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How to actually change your life in 6 months:

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If you're stuck in a rut, feeling lost, and have no direction

You can change your life, or at the very least, the direction of your life in 6 months

How? Follow these 6 steps:



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1. Set these 3 goals

To change your life, your first step is to define your long-term direction.

To do this, you need to set goals in these 3 areas:

- Financial
- Physical
- Purpose related

Make sure they're big, specific and have a deadline



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2. Make your plan like this

Next, you need to define your short-term direction.

This requires you to create a plan, but in a very specific way;



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- Define the vehicle that will help you achieve your goal
- Break that vehicle down into a smaller time component
- Break it down until you get to a daily action

This is your daily direction.



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3. Start training with purpose

90% of people fall into 2 categories:

- Don't work out
- Work out just to work out

If you want to change your life, train with purpose.

Chase the physical goal you've set.

Watch how your physique and self-confidence change.



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4. Follow your curiosities

What lights you on fire?

What could you stay up all night researching, analysing and trying?

Follow it. Let yourself go deep and become obsessed.



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5. Educate yourself relentlessly

To truly change your life, you need to become competent.

Competent in what?

- The intersection between your curiosity and helping others



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Read books, take courses, hire coaches.

Educate yourself, take action on what you learn, improve your competency, and improve your confidence.



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6. Build an audience

Want to truly change your life?

Start teaching what you learn.

Create content around your natural:

- Curiosities
- Passions
- Interests

That helps others interested in the same areas.



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Do this daily for the next 6+ months
and you'll turn your knowledge into a
thriving digital asset.



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What's up! **Thanks** for reading.

If you found this helpful, **follow me** for more insights on **mastery, peak performance** and **human potential**.