

A Map for Changing Your Life

Decide what you really want



If you could have or be anything you wanted, what would it be? Allow yourself to imagine big, utterly compelling dreams and aspirations. The kinds of things you know were born to do or achieve. Things that, were you to realise them, would allow you to die happy and satisfied, your life's work completed.

Choose what to focus on



Many of us overwhelm ourselves with a jumble of vague aspirations, leaving ourselves constantly dissatisfied and disorientated. Out of all the things you really want, choose just one or two to concentrate your energy on.

Imagine realising it



Imagine in detail what it would be like to realise your chosen goal(s). What would it look, sound, feel like, if you had achieved it, now? Imagine the end result.

Set short-term goals



Set yourself some clear, short-term goals – 'milestones' on the way to achieving your big goal(s). Make sure your short-term goals are achievable in 1 year at the most.

Check your commitment



Before moving on, check that you can really sign up to the short-term goal(s). Ask yourself: 'If I could have it, would I take it.' If a voice tells you the goal is impossible, ask why. Surface any blocks or difficulties, and work out what you can do about them.

Plan daily steps

Work out ways that you can take steps every day to move towards your goals. You need actions or tasks that could become daily rituals – things that would constantly move you forward, remind you of the big dreams, and that would be pleasurable in themselves.