

How to
Create the
Life That
You Want in
1 Year:

1) DO A LIFE AUDIT.

Doing a life audit is **crucial** for pinpointing where to make adjustments and jumpstarting your **new journey**.

Start by figuring out where you stand in the **8 areas of life** - health, finances, personal development, career, relationships, self-care, home life, and free time.

What changes would make the **biggest impact** in your life for each area?

2) MAKE A MINDSET SHIFT.

Your mindset is what sets the tone for everything in your life. Changing your mindset is what will **change your life**. What we think and believe is what we act upon.

Change your **perspective** - from now on anytime anything negative happens, instead of feeling like a victim, **ask yourself** what you can control or change.

3) CREATE A VISION.

Having a vision means we have a **clear sense of purpose**. It means we have a much larger picture of our business or our life than simply setting and reaching short term goals and tackling problems as they come along.

Visions are driven by **passion** and **dreams**, and they are reflected through genuine efforts to create tangible results.

4) WORK ON YOURSELF DAILY.

Once you have your vision, the fog lifts and your **road map starts to become clear again.**

But, nobody is going to drive the car for you. You've got to put in the work to **achieve your goals and change your life.**

Consistently, **daily practice** is how you make that happen. If you watered the plants just a little each day, over time you garden always **grew.**

5) DESIGN YOUR ENVIRONMENT FOR SUCCESS

If you want to change your life, YOU aren't the only thing that has to change-**your environment has to change too.** For example, if you always hang out with negative thinking friends, you'll tend to believe the **limitations** they're setting for you.

However, if you hang out with other "**do'ers**" and people who want to see you succeed, there's a much **higher chance that you will**

6) LEARN NEW SKILLS AND IMPROVE UPON YOUR EXISTING ONES.

Nothing will change your life faster than **building new skills**. Whatever the case, imagine a year where you start out having a limited **skill-set**.

Dedicate time during your day to build your skills.

Learn them via books, videos, and podcasts, but don't forget to **physically practice** your skills too.