

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?

YOUR ANSWERS:

- 1.
- 2.
- 3.
- 4.
- 5.



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.



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 bond)
5. **Family & Friends** (quality time with your loved ones, creating memories)
6. **Wealth & Finance** (budgeting, financial goals, saving money, planning for the future)
7. **Career / Job** (Satisfaction With Work)
8. **Fun & Adventure** (Quality "me time", Hobbies & Fun)



The process of setting clear goals will 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 mention that knowing what you truly want to achieve in life will drastically increase your willpower and determination so much needed by everyone who wants to achieve success in life.

So

Ask yourself what are your dreams and set SMART (specific, measurable, achievable, realistic, and time-bound) goals to turn these dreams into realities.

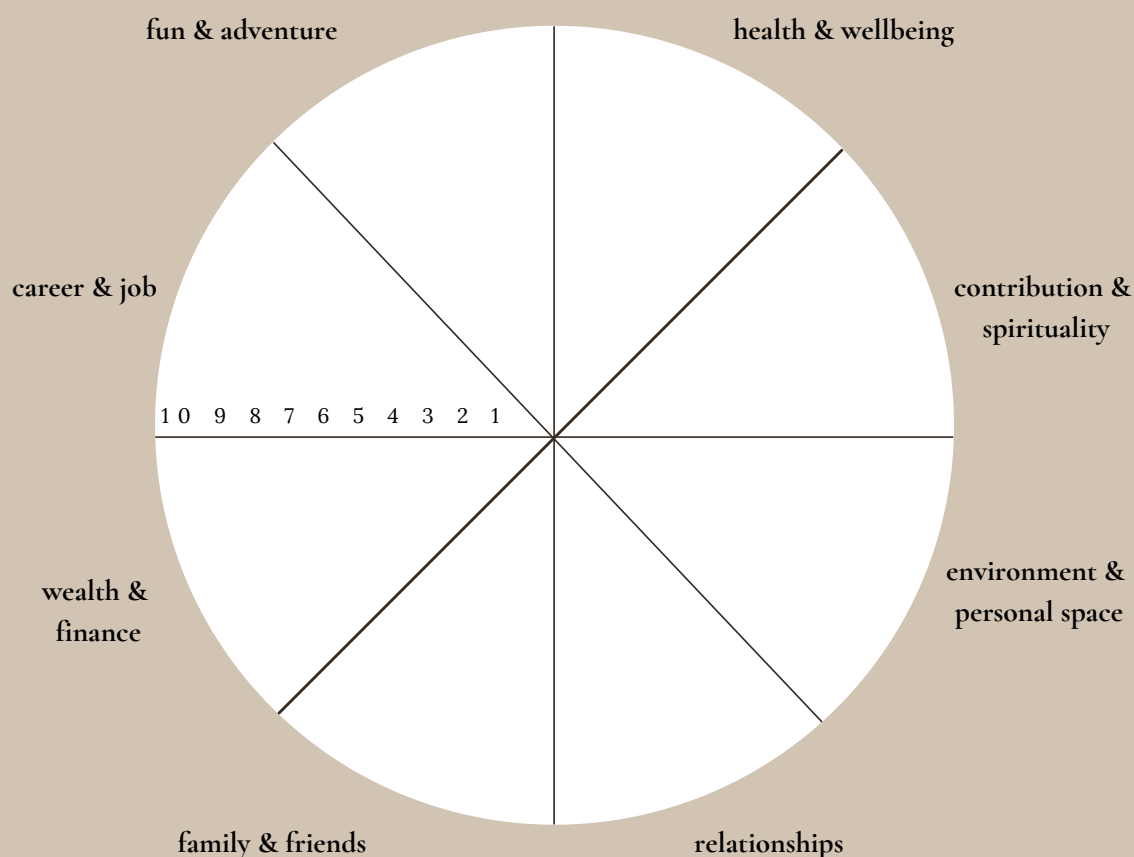
Identify the milestones that will mark your journey towards success to stay motivated and keep yourself accountable during the whole process of morphing into the best version of yourself.
(look at page 80)



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)

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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 your life means exploring new concepts and experimenting with different routines, testing out new ideas, and doing lots of things for the first time. Or in other words – venturing deep outside your comfort zone.

If you think about it, every change in your normal routine small or big requires you to step outside your comfort zone and stretching your boundaries to the point you feel really uncomfortable. And when we feel uncomfortable we cannot feel 100% secure and confident at the same time.

Those are mutually exclusive.

So if you have a little bit of self-doubt going on don't beat yourself up for having these feelings. Instead recall that discomfort is part of personal growth. When we are uncomfortable, it's a sign we are starting a growth process.

Discomfort is a feeling of the ego trying to keep us stagnate.



But the good news is that you can overcome self-doubt and boost your confidence at the same time. All you have to do is to take action. Action is the remedy for self-doubt. You need to prove to yourself that you can achieve your goals and the only way to do that is to take intentional action. Even a small step in the right direction has the power to reduce your self-doubt!

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, continuous effort, enormous sacrifice, persistence, and unwavering self-belief in one's ability to achieve their goal. So, if you want to be successful you need to organize your daily life around your goals. And what better way to do that than by creating a daily routine, powerful habits, and rituals?

Daily routine, rituals, and powerful habits will not only keep you on track with your goals but also will create momentum in your day. Not to mention that a well-planned and organized day will save you time, energy, stress, and in most cases also money.

Routine creates consistency and consistency is the key to success in turning your dream into reality. Without conscious and constant effort nothing great will be achieved. Every single day you should do something, small or big that will get you one step closer to your goal, track your progress, and celebrate small wins daily.



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

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

- Will Durant