The first step is to identify what you want from life. For this you can:
* Employ the Five Whys
* Think back to when you were happiest
* Write your own eulogy
* Turn to your role models for inspiration
* Ask what your goals have in common!

What do You Want?

Don't wait for the perfect situation
Don't wait to retire
Or to win the lottery

ACT NOW!

That might mean compromising. So ask:
What is the closest thing you can get to the thing you want?

Step Back

GETTING WHAT YOU WANT

Be Anything

You can be anything you want to be. It's just being professional or being good at it that's hard!

Want to be a guitarist? Start playing now!

You don't have to get paid for something for it to be rewarding. There are other ways to succeed!

Lifestyle Design

Fear Setting

Write Goals the Right Way

Fear setting is a tool you can use to overcome your fears.

1. **Write down the things that are holding you back - worst case scenarios**
2. **Rate them by how likely they are to happen**
3. **Write how you would cope**
4. **Write how you will mitigate that risk**

Lifestyle design means not taking a job and then trying to fit your lifestyle around that job.

Lifestyle means choosing a job because it lets you live the listyle you want.

This might mean becoming a digital nomad and working on a laptop while you travel.

Or it might mean being a rubbish collector so you can spend more time with family!

A good goal is not 'I will lose 3 stone in one year'.
It is 'I will work out three times a week, every week'
A good goal is:
* Simple
* Precise
* Entirely within your control

Get What You Want From Life!