

*Jimmy Rex*

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GOAL SETTING GUIDE

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AS I HAVE GOTTEN OLDER I HAVE LEARNED THE KEY TO LIFE IS TO LIVE IT ON YOUR TERMS. WHAT DOES AN AMAZING LIFE LOOK LIKE TO YOU?! IF YOU COULD HAVE A TRULY SPECIAL LIFE THAT YOU ARE PASSIONATE ABOUT, HOW WOULD YOU KNOW YOU ARE IN IT? AS I STUDY PEOPLE LIVING EXTRAORDINARY LIVES I NOTICED A FEW PATTERNS THEY ARE LIVING. THEY GET THE MOST OUT OF THEIR TIME, BODIES, RELATIONSHIPS AND PEOPLE IN THEIR LIVES, AND WHAT THE KNOWLEDGE THEY HAVE COLLECTED. THEY ALSO KNOW HOW TO TRULY ENJOY ALL OF THIS AT THE SAME TIME!

AT THE END OF THE DAY IT ALL COMES DOWN TO THIS, HOW DO YOU TRULY FEEL EACH AND EVERY DAY? YOU CAN HAVE ALL THE MONEY IN THE WORLD BUT IF YOUR RELATIONSHIPS SUCK AND YOU ARE STRESSED AND ANGRY ALL THE TIME, YOU DON'T HAVE MUCH AT ALL. TONY ROBBINS SAYS, "WHAT YOU FOCUS ON YOU FEEL." I TRULY BELIEVE THAT PEOPLE THAT ARE THE MOST HAPPY AND MOST FULFILLED ARE LASER FOCUSED ON WHAT THEY WANT TO ACHIEVE. THEY HAVE ULTIMATE CLARITY AROUND WHAT THEY WANT THEIR LIFE TO LOOK LIKE.



AFTER YOU REALLY FIGURE OUT WHAT IT IS YOU WANT, YOU HAVE TO HAVE SOME ENERGY AND POWER BEHIND IT. SOMETHING COMPELLING ENOUGH TO MOVE YOU INTO ACTION AND KEEP YOU MOVING FORWARD WHEN CHALLENGES ARISE. WITH THAT "WHY" YOU WILL NEED TO CREATE A MASSIVE ACTION PLAN THAT WILL BECOME A ROAD MAP FOR YOU AND A PLAN TO GET FROM WHEREVER YOU ARE TO WHERE YOU TRULY WANT TO BE. SO THE KEY RIGHT NOW IS TO ASK YOURSELF THE QUESTION, "WHAT DO I WANT MY LIFE TO LOOK LIKE?" "WHAT IS IT THAT I TRULY WANT IN MY LIFE?" THE REASON WHY THIS QUESTION IS SO POWERFUL IS BECAUSE IT TRANSFORMS YOU FROM SOMEBODY THAT FOCUS'S ON THEIR OWN CARNAL DESIRES OR ON OTHER'S DEMANDS OF YOUR TIME TO SOMEONE THAT FOCUSES ON WHAT IS MOST IMPORTANT TO YOU!

IF YOU HAVE A REASON AND A PURPOSE STRONG ENOUGH THEN YOU CAN FIGURE OUT THE "HOW" TO DO IT. WE DON'T WORK AGAINST TIME WHEN WE HAVE A LIFE BY DESIGN BECAUSE TIME ISN'T WORKING AT ALL. WE SIMPLY DESIGN A LIFE THAT FULFILLS US AND WE CAN CONSTANTLY BE FULFILLED KNOWING WE ARE GROWING AND CONTRIBUTING BACK TO SOCIETY! THIS ISN'T EASY, IT IS WORK AND IT'S IMPORTANT THAT YOU KNOW THAT. BUT IT GETS EASIER AND EASIER AS YOU TAKE ACTION AND GET INTO MOMENTUM.



THERE HAVE NEVER BEEN MORE DISTRACTIONS THEN THERE IS TODAY IN 2018. IN THE PAST YOU WEREN'T BEING PULLED IN SO MANY DIRECTIONS AND THERE WEREN'T AS MANY OUTLETS TO WASTE YOUR TIME AND LIFE ON. THAT'S WHY IT'S NEVER BEEN MORE IMPORTANT TO TRULY KNOW WHAT TO PUT YOUR FOCUS ON. IN ORDER TO HELP YOU WITH THAT WE ARE GOING TO FOCUS ON THE 3 QUESTIONS THAT I LEARNED THROUGH STUDYING EXPERTS LIKE TONY ROBBINS AND JOHN C. MAXWELL. THE ORDER OF THEM IS JUST AS IMPORTANT AS THE QUESTIONS THEMSELVES.. WHAT DO YOU WANT, WHY DO YOU WANT IT, AND WHAT IS THE PLAN WE ARE GOING TO CREATE TO GET IT!



1. WHAT DO I WANT? WHAT DO I TRULY WANT? WHAT IS MY OUTCOME IN LIFE I AM AFTER? ON THIS QUESTION IT IS IMPORTANT TO BE SPECIFIC. THERE'S A BIG DIFFERENCE BETWEEN "I WANT TO BE RICH" AND "I WANT TO EARN \$250,000 INCOME IN 2019"

2. WHAT IS MY "WHY"? OR BETTER PUT, "WHAT ARE MY WHY'S? WHAT IS MY ULTIMATE PURPOSE IN LIFE? WHY IS THIS A "MUST" FOR ME?! IT IS IMPORTANT TO ADD EMOTION TO THIS SO I WANT YOU TO THINK ABOUT WHAT REALLY LIGHTS YOU UP ABOUT YOUR WHY.. WHY DO YOU WANT TO HAVE A BETTER JOB? WHY DO YOU WANT TO CREATE A BUSINESS? WHO STANDS TO BENEFIT FROM MY EFFORTS? ATTACH THE EMOTION! HOW WILL YOU FEEL IF YOU LOSE THAT WEIGHT OR GET THAT NEW HOUSE? USE POWERFUL WORDS LIKE "SEXY" "EXCITING" WHATEVER GETS YOU EXCITED.

3. WHAT IS MY ACTION PLAN, MY MASSIVE ACTION PLAN TO ACHIEVE THIS?! I THINK IT'S GOOD TO BRAINSTORM HERE AND GET ALL THE IDEAS OUT, PUT EVERYTHING ON THE TABLE. ALL THE POSSIBLE ANSWERS ARE OK, WE CAN NARROW IT DOWN LATER!



REMEMBER THAT THE SEQUENCE IS CRUCIAL AS YOU FILL OUT THESE QUESTIONS! IF YOU GET CLARITY ON THESE 3 THINGS, YOU CAN TRULY DO ANYTHING YOU WANT IN THIS LIFE. BY HAVING THESE POWERFUL AND CLEAR GOALS YOU WILL FLY PAST THE 96% OF THE PEOPLE THAT NEVER BOTHER TO WRITE DOWN GOALS AND THE 99.9% THAT HAVE NO POWER BEHIND THEM. THIS IS HOW SUCCESSFUL PEOPLE GET THINGS DONE! THIS IS HOW WE BUILD A LIFE BY DESIGN.



ONE OF THE HARDEST PARTS IS GOING TO BE OVERCOMING PREVIOUS HABITS THAT YOU HAVE CREATED. THIS IS WHY WE NEED CLARITY AND POWER BEHIND OUR ACTION PLAN. THE KEY TO ALL OF THIS IS TO BE IN THE MIDDLE OF THE PROCESS AND NOT FEEL THE STRESS BECAUSE YOU ARE DOING EXACTLY WHAT YOU WANT TO BE DOING. YOU ARE FINDING JOY ALONG THE WAY AND NOT LOOKING FORWARD TO SOME FUTURE GOAL. MY OWN LIFE PURPOSE IS TO BRING HAPPINESS TO OTHERS THROUGH MY PLAYFUL SOUL AND TO BE AN EXAMPLE OF LIVING AN EXTRAORDINARY LIFE. LIVING AN EXTRAORDINARY LIFE ISN'T RESERVED FOR THE LUCKY FEW, IT'S WHY WE ARE HERE IN THE FIRST PLACE! GOD DIDN'T SEND US TO EARTH AND TELL US TO LIVE A MONOTONOUS, BORING LIFE. HE WILL GUIDE YOU AS YOU TAKE CONTROL OF YOUR LIFE AND BUILD IT BY DESIGN!

