



# Transform Your Life

GUIDE TO PERSONAL TRANSFORMATION

## Contents

Introduction .....	2
.....	3
Reduce Your Mind Clutter.....	3
.....	6
Motivation .....	6
.....	8
Recreate Your Social Life .....	8
.....	11
Re-Evaluate Your Finances .....	11
.....	13
Relax and Have Fun .....	13
.....	14
Revitalize Your Health.....	14
.....	16
Refresh Your Environment .....	16
Rev Up Your Romance .....	18
.....	19
Revamp Your Image.....	19
.....	21
Reboot Your Spirituality .....	21
Summary.....	22

## INTRODUCTION

It's easy to stay stuck in the same old rut, longing for more and yet wondering why life passes you by. Maybe you see people achieving their dreams and living the perfect lifestyle for them, and you witness others who are lucky in love and life generally. Ever wondered why not you?

Stop settling for less than what you want and don't compromise. Drop the either-or thinking and embrace a mindset that you can have it all. For example, if you think you can either make good money or have a lot of free time, ***then you will have to choose***. But what if you don't have to choose? Why can't you have both?

If you want to change your life forever, take a balanced, holistic approach, and follow these simple tips. If you wish to have holistic success, it is going to require a holistic approach. It would be best if you had a strategic and thorough game plan that makes sense and has the potential to get you to your vision. Increase your sense of self-belief and inner well-being and see just how easy it can be to achieve all of your goals and to reach your true destiny.



## REDUCE YOUR MIND CLUTTER

Typically, those who achieve have a different mindset to those who never quite make the mark. This mindset is made up of an inner belief, steely confidence, and the power of positive thinking, which can help to transform not only your outlook but the way that life's journey unfolds.

To be able to change your life, you need to identify what it is that you want to achieve. What one area represents the person that you would like to be? Or learn how to identify the one aspect that could add critical positive changes to your life.

Having a clear focus will enable you to map out the things that you need to make these life-changing decisions and to start the ball of transformation rolling in your direction. Of course, clearing the conscious clutter isn't always the easiest thing to do. Your mind could be filled with disorder that even learning how to cope with each day, week, and a month is a frightening reality. The prospect of making significant changes is not just daunting; it might feel as if it is off the scale of probabilities.

Making a list of all of the things that you would like to do will help define a pathway through all of the muddled thoughts that might litter your consciousness, and having items depicted in black and white in front of you will help you to sort out the priorities of your life.

It doesn't matter if the list is messy and without any order. The main thing is to direct your stream of thought onto paper and to capture it all. Afterward, you will be able to sit quietly and sort the items into an order of preference.

This might sound far too easy to be any good, but it's not. Small stepping stones will map out your way to outstanding achievements. When you start to prioritize any goals, be sure to make them achievable. If you write down that you wish to earn a million dollars overnight, then you are probably going to wake up unsuccessful and disappointed that the power of thought didn't do what you expected it to do. There are no magic wands, remember, but there is a science behind your transformational journey-you have to be realistic and be focused.

You might want to earn a million dollars, but while this is distinctly possible, it is more likely to be achieved further along into your journey than right at the start. Remember-small stepping stones lead to great things.

Your first goal should be something that can be achieved in a matter of weeks – allow 4 to 8 weeks. So your goal should be something significant that can be achieved with a renewed mindset and a sense of purpose. Ideally, any goals should feed into each other, therefore making each goal the next vital cog in the chain towards your overall target.

Some goals may be just to eliminate the negative aspects of your life that have always stopped you from achieving. Perhaps you are overwhelmed by negative thoughts still, or maybe your self-limitations hold you back?

Do you always feel pressured for time? Wonder how on earth you are going to get everything done? In this instance, time management might be a great first goal if you always feel that your life is out of control and that you can't implement new changes because there is never enough time to complete the tasks that you currently have.

When setting goals, you are looking at how to materialize the outcome, and time management, of course, would make a big difference to your life. Realistically, it merely needs a clear head when deciding which tasks should stay and which tasks should be cleared off your to-do list altogether.

While creating your list, it's worth considering just what holds you back in life. Why have you fallen short of your potential previously? It might be that you are scared to achieve or, of course, to fail? Capability is often not the real issue behind falling short of your potential, but fear can be, so dig deep into your subconscious, what are you scared of?

If you think about your chosen final goal, do you get excited by the prospect of realizing that dream? Or is there a nagging element of self-doubt that is interfering with your ultimate vision? If yes, ascertain why it is essential. Everyone has fears to overcome, and facing up to yours is vital if you want to let go of the old you and embrace the newly transformed you. Ask yourself out loud, what is stopping you from being the person that you know you can be?

Don't just write out your goals and forget all about them. You need to reinforce your goals within your mind continuously. They need to be relevant to you, and you should relish each one of them. If you can imagine yourself accomplishing your goal, then it will become more tangible and believable.

Stepping stones, i.e., those small goals that interlink towards greater success, are an excellent way of taking small but powerful steps to the new you. You need to follow your plan and work out a course of action for achievement, and should you start allowing negative self-doubts to pop into your mind, just let them go. The power of the brain is sharp. If you determinedly put all negative thoughts to one side and consistently do so, they will eventually dissipate.

Learn to track your progress and keep an eye on your timescales. If you have given yourself realistic deadlines, then you should stay on course.

Tracking allows you the chance to increase your endeavors if you are behind schedule and to pat yourself on the back if you are right on target. Tick each completed item on your to-do list and feel the sense of satisfaction at taking control of your life.

Treat yourself to something beautiful as you make each deadline. Your reward is personal to you, but make it so that it adds to your sense of achievement. As you reach each milestone, your confidence and sense of self-esteem will also rise dramatically.



## MOTIVATION

Learning what makes you tick on an individual level is so important. Once you have found the elixir of motivation, it makes sense to tap into it and to give yourself a kick-start if you start flagging.

You can start learning about yourself just through understanding what your most significant achievement has been to date and how you came to reach it.

Think long and hard about the following questions and take time to write down full-answers in response. Be honest with yourself when answering these questions- you may surprise yourself.

1. What is your most significant achievement to date?
2. How did you achieve your success?
3. During the process, what kept you going to the end goal?
4. How were you motivated?
5. How much did the end goal mean to you?

Once you have answered the questions, sit quietly and contemplate back to that time when you experienced that joyous sense of achievement.

Remember that people are motivated by very different things and what motivates one may not motivate another. Still, your inner-most dreams have probably changed little and will have remained relatively constant throughout. What often happens is that people give up on these hopes and instead settle for something much less simply because it is easier and quicker. The actual dream, your true destiny, may have taken a lot of hard work and patience and, therefore, was abandoned. This knowledge of taking the easy route may be an issue for you today.

From the following list, write down any that connects with your feelings:

- Do you seek recognition from others?
- Do you strive to make life better for your family?
- Do you need to prove to yourself that you can be someone famous or achieve all of your goals for personal satisfaction?
- Do you feel that it's essential to do the right thing in life?
- Do you strive to increase your financial income?
- Do you have a passion for life and find it all-consuming?
- Was your childhood difficult, and do you wish to ensure that your adult life is vastly improved?
- Is it essential for you to take charge of your life and do something that matters?
- Do you need variety in life, to embrace any changes?
- Does seeing your goals written down in black and white increase your determination to succeed?

You may find that several relate to how you feel personally, so make a note of them and pin them up where you can see them so that they are a constant reminder of how you feel.



## RECREATE YOUR SOCIAL LIFE

A lot of people believe that developing a social life is something that should happen naturally, on its own, without you needing to do anything.

Many of us today lack a fulfilling social life. If you're naturally a social person and get out a lot, then your social circle will develop on its own. Still, if you're an office worker sitting in a cubicle all day who doesn't go out much, your social life may be seriously deficient.

Some people tend to go home at night and hide behind a tv or computer screen. They get stuck and wallow in their limited thinking and experience.

To reach revolutionary success, you need to get off your butt and make some essential connections and build those relationships that are going to support your greatness. In other words, you need to make a conscious effort to make new connections and deepen those relationships, both on and offline. You need to go to events and spend some face time with other visionary people.

Building a social life requires the same active and strategic approach that making money or building a career requires (a system based on setting goals and acting on them.) Coming from this angle, I want to show you four proactive strategies to build a social life.

### Understand Your Type

A fulfilling social life looks different for different people. Some of us need lots of friends and a large social circle. Some of us are fond of having just a few friends, but who are very close to us. What is your preference? Do you know? Take some time to think about this and visualize what your ideal social circle would look like.

Another aspect to think about is what kind of people you want in your social circle. Do you prefer artistic people or people who are tech-oriented? People who are outdoorsy or like to be indoors? Usually, you will get along best with individuals who are similar to you. I advise you to consider your dominant traits and consciously decide which of these traits are essential for you to find in others. If you know what kind of people you want in your life, you're much more likely to find them.

### Go Where the People Are

Once you know how many and what kind of friends you're looking for, it's time to take action to meet them. This may seem obvious, but it's something many of us disregard: if you just wait for others to come to you, you'll never build a social circle. You must have the initiative and go to them.

My recommendation is to think about activities where you are likely to meet people you'd enjoy interacting with and get involved in a few of them. For instance, you may take a class on a topic you're interested in. You may volunteer for a charity organization. Or join some sort of club. Even if you don't have any friends at this point, you can apply this strategy. You can get involved in activities by yourself, and you'll meet others there.

### Be Friendly First

So, you attend a training program, and there are lots of other people there. What do you do? Many of us sit around doing nothing and expect others to come to talk to us, ask us questions, and be chatty. Don't just sit there like a bump on a log; be friendly first. Be the first one to break the ice.

Walk up to other people and introduce yourself to them. Then start chatting with them. For example, ask them how they found out about the event, how long they've been interested in 'X,' segue from there into other topics, and if they seem to enjoy talking to you (which they almost always will), keep the conversation going.

If you're building a new social life from scratch, the beginning is always the most challenging part. However, once you've met a few people, it gets a lot easier because you can then leverage them to meet even more people. You can then meet some of their friends and acquaintances, and expand your social circle further.

Again, a proactive approach works miracles. Let your friends know that you're interested in meeting new people and you'd love for them to introduce you to other people they know.

The best part is that the bigger your social circle becomes, the easier it is to employ this strategy. Your social life will expand faster and faster, and you'll find it progressively easier to find people you match well with.

Your social life is entirely in your hands. You can have a social life as rich, connected, and diverse as you want. All you need is to do a bit of smart planning in this area and take massive action. There is certainly no shortage of possibilities to meet people and make friends. It's up to you to capitalize on them.



## RE-EVALUATE YOUR FINANCES

When it comes to money, people get set in their ways with how they do things just like we do in other areas of our lives. We get into a comfort zone. We pay our bills, put money into savings (ideally), or we avoid our bills and over-spend; every day waking up and going to work so we can keep our lives moving. Ugh!

If you are used to being broke and struggling, then having things go any other way will seem foreign to you. You have to re-train your brain to get more and more comfortable with the idea of things not being how they historically have been.

For your financial life to evolve, there needs to be a change. If you want your money to grow and do better things for you, you have to be willing to step outside of your comfort zone and start changing your ways, especially if debt is still something you are hanging onto year after year.

It all starts by committing yourself to make the changes that will have a significant impact on your financial life. Step out of your comfort zone and get proactive about your debt.

Find a Way to Make Extra Cash

Consider a part-time job or invest a few hours in a hobby that could net you some money to be used for extra debt payments. It may not feel right at first to take on the extra work or to even make money on something you enjoy doing, but as you progress through your commitment to change, the benefits will start to outweigh any negatives. You can slowly begin to become debt-free while simultaneously knowing that you're doing all you can to change your life and ways.

You have the power to create a better life, especially your financial one. Investigate how you might be in a money rut. Evaluate your money situation and see if you can cut down on your everyday expenses. Notice if you want to spend every last penny, and see if you are avoiding putting yourself out there to make some extra money with odd jobs or seeking a raise or promotion at your current job.

Abandon your comfort zone and face your fears. Take the actions you need to take to achieve greatness. Your true potential lies on the other side of facing your fears. You can either be comfortably (un)comfortable, or you can be wildly successful. It is your choice, but you can't have both. Of course, if you achieve financial success, you will be more than comfortable. However, to get there, you are going to have to make bold decisions and take proactive actions!



## RELAX AND HAVE FUN

Have fun and stay positive. It is easy to take yourself too seriously when you are pursuing a life with a vision. You need to play the game to win, but that doesn't mean you can't enjoy the journey. If you're not enjoying yourself, you won't be able to sustain your momentum long enough to achieve your potential anyway. So, having fun is a very serious key to success. It helps if you can develop and practice the art of celebration. Celebrate every chance you get. Look back and take stock of how far you've come and learn to recognize the various types of progress you are making, even when the tangible results have yet to arrive.



## REVITALIZE YOUR HEALTH

Revitalizing your life can be easier than you may think. With just a few simple changes to your daily routine, your whole life can improve.

### Change Up Your Brushing and Flossing Routine

A few changes in your brushing and flossing habits might just help you feel better overall. Consider a change of toothpaste for starters. Go for a strong peppermint flavor that you haven't used before and choose a flavored floss as well. These very flavorful dental care products can make your mouth feel extra refreshed and revitalized.

### Improve Your Sleep Habits

Sleep has everything to do with how you feel every day. Lack of sleep — especially quality sleep — can leave you feeling chronically grumpy, tired, and out of sorts. To make sure that you get the quality sleep, you need to feel good, try a few simple changes. Don't engage in "screen time" right before bed. One reason that many people can't fall asleep is that they're checking email, browsing the Internet, or otherwise playing on their phone. For at least half an hour before bedtime, set the phone aside and lay quietly, allowing yourself to drift off peacefully.

### Tweak Your Daily Diet

Your daily diet can have a significant impact on the way you feel. If your diet is high in sugar, fat, and processed foods, you're most likely dragging yourself down without even knowing it. While you don't have to make drastic changes all at once, your body will thank you if you try to replace fried foods with grilled ones and sugary foods with natural ones like fruit. You can even experiment with a sugar replacement like Xylitol or Stevia.

## Up Your Exercise

While you may think of exercise as something that requires energy, it's quite the opposite. Exercise can give you extra power and can help you feel great and revitalized. The top tip for making exercise easier is to do something that you enjoy. Try different types of exercise, whether it's swimming, hiking, or spin class until you find something that you look forward to. When you incorporate exercise into your routine at least three times a week, you'll notice benefits in the way you feel overall.



## REFRESH YOUR ENVIRONMENT

Breathe new life into your home by decluttering your space. A room full of clutter is not only distracting but can negatively impact your quality of life. Freshen up your home by taking this weekend to go through your personal belongings and clutter. Create a few piles, one for donating and one for tossing and put your seasonal belongings and items into storage. Encourage your friends and family if you think they can benefit from a decluttering session as well!

If you have children, you might want to include them in the event as well, as it can be a great lesson on how to care for their personal space. It's also a nice little boost of morale.

Once you have a clean environment, you'll have the peace of mind to decorate with some great new ideas, inviting serenity into your living space!

Create a sanctuary in your environment by rearranging your furniture. Perspective is everything. Now that you de-cluttered your space, it's time to make some changes to what you decided to keep. Ask yourself, does your entertainment unit block any sun from coming through your living room window? Would you sleep better if your bed was positioned against that wall as opposed to this wall? These questions will help you decide on the feng shui that you're looking to capture to take advantage of your renewed energy levels.

Out with the old, in with the new. Towards the end of seasons, it's easy to wake up feeling exhausted and with aches and pains, so to help improve your quality of sleep, it's crucial to upgrade your sleeping situation. A better mattress is often an

easy solution, but let's be honest, mattresses are not cheap. Adding a mattress topper to your bed is a great way to create some extra comfort without breaking the bank. A new set of sheets wouldn't hurt either while you are at it.

Create some new scents and colors with flowers. Invite the natural beauty of the outdoors into your home with floral arrangements. Sweet-smelling flowers emit an unmistakable fragrance of the outdoors. Some flower assortments can be found cheap at your local grocery store, making fresh flowers possible in your home regularly.



## REV UP YOUR ROMANCE

Are you looking to break out of the routine? Take the pressure off date night and transform them from ordinary to exceptional with a 'Date Night Box.' Every box contains role cards that provide detailed instructions from how to set up the room to what to do and say, eliminating the need for guesswork or worry.

It's an original date experience, planned, picked, & delivered just for you.

It's everything you need for a romantic and fun date night in your home, right in a box, so kiss your boring dates goodbye. Date Night Boxes create unique, exciting dates you can't get anywhere else. They even include a custom playlist & conversation starters for your date.



## REVAMPING YOUR IMAGE

Successfully revamping your image isn't always easy. Even so, if you do it the right way, the experience can still be fun and rewarding. It takes work, intention, effort, and mindfulness to end up with the best possible self-image. It's not as easy as throwing on fresh clothes, even if they are designer and expensive. The key to successfully revamping your image is to take a holistic approach. Work on the outside while aligning it with work that you simultaneously do on the inside.

Are you challenging yourself to live up to your highest ideals with a drive to achieve your goals? If you want to do bigger things with your life than you've ever done before, a revamping of your self-image is necessary.

The thing is, your goals are products of who you are, of your experiences, and your dreams. The sum of your sense of self is your self-image. And, that self-image is an inner-outer combination of who you are. What image do you want to project to, and what does that look like?

Imagine that you have a successful, national consulting business with a New York based training program and, let's say that, along with your co-founder, you just launched a new product line. Oh, and how about that book that you've written? And then there's this TV

concept that you are working on with a pair of producers. In total, how does this business reflect your self-image? Are you worthy of this success? [YES, you are!] What does that success look like, and, most importantly, how do you present yourself while working to fulfill your dreams successfully?

The work on your self-image propels you closer to the best version of yourself, who makes all your dreams happen. You need constant focus and to draw upon positive energy to work on all of your projects. How you look is a reflection of how you feel about yourself.

Successfully revamping your image is more important than you might think. It's easy to brush this off like it's a rather self-indulgent project. If you want to get a message out or make a difference in the world, your self-perception affects the outcome.

As an entrepreneur, your business is a reflection of you, and you are a reflection of your endeavors. It's exciting to think bigger and to contemplate how all that affects your image and, therefore, your look.

Have you thought recently about successfully revamping your image? What would you like to achieve and to get out of that experience? Have you plateaued somewhere on your journey, and yet you know there's more to experience? That's the perfect time to take action. Intention without effort is only a plan. Like I said at the beginning, successfully revamping your image isn't always easy yet; it can be exhilarating and the most fun ever!



## REBOOT YOUR SPIRITUALITY

### Start a New Morning Ritual

How you start your day sets the tone for your entire mental and emotional life. If you don't have a morning practice, create one! Waking before sunrise and spending the first hour of your day, meditating, praying, or otherwise communing with God is one of the easiest ways to feel a profound shift in your spiritual life.

If your practice has gotten repetitive or feels dull, you're likely burnt out on your rituals. Try something new for the next month, like doing guided meditations, reading a book by candlelight as the sun comes up, or doing sun salutations facing the rising sun. And if you aren't what you would call a "morning person," consider that 20 fewer minutes of sleep probably won't make a massive impact on your overall well-being, but 20 minutes spent in spiritual pursuit every morning most certainly will.

## SUMMARY

Transforming your life is all about identifying what you want to achieve and being able to plot out a clear and defined pathway towards it. Ensure that your end goal and stepping stones are clear and achievable and then set an approximate time limit for each one.

As you begin to achieve your dreams, you will feel a more profound sense of confidence begin to materialize, and these sensations may feel a little overwhelming initially but learn to embrace them. Positive feelings will start to become the norm as you progress on your transformational pathway to success. Believe in it, feel it, live it.

Support this belief with a powerful visualization available to you at any time and start manifesting it all into your life. Remember that every time you visualize your goals, you will feel an increased motivation and be one step nearer to finally achieving total personal transformation and success. Utilize these ten guidelines, and you will surprise yourself with how much you can achieve in this life.

Holistic success is possible for you.