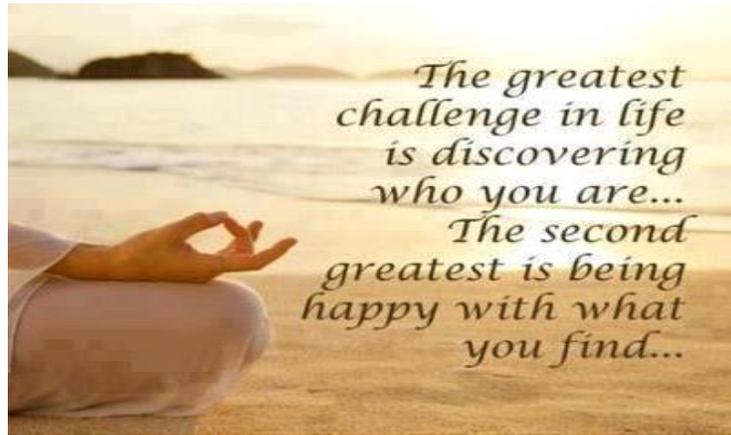


5 Steps to Figure Out What You Want in Life



You are here in this Universe for a Reason!

There truly is only one you! You have overcome great odds just to be born into existence. You bring to the world your own special uniqueness, experiences, and you have come this far not by accident. I am confident that you have a super power, and there is greatness inside of you!

Now however let's look at reality... no one is perfect and has life all figured out, if we did life would be pretty boring right? We will always want more out of life and that is a good thing!

I have some good news, right here right now, you are here with me because you need some guidance or clarity. It may be that you just need to sort out your feelings and look at your daily habits that may be limiting your mojo. Once we look honestly into your daily rituals, this will allow you to discover what

actions to plan so you can start making progress towards whatever it is you desire and truly want out of life.

Because deep down you know and feel that you have a greater purpose and more to give, to share, and help others. Right?

Realizing you need help in any area of life is a good thing, it means you're a normal human being. I always say to myself... "the biggest room in my house is the room for improvement".

We all have some room for improvement in some area of our lives. I am constantly checking and adjusting my own direction as well, the truth is a person never stops growing as a person or they will die inside. Feelings help you stay connected to your heart, intuition, and imagination; it means you are alive!

Now seriously, YOU are 100% responsible for the way your life is right now as an adult!

The good news is you have the power of choice, and if you don't like something in your life... you can Change it!

Sounds simple right? Well, now a warning about a particular thought that may be entering your mind right now...that is "I know this already"! The fact is if you don't have the results that you want in life 100%, then you more than likely you don't know it already!!

When that thought comes into your mind, Replace it! Instead say ... "What can I learn from this?" You may learn something from a new perspective, or how to better utilize and apply something new to what you already know.



Now The Good Stuff – How to Get What You Want

Now, let's train your brain to look with an open mind for new answers and insights to get what you want. We will go over the 5 steps to build your dreams on your terms to get what You want!

STEP 1. The obvious question...What is it that you want? What area of your life do you want to improve on? Get very clear and specific. Imagine this vision as it was possible and you have already done it. Smell it, touch it, embrace it.

What you want must drive you passionately, and effortlessly, it must motivate you to get out of bed each morning and attack the day with enthusiasm! Let's face it you are still going to have bad days, so you've got to have a desire that allows work on your vision daily no matter what.

YOU must mentally commit 100% to this vision!

If you can't feel or envision it, then you have to ask yourself is this really what I want?

STEP 2. Why do you want it? You need to have a big enough desire of "Why am I doing this?". What's your reason that you must do this, and the expected end result going to be? What or who will this benefit, how will your life and theirs change?

Time for some soul searching so be selfish, after all this is your dream/vision! Now clear your mind, relax, deep breath, and then get pen /paper and BRAINSTORM for 5 minutes and write down what it is that YOU want, and why you must have it.

What resonated with you the most? Fill in the blank below...

Now I really want _____! Write it down, circle it, draw what it looks like. Shout it out loud!

Cut yourself free from any other possibility or past ideas. Your focus must go 100% on what you have decided you want.

Right now this moment in time is all there is. The past has brought you here to this point, and the future has not come yet. From this point on YOU get to choose what things mean, and YOU get to choose what to do next.

Your actions and decisions must support your purpose to make the progress towards what you want.

Be aware of time wasters and negativity, always check yourself and ask how is this moment in time serving me?

Progress builds momentum and that gives you a good feeling of accomplishment and happiness. Subconsciously, peace of mind will come from the satisfaction of clarity and certainty from winning small victories every day!

There is greatness in you and once you take action the universe will open up for you and things will just start clicking, and doors opening. I know you've experienced this in some point in time.

Sometimes we call them coincidences or luck, but really it is "all You!" Living on purpose.

ALL
EXCUSES
ARE
EQUAL

STEP 3. Eliminate Excuses – The Self Deception is real, (That's a good Story you tell yourself).

When did you tell yourself you couldn't do that? How long ago have you believed this?

We must stop limiting ourselves, stop being a victim, and stop making excuses. Old belief systems (BS), that are outdated and not even true anymore today.

The past doesn't determine your future, only you get to do that by the choices and actions you take today. YOU are responsible for the way your life is, so expand your self-awareness and own it.

Take your power back! When you meet your excuses head on and see them for what they are, they lose their power over us.

Now here is a big lie most of us tell ourselves...Can't vs. Won't. When you say you can't, what you are really saying you Won't! Saying "Can't", makes you subconsciously feel like a victim.

Now make a list of your top excuses that you go to when you try to talk yourself out of doing something. Remember those stories why you Won't (AKA- Can't) do something...this is really easy to do because you know them by heart. Examples; I can't afford that, I can't find the time, I won't forgive you, etc.

Now write down beside each excuse,

1. Why this is a Lie.
2. What do I need to do to eliminate it? What action can I do or must do to make it happen

STEP 4. Take Action! Do it now, because this very moment in time is all you have.

Don't let the unknown become an excuse that you don't know what to do, it will come as you start to work. Everything is figure-outable!

Success leaves clues. Who is doing what you want to do, or has what you want? Follow their path and examples, but bring your authenticity because you are Unique! People know and respect authenticity.

Remember above Step 1, when you wrote down that big dream of what you really want your life to become?

Now brainstorm and write down at least 10 things that you could do, and ARE willing to do to help you progress towards your vision or goal.

WARNING...Now as you're writing the lizard brain will try to come in and make you think... I can't do that?

STOP and PAUSE... and say NEXT! Say it Out Loud with silly emotion, and continue on with brainstorming your list.

Anything is possible until it isn't. There are No Bad ideas. You will be surprised at what you can think of freely, have fun imagining and seeing what possibilities just might work for you.

STEP 5. Keep the faith and remember your Why! The Big reason you MUST succeed?

When life comes at you and tries to choke you down, when friends disappoint you, when the naysayers come around, what is that ONE reason why that will help you remember, that will help you hold on and fight for your dream?

It is a Must that you keep fighting, exploring, researching, to make your dream work. No doubt that you may have to adjust or change some things along the way, but we always get our Musts! It's Possible!

Now focus on doing things that matter and a must first because a lifetime of small victories will push you until the results pull you to the top!

I hope you enjoyed and got value from this coaching.

If you would like to continue this journey and work one on one with me as your Life Coach, please follow the details below.

To Join in the conversation or to ask questions:

Follow me on most social media @TimHendersonLive.com, and visit the contact page of my website for a free secure and private Breakthrough session!

<https://timhendersonlive.com/contact/>



“My purpose is to lift you up”

- Coach Tim

