

CREATE THE LIFE YOU WANT

Your Practical Guide

To Taking Your Life To The Next Level

by Mr. Elisha Hall

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Printed in the United States of America

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The time to create what you want is now!

We all have the ability to create the life we want. We just need to learn how to do it. We want to find the formula or the secret, right? There's an old wealth principle that says "Success Leaves Clues." So let's look at certain common features that successful people have and that anyone can practice. They are what can jumpstart your success and attract what you want in life. And once you know them, nothing can stop you from creating what you want!!



"Some people want it to happen, some wish it would happen, others make it happen."

Michael Jordan

Are you ready? Here we go....No games, no fluff, no over-hyped promises — just real, road-tested advice that will take you from tip-toeing around a "nice" idea to digging in and making major headway on whatever you've got in mind.

Imagine a day in the life you want to be living.

"What do you want your life to look like one year from today?" says Jamie. "Imagine yourself getting up in the morning. Are you getting out of the same bed you're sleeping in right now? Are you having the same thing for breakfast that you're having right now? Are you spending your day the same way? Are you hanging out with the same people? Are you in the same relationship? Are you in the same health? If you say, 'I want to be a bestselling

author,' you have to get up, pour your coffee, go to your computer for hours, and write for however many hours. You have to imagine those things a) to make them happen, and b) because sometimes when you imagine a day in the life, it makes you realize you don't want that thing after all."

Get out some paper, and as specifically as possible, visualize this future day, from the moment you wake up till the second you fall asleep.

Assess where you are now: financially, physically, skill-wise, socially and career-wise.

Now that you have an idea of where you want to go, take a look at where you are now.

Assess your full financial picture, beginning with where your money is going. Use programs like *Mint* or *Quicken* to track and categorize your purchases. You can't say, I'm spending \$500 a month on my credit card. You have to know where that's going to know where you're going to cut back or what you need to do to draw in more income. Is it going to clothes or entertainment or is Starbucks opening new stores because of you?

In addition to analyzing your spending, look at your debts, your savings, your investments, and your income — both from full-time work as well as any side jobs you have.



Don't beat yourself up if you have negative net worth or high debt. This is just your starting point. And if you don't like what you see, let it shock you into action.

In your assessment, also include your health — your weight, what you're eating and your fitness level. Part of your best year is being healthy enough to appreciate it.

Then, look at what you already have or lack skill wise that can help you reach your goal. For instance, you might say "to become a pilot I need to learn the skill of flying, so what steps am I going to take to learn this." You may need to go back to school, find a mentor, read specific books or a handful of other ways to learn what you need to get where you want to go.

Also assess whether you have relationships that will support you as you work toward your goals. You have to know who your friends are and the people who are sucking the life out of you. The people you surround yourself with will influence you either directly or indirectly. This also is a good time to think about the types of people you should start connecting - people that have already done what you're looking to do so that you might learn from them.

Finally, look at whether your career is on a path you desire. Is your career headed where you want it to go? Are you at the level you want? Are you in the industry you want? Is it the career you want? If you left your job today, would you miss it and what would you miss about it? You should be asking yourself those questions every year to determine if you need to make a change in your focus and your skill set.

Break down the path to your ideal life into small goals.

Let's say your dream life includes running marathons, and right now the only marathons you participate in involve sitting on the couch. Break down the path from your current life to your dream life into smaller goals. Let's say you want to go from couch potato to a half-marathon. Breaking down your goals is called the stair-step method, because to get to the top you have to take it one step at a time. You may plan to start with 60 second runs, and then take a break for three minutes and walk. If you want to run that half marathon in one year, it doesn't mean you're doing 5 miles the first day. True change comes about through small daily activities, not big leaps.



Just as a savings goal may be broken down into \$100 chunks and a writer's goal may be write 1,000 words a day to complete their books. If you want to change careers, start with a single course in an area where you need to gain skills. Achieving your small goals will also give you the belief that you can reach your dream. If you could write those 1,000 words, then of course you can write another 1,000 words.

Put your new habits in your calendar.

Whatever dream you have for your future needs to be part of your daily schedule now. Whether your path there involves making automatic transfers to your savings account, regular workouts, taking classes in a new subject or something else, be sure to block out time for it — and the earlier in the day you accomplish these tasks, the better.



You've already said, "This is what is most important to me for 2014." So if this is your priority #1, everything else has to work around it. If you want to be a writer and write your first book in 2014, you have to schedule two hours a day to writing.

Remove potential roadblocks.

Start saying no to things that will lead you away from your goals, counterproductive habits, toxic relationships, friends whose lifestyles could lead you astray, clutter, environments that lead to bad behaviors. If you want to pay off debt and certain environments lead you to wasteful spending, avoid them. Or, if you want to entertain at home more, but are embarrassed by your household clutter, get rid of it. If you want to learn a foreign language



but notice that you spend an hour every night watching TV while your Chinese textbook goes untouched, get rid of the TV. There are only so many hours in the day, we all have the same number, and you have to decide how you want to spend them.

Broadcast your intention to others.



Also, broadcast your goals to your friends. For instance, if your goal is to pay debt, tell them that you'd prefer to spend time with them not shopping but instead cooking together.

You can send out a bulk email to your friends saying, Hey, 2014 is going to be a huge year for me. I want to accomplish X, Y, Z, and enlist their support. Tell people you are no longer going to go out to eat if you're trying to lose weight or save money. Invite them over for dinner or soup potluck parties and great conversation.

When you decide to make a change in your life, you have to realize your relationships will also change. Some friends will leave but some new friends will enter your life. People naturally want their friends to succeed and be happy. When you state a goal like this, your true friends will want to help you make it come true. Your friends will also help keep you accountable. When promises are made to yourself they are much easier to brake.

Find like-minded people to support and inspire you.

Look for new friends who are interested in your dream, whether you're looking to adopt a healthier lifestyle, start a side business, pursue a career as a writer, or pay down debt.

While some activities lend themselves toward finding activity partners more easily than others — i.e. physical activities like running or career pursuits like writing, you can also use sites like meetup.org, plain old web searches, social media groups on sites like Facebook and Google Plus to look for people with similar goals. Even if your support network lives halfway around the world, you can still connect with each other online.

“Once you make a decision, the universe conspires to make it happen.”

Ralph Waldo Emerson

Do any of these statements feel familiar?

- “I am completely overwhelmed. There are tasks I need to accomplish, but I don’t know where to start.”
- “For a long time I’ve had a dream, but I’m waiting for the moment that I’ll have the time to go after it.”
- “I’m so busy pleasing everybody else, I don’t have time for what I want.”

“You’ve got to live what it takes to be a champion before you ever have the title.”

Elisha Hall

When it comes to creating the life you want you can’t settle for doing things that way you have been. Let’s be honest! If we were living the life wanted we wouldn’t be reading this eBook. Even if you’re comfortable with where your life is but realized you want more or you

simply want to take it to another level. Doing things the way we always have will only continue to deliver the same results we've always gotten.

This is not for the scared or timid! This is for those that are lions, those that are fed-up, those that are ready for a change and those that are excited by finally hitting bigger goals!

You owe it to yourself to be successful.

Pay attention to what must be done to serve that bigger goal. It's your responsibility, duty and obligation to make success happen, so look at what changes are necessary in order to accomplish it. Maybe it's adjusting your bedtime so you can be up earlier to workout. Maybe it's taking a course or reading for 30 minutes per day. Make sure the things you do serve the bigger purpose. When they don't, be disciplined enough to acknowledge it and change course.

It's successful habits that create a successful life and habits start with little changes. Small changes in how you live, how you do things and how you interact with people, equal big changes in your outcomes! Imagine you're on a ship going from California to Hawaii and the captain enters a route that's off course by only a small 2 or 3 degrees. When you leave the dock you'll pretty much still be headed in the right direction, when you're a couple of miles out to sea you'll be several meters off course, but once you get to your destination you'll be miles away from the correct destination! Same goes for life, making small changes can mean big positive or negative results!

Do you want to go through the motions of average and ordinary? Or do you want to start with clear goals and the motivation required to make big extraordinary things happen for yourself?

Look at all you have going on in your life – financially, emotionally, socially and physically. Make a list of the different areas of your life. Now, be brutally honest with yourself. Rate yourself on a scale of 1-5 on how happy you are in each area; 5 being extremely happy. Are you noticing that in some areas of your life you are a 4, while others are lagging at a 1 or 2? Next write down what it would look like in each area if your life were at a 5. Commit to greatness in all categories of your life.

Be deaf to those who say you can't have it all!

What if I examined all of the bad stuff that had happened to me before saw where it had led me?

What if I realized there was a purpose for every circumstance of difficulty, struggle, pain, and



trauma? How would my perspective change if I realized my quality of life is directly related to my reactions?

Would I stop and appreciate these moments of darkness, if I realized they are necessary to guide me to the light in my life?

With a change in focus, you can change your life. Instead of waiting for life to happen, make it happen. Instead for waiting for a change, create a change.

Create a vision for yourself and your life and use the opportunities that come when life throws you a curveball to review your goals and dreams. You may discover a speed bump was a wake up call to focus on something important you may have normally sped right past.

What would your best life look like?

Remember! Describe your ideal life in detail. Allow yourself to dream and imagine, and create a vivid picture. If you can't visualize a picture, focus on how your best life would feel. If you find it difficult to envision your life 20 or 30 years from now, start with five years—even a few years into the future will give you a place to start. What you see may surprise you. Set aside preconceived notions. This is your chance to dream and fantasize. Because creation starts with the imagination!!

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Appendix A

A few prompts to get you started:

- What will you have accomplished already?
- How will you feel about yourself?
- What kind of people are in your life? How do you feel about them?
- What does your ideal day look like?
- Where are you? Where do you live? Think specifics, what city, state, or country, type of community, house or an apartment, style and atmosphere.
- What would you be doing?
- Are you with another person, a group of people, or are you by yourself?
- How are you dressed?
- What's your state of mind? Happy or sad? Contented or frustrated?
- What does your physical body look like? How do you feel about that?
- Does your best life make you smile and make your heart sing? If it doesn't, dig deeper, dream bigger.

It's important to focus on the result, or at least a way-point for your life. Don't think about the process for getting there yet—that's the next step. Give yourself permission to revisit this vision every day, even if only for a few minutes. Keep your vision alive and in the front of your mind. Because we won't take the steps to create what we can't envision. Then you'll be surprised at how many other things are created once you're on the journey!

Some tips to guide you:

- Remember to ask why you want certain things
- Think about what you *want*, not on what you *don't* want.
- Give yourself permission to dream.
- Be creative. Consider ideas that you never thought possible.
- Focus on your wishes, not what others expect of you.

Some questions to start your exploration:

- What really matters to you in life? Not what *should* matter, what *does* matter.
- What would you like to have more of in your life?
- Set aside money for a moment; what do you want in your career?
- What are your secret passions and dreams?
- What would bring more joy and happiness into your life?
- What do you want your relationships to be like?
- What qualities would you like to develop?
- What are your values? What issues do you care about?
- What are your talents? What's special about you?
- What would you most like to accomplish?
- What would legacy would you like to leave behind?