

HOW TO DISCOVER WHAT YOU REALLY WANT

tap into unstoppable motivation...

Covered in this planner

- 1: What is it you want?
- 2: Are you going to take action?
- 3: Why most people fail!
- 4: Exercise - Step #1
- 5: Exercise - Step #2
- 6: Exercise - Step #3
- 7: The secret key to all success!

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The Aims of...

For this mini course the outcomes you are looking for are as follows

1. Prepare your mind for action!
2. Find out what it is that you want to achieve and in which order!
3. Discover a very powerful form of motivation to support you to achieve!

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What is it You Really Want?

A ship without sails will go wherever the wind blows it!

If somebody came up to you in the street and offered you a suitcase full of money to tell them your clear and precise goals or aims in only 30 seconds...would you get the money?
For most people, the answer is no, but why is this?



Important!

The key to achieving what you want comes down to four steps!

- 1. Define what you want!**
- 2. Define your anxieties / limitations!**
- 3. Create a path to get you there!**
- 4. Take action until you succeed!**

However before we even begin to look at the areas 2,3 and 4 we need to know what it is that you really want in life. In the following pages we will find that out!

The time and effort you spend going through the exercise in this document will reflect ...

- 1. How much you really want to succeed!**
- 2. How much you believe in yourself!**

The truth is...you are the creator of your life!

To go through the steps in this mini course will only take a few minutes, but the results you get will depend upon how much you commit!

How important is your future to you?

Remember you are the creator of your life!

Will You Take The Action?

As human beings we are pre-programmed for one of two reactions... To move away from pain and towards pleasure! But very often we will do more to avoid pain than we will to gain pleasure. Why? Survival! Although most of the fears we have will feel real...most of them are illusions. Keep this in mind as you go through the exercise...what is real and what is imagined?

What is it that you really want?

Part 1 - Pleasure

Do you know what it is that you 'really' want??

Many people have a vague idea but nothing really clear, but why is this? Remember we move TOWARDS pleasure!

Are your goals clear? Are they inspiring and motivating? Are they exciting enough for you to get up early for? Or passionate enough for you to make sacrifices for?

If your goals are not clear and inspiring 'to you' ...you will never take action to reach them as there is no reward!



The Main Reason People Fail

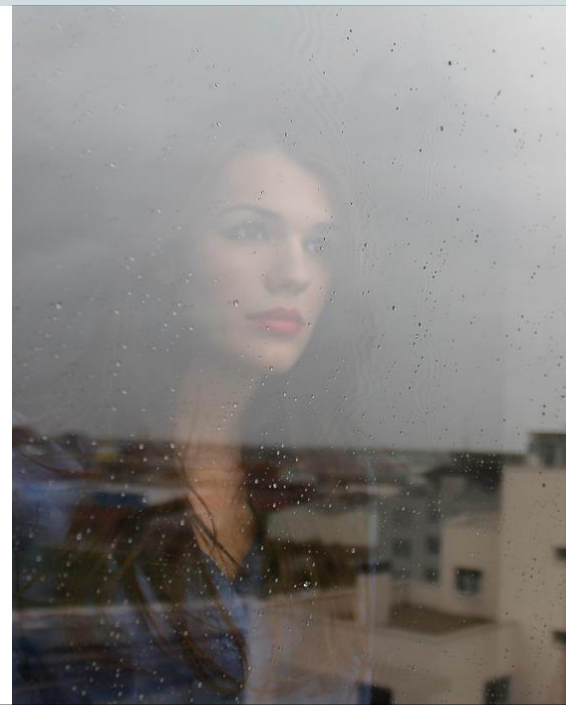
Part 2 - Pain

If you have a goal in mind and not moving towards it...why not?
Think about what you are wanting to achieve and become aware of all the anxieties
and fear that may be lurking...

Where do I start? What if I fail? What if I get rejected? What if I cannot cope? What if I end up alone? What if it is too overwhelming? What if...

When starting your journey it is important to become aware of your anxieties

If you are not aware of the anxieties attached to the pursuit of your goal then you won't take action as your mind will think your heading towards pain!





Just imagine...

Step #1: Meet Your Genie!

1. You are walking down the beach one day and see a lamp half buried in the sand.
2. You pick up the lamp and rub the sand from it and to your surprise... a genie appears!
3. With a smile the genie says that you can have a single wish for setting them free... but there is a twist! The wish that you make must be the most important thing to you right now in your life...and it must be realistic!
4. Take a moment now to think... if you only had ONE wish, just ONE, what would it be?
5. Think about this for a moment and then when you have it, then move on to step #2.

Step #2

Justify Your Wish!



Ask yourself, is the wish you made what you really wanted? Money for example is just a means to an end not the core. Some people say 'less stress', though again this is not the main goal. Go through the following exercise...

1. Imagine if you achieved your chosen goal, then what would you be able to do or have? For example if I had money...then I could leave my job that is stressing me out. So here the goal is not money, but less stress in life.
2. Then repeat the cycle again and again and keep asking "If I had... then it would mean..." and keep asking until you feel you are at a core goal or aim.
3. When you have got to the core then ask yourself, how would I feel if I had this new goal or aim? Has your motivation increased thinking about this new aim?
4. Then imagine the genie grants you another wish... If you had the first core goal or aim in your life right now...what would be the second thing that you would like to achieve...and again repeat the cycle as often as you like until you have a core list!



An example...

1. If I had money then I could quit my job that is stressing me out...
2. If I had less stress...then I could relax more...
3. If I could relax more...I could take time to be with friends...
4. If I could take time to be with friends... then I could have fun...

So for this example the goal could be to spend more time with friends, have fun!
Do you need money for that?



Are all parts needed?

Although your first goal e.g. money may still be necessary in pursuit of your end goal, what we are doing here is building the path to what you really want.

In doing this some people realise that they can get there quicker by missing parts out.

Be efficient!!!

Step #3: Open Your Mind!

Millions of people all over the world write down new goals on January the 1st, but millions never achieve them! Why? Because they are either not clear enough or there is too much pain associated with them. This is why millions of people all over the world give up before starting or shortly after.

If your new goals or aims feel overwhelming in anyway... start to use your mind with the powerful logical and creative side!

Logic: Define exactly what you want, ask if your anxieties are true and to form a structure of how to reach your goal!

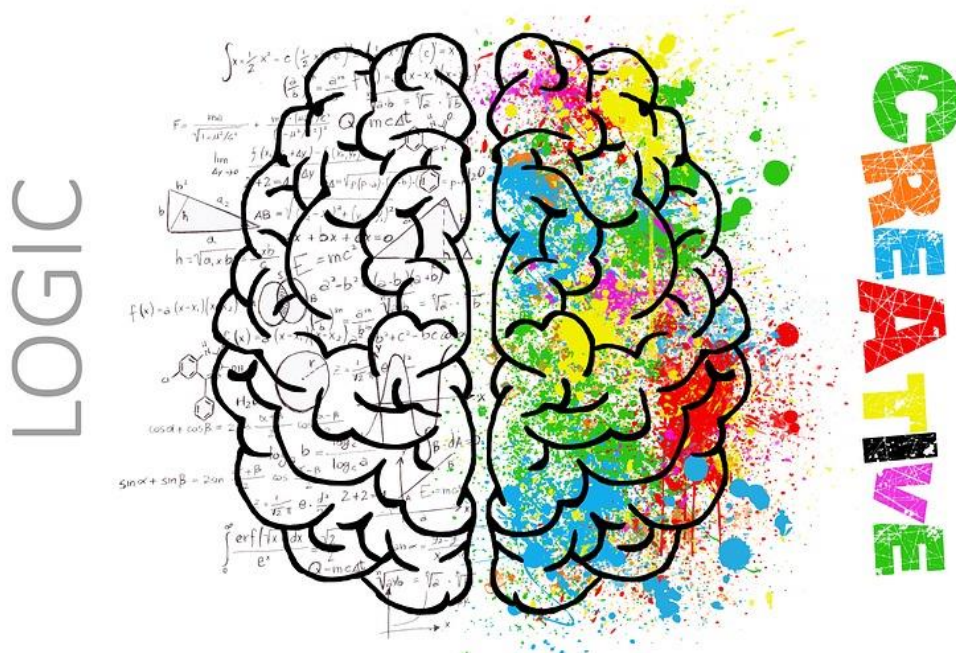
Creative: Use this to imagine all the ways that you can succeed and how successful you 'could' be and in which areas. Dream BIG!



Taught LIES??

Many people are taught that they are not good enough or that they will fail by people who doubt themselves. Remember this is their view of the world...it doesn't have to be yours! You can change it !

What limiting beliefs have you been taught by other people in your life?





believe in
yourself

“We all have the power of the genie...But we are often taught to be the one begging for the wishes from somebody else”

The secret of the genie is that...

YOU ARE THE GENIE!

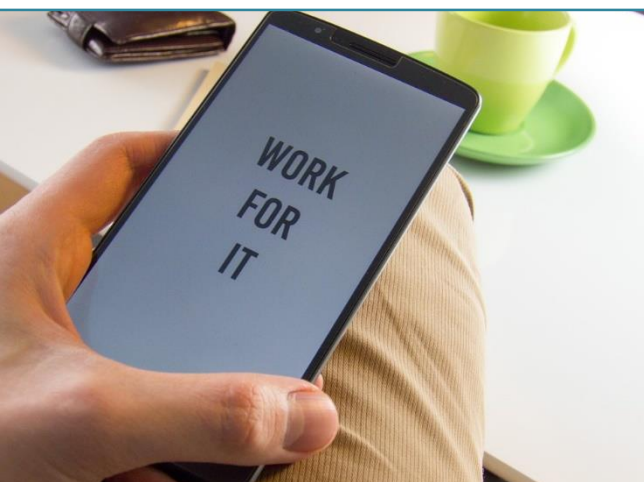
We all have immense power within, but do you believe that to be true? If you feel it is not true...then it is not true, but if you believe it is true...then it is true for you! **What you believe is true for you!**

People give up on their goals because they have listened to far too many people tell them who they are.

However rather than who you may have been taught you are...

Who do you really want to be? The choice is yours!

The Secret of The Genie



Use strategy at all times!

1. Learn to believe in yourself
2. Pick your 'true' goal or aim!
3. Find out what could stop you or what you are afraid of!
4. Ask...how could I get there!
5. Create a path!
6. Take action!

In order to
carry out a
positive
action... we
must develop
a positive
vision.

~ Dalai Lama