



1.0 MAKING YOUR LIFE REAL

Having a definite, defined **'Life-Purpose'** will help keep you're focus / sustained intent when you're injured, tired or mentally not 100%.

Everybody has vague 'hopes & purposes' - but only a handful ever makes them a reality. How do they do it? Simply put, they:

1. **Have a Life-Purpose**
2. **Commit to their Purpose – with 'Conviction'.**
3. **Constantly develop more effective neural pathways (ie. thru physical and mental Aikido-Yoga practices).**
4. **Constantly develop effective, practical skills (ie. decision / risk analysis, planning / tracking, financial skills, goal setting, yama, niyama, journaling, 7 Habits, etc. etc. etc.)**
5. **Act (And apply "ant logic" and constantly adjust their actions and goals as their experience grows)**

2.0 WHY DON'T PEOPLE SET GOALS?

If I asked you to show me you're ONE-PAGE LIFE MINDMAP with the following categories: HEALTH, FINANCIALS, GROWTH, RELATIONSHIPS, CONTRIBUTION, FUN - and written goals for each... would you have anything to show me? If not, are any of the responses below applicable to you? Most people simply let their lives be dictated by other people's goals, and grow increasingly resentful and frustrated as they simply "drift" through life!

A group of athletes who were being inducted into an elite sports training academy were asked how many of them had 'written down' goals. The answer five out of sixty! Those five achieved more in their lifetime than all the other fifty five people put together ! When asked the question: "Well, why don't you set goals?" they answered with the four most common reasons that most people *"rationalise"* (Rational – lies) away their life with:

1. **I can't be bothered / don't know how...**
[Lazy, confused, poor life choices / not disciplined, bad habits of procrastination etc.]
2. **Subconscious "I don't want to appear different from peers"**
[A typically cultural / peer group disease!]
3. **Subconscious fear of failure**
[If I don't set a goal, then I can't fail at getting it!]
4. **Subconscious fear of success**
[How guilty/afraid I'd feel if I was incredibly successful!]



3.0 POWER OF GOALS

If you do not know how to apply your mind then you may think that those that achieve things in life are in some way more “gifted” / better than you. A lot of people also try very hard in the belief that their “hard work” will inevitably lead to success. Their daily struggle is underpinned by the false belief that if they try “hard enough” then they too will succeed.

- ***But it doesn't work that way!***
The seeming “breaks” only gravitate to people with an *appropriate* life-purpose and specific, clear goals.
- The *purpose* itself provides the motivation and because the subconscious never sleeps, it continually facilitates the means for its own accomplishment and success.

In other words “if you figure out the **why** (purpose) and **what** (goals) clearly enough, with *conviction* – then your subconscious will go to work to figure out the **how!** And because the subconscious works 24 hours a day – 7 days a week - it will keep working towards your purpose so long as you:

- **Sustain your intent to your purpose**
- **Set goals and have a plan**
- **Act, track progress and record results**
- **Find out what is not working and continually adjust your approach**
- **Use your talent to make this a better world for others**

Everyone knows of the importance of setting goals. However, achieving significant goals involves more than just the process of setting them. Achieving big goals is **a practical, personal management process** involving:

1. **Setting specific goals** [clearly writing it down on paper]
2. **Breaking it down** [into smaller sub-goals]
3. **Work out an action plan** [that will work]
4. **Doing the actions** [living in “air tight” compartments each day – without anxiety or fear - and not leaving till tomorrow what you *should* do today]
5. **Evaluating progress** [what is working and what is not]
6. **Adjusting the plan** [a plan is just a plan – it's ok to continually update it]
7. **Celebrating achievement** [reward yourself for achieving specific goals]
8. **Choosing new goals** [*keep evolving...* and you'll be amazed at what you can achieve!]

There is real power in knowing what you want and in committing yourself to a structured way of achieving things. Realise that in six months, you're going to become someone other than who you are today – that is a certainty. Question is... who? Not making a choice is a choice by default, and will set the course of your life in a certain direction.



4.0 OUTCOME vs PROCESS GOALS

There are two types of goals that you want to be aware of : **outcome goals, and process goals.**

- **Outcome goals** are the end result: hitting a bogey free golf round; running under a specific time; buying a house; etc. etc.
- **Process goals** are the specific actions, behaviours, moods, and mental processes required to achieve the desired outcome.

What is important is knowing when to focus on outcome and when to focus on process.

For instance, consider a journey. At the beginning of the journey you think of your destination - where you want to end up. Then you get in the car and pay attention to the traffic around you; stop at lights and intersections; change gears; accelerate; turn corners; refuel when necessary; and deal with delays and flat tyres along the way. **Now just imagine if you didn't have that destination in mind at the start** - what would happen? You'd just hop in the car and start driving, and you might drive extremely well, but you'd end up going nowhere in particular.

Focusing on **process goals** alone is like that. You want to have a desired outcome and not be afraid of setting it, and going for it. However you also want to have a means by which you're going to get your outcome - and these are your process goals. Each failure is just an opportunity to learn something vital – and adjust your approach until you achieve your desired goal!

Generally, the time to think about **outcome goals** is prior to and after a performance; and the time to focus on **process goals** is when you are performing. "

5.0 THE ONLY TIME YOU HAVE TO ACT IS NOW !

- Define your Life-Purpose (I can facilitate the process more fully as your training progresses – but as per your shodan assignment – it must start with your eulogy.)
- Develop your one page life mind-map (it will evolve!)
- Set outcome goals (they will change / evolve!)
- Set process goals (they will change / evolve!)
- Develop a formal "Business Case" for specific major things you want to achieve on your life mind-map. (ie. Current issues / reasons for wanting to take action, KT decision analysis / selected course of action, cost / benefit analysis, clearly stated outcome / timeframes, detailed action plan / milestones, stating dependencies, who can help / sponsor etc.)
- Completely immerse yourself in how you would "feel" if you don't achieve them - what would you miss out on? (what will it look like, smell like, sound like, taste like, feel like, how will it effect others apart from yourself.) **And then COMPLETELY immerse yourself on how will you "feel" when you do achieve each one** (what will it look like, smell like, sound like, taste like, feel like, contribute to others apart from yourself.)
- Remember, clearly differentiate process goals from outcome goals and track as many important process goals as practical on a stats sheet.
- Apply Ant Logic.



QUOTABLE QUOTES

- "We must be the change we wish to see." M.K. Gandhi
- "The significant problems we face cannot be solved at the same level of thinking we had when we created them." Einstein
- "All men should strive to learn before they die, what they are running from, and to, and why." James Thurber
- "Something which we think is impossible now is not impossible in another decade." Baker Motley
- Be careful of your thoughts,
For your thoughts become your words;
Be careful of your words,
For your words become your deeds;
Be careful of your deeds,
For your deeds become your habits;
Be careful of your habits,
For your habits become your character;
Be careful of your character,
For your character becomes your destiny.
- "People are often unreasonable, illogical and self-centred : Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives: Be kind anyway. If you are successful, you will win some false friends and some true enemies: Succeed anyway. If you are honest and frank, people may cheat you. Be honest and frank anyway. If you find serenity and happiness, they may be jealous: Be happy anyway. The good you do today, people will often forget tomorrow: Do good anyway. Give the world the best you have, and it may never be enough: Give the world the best you've got anyway. You see, in the final analysis, it is between you and God: It was never between you and them anyway."
- "...Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others."
- "Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." Mark Twain



- "Within you there is a stillness and a sanctuary to which you can retreat at any time and be yourself." Hermann Hesse
- "I asked for strength,
and God gave me difficulties to make me strong.
I asked for wisdom,
and God gave me problems to learn to solve.
I asked for prosperity,
and God gave me a brain and brawn to work.
I asked for courage,
and God gave me dangers to overcome.
I asked for love,
and God gave me people to help.
I asked for favors,
and God gave me opportunities.
I received nothing I wanted.
I received everything I needed." Hazrat Inayat Khan
- "We must never cease our exploration, and the end of all our exploring will be to return to the place where we first began and to truly know that place for the first time." T.S. Eliot
- "Let us not demand of ourselves that we alone must be the agent of change. In a fire brigade everyone passes along a bucket, but only the last person puts out the fire. None of us know where we stand in line. We may be here simply to pass a bucket; we may be called on to play a major role. In either case, all we can do is think, act, and say. Let us direct our thoughts, words, and actions to peace. That is all we can do. Let the results be what they will be." Deepak Chopra
- "Age measures life in years, but it's the life in those years that contributes most." Charles Kovess
- "So I grew up feeling that I wasn't good enough, and that no-one would love me unless I was perfect. But no-one's perfect, we're not meant to be perfect. We're meant to be complete. But it's hard to be complete if you're trying to be perfect, so you kind of become disembodied. And I spent a lot of my life that way." "And if you don't own your strength... Women like me tend to always look over their shoulder to see who... "Who's the leader? Who's the smart one?" Never thinking it might be ME. Took a long time for me to get over that." Jane Fonda interviewed by Andrew Denton on Enough Rope, ABC TV, Australia
- "The foundations of a person are not in matter but in spirit." Ralph Waldo Emerson
- *"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."* Mark Twain