ORGANIZE YOUR LIFE AROUND YOUR GOALS

Many times we see only the result of someone's work. What we don't see is the process of achieving a goal, which can give the impression that big achievements happen overnight. Which is simply untrue.

Success is never a coincidence but the result of hard work, co enormous sacrifice, persistence, and unwavering self-belief it their goal. So, if you want to be successful you need to organi. your goals. And what better way to do that than by creating a habits, and rituals?

Daily routine, rituals, and powerful habits will not only keep y goals but also will create momentum in your day. Not to men and organized day will save you time, energy, stress, and in m

Routine creates consistency and consistency is the key to succ dream into reality. Without conscious and constant effort not achieved. Every single day you should do something, small or one step closer to your goal, track your progress, and celebrat



- · Habits (look at page 89)
- · Rituals (look at page 93)
- · Routines (look at page 91)

OVERCOME SELF-DOUBT

It may not be a popular opinion but I think that it's quite normal (and healthy) to have a little bit of self-doubt going on when making big life changes. Because changing

- d experimenting with different routines,
- igs for the first time. Or in other words -

HOW TO SET THE RIGHT GOALS?

Once you have a clear mental picture of what do you want to be in the near future, it's time to set goals that will help you to turn your vision into reality.

But don't just focus on one area of your life like career or physical health. Think holistically. Figure out what do you want to achieve in each area of your life.



ACHIEVABLE

normal routine small or big requires you ching your boundaries to the point you el uncomfortable we cannot feel 100%

g on don't beat yourself up for having t is part of personal growth. When we are growth process.

ceep us stagnate

e self-doubt and boost your confidence at action. Action is the remedy for selfou can achieve your goals and the only Even a small step in the right direction has

8 AREAS OF LIFE:

- 1. Health (healthy mindset, mental focus, nutrition, workout routine, quality rest)
- 2. Contribution & Spirituality (personal growth, self-improvement)
- 3. Environment / Personal Space (comfortable and safe home)
- 4. Relationships (deepen your relationships

not only help you to refocus on what's truly important for you but will also help you to regain full control over your life. Not to mentic you truly want to

The process of setting clear goals will

drastically increas determination so everyone who wa in life.

RELEVANT

So

Ask yourself wha set SMART (speci achievable, realist goals to turn thes

Identify the miles your journey tow

WHAT IS HOLDING YOU BACK FROM SUCCESS?



5 QUICK QUESTIONS:

- 1. How many projects you could have already finished if you had started realizing them instead of analyzing everything in detail to the nth degree?
- 2. How many of your life goals you could have already achieved if you had taken action instead of obsessing over the worst-case scenario?
- 3. What opportunities do you wish you had taken in the past few years?
- 4. Are your self-limiting beliefs holding you back from succeeding?
- 5. Where would you be in your life right now if you had started working towards your goals before you were ready?



ality time with your

ing for the future)

tion With Work)

adgeting, financial goals,

ality "me time", Hobbies

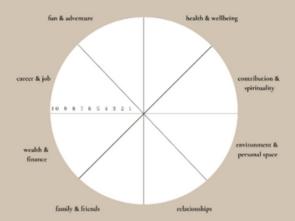
memories)

motivated and kee accountable during morphing into the yourself. (look at page 80)

THE WHEEL OF LIFE & THE SCALE OF FULFILLMENT

Use the wheel of life worksheet to determine the level of your satisfaction in each area of your life. Choose from 1 to 10 how fulfilled you feel in a particular area. (look at page 75)

- · Health (healthy mindset, mental focus, nutrition, workout routine, quality
- · Contribution & Spirituality (personal growth, self-improvement)
- · Environment / Personal Space (comfortable and safe home)
- · Relationships (deepen your relationships bond)
- · Family & Friends (quality time with your loved ones, creating memories)
- · Wealth & Finance (budgeting, financial goals, saving money, planning for the
- Career / Job (Satisfaction With Work)
- Fun & Adventure (Quality "me time", Hobbies & Fun)



YOUR ANSWERS:

