).

Write Your Own Eulogy

The Art of Manliness is a great website filled with all sorts of great advice. [This post](#) is about writing your own eulogy, which also helps you to prioritize what you want from life.

Finding Your Passion

The above are examples of exercises that you can use to help you discover your passion. [Here are five more!](#)

Lifestyle Design

Sometimes what you think you want is not what you *really* want. In other words, that dream job might well not bring about a lifestyle that makes you happy!

Lifestyle design is about changing that and choosing a job because it makes your *lifestyle* a happier one.. You can learn about what Lifestyle Design is [here](#).

You should also make sure to read Tim Ferriss' blog over at [FourHourWorkweek/Blog](#). Tim Ferriss is the guy who brought lifestyle design into the public eye and his site is constantly filled with inspiring ideas, stories and tips. Definitely worth checking out!

Jerry Seinfeld's Productivity Secret

Now you know what you want from life, it's time to start getting it! One way to do this is with Jerry Seinfeld's 'productivity secret'. Do you remember it from the book? It's [here](#).

Kaizen

Another strategy we recommended was 'Kaizen'. This means making small changes to bring about big results ('kai' means change). [Here is a fuller definition](#).

Fear Setting

Fear setting is Tim Ferriss' strategy for overcoming the fears that hold you back from doing things. [Here's a good article](#) on it from Business Insider.

CBT

Essentially, Fear Setting is a form of 'CBT' or 'Cognitive Behavioral Therapy'. This is a psychotherapeutic tool used to treat depression, anxiety and more. But it can *also* be used to help you get more from life and to be happier. [Here](#) is a great guide to help you learn more about it.

Gratitude Attitude

Something we talked about with regards to CBT and cognitive restructuring was developing a more grateful attitude. This 'gratitude attitude' is what makes everything worthwhile and ensures you can actually *appreciate* the fruits of your labor. Read more about it [here](#).

Okay so that's a lot of reading but it's well worth it! Collected here is some of the best self-help wisdom on the web and once you combine it all, you'll be surprised juts what you can accomplish!