

HOW TO STOP MAKING EXCUSES AND ACHIEVE YOUR GOALS

# MAKE IT HAPPEN



## **Make it Happen: Cheat Sheet**

This is your cheat sheet for making anything happen. Sounds pretty awesome, right? Well, to be fair, the cheat sheet is only going to give you the tips and the strategies. This is just a collection of ideas from the full 'Make it Happen' eBook, you're the one who is going to be putting everything here into action.

In other words – it is you who is awesome!

### **The Formula**

The most important thing we should take from the book is the formula. These are the four steps that you can apply to any area in your life to start making positive changes. Those four steps are:

1. Visualize your passion
2. Assess your current situation
3. Come up with a strategy
4. Define small steps

Let's break this down a little shall we:

1. Visualization is what you're going to use to define what it is that you really want. This starts by just picturing what your perfect future looks like and imaging you at your very happiest. Where are you? What are you doing? Who are you with? It is crucial that you are honest with yourself here and no matter how hard or strange your goals might be, you *need* to choose the things that make you most passionate. Here are some pointers that we didn't cover in the book that can nevertheless help you learn your passion:
  - a. Think about the last time you were truly happy
  - b. What do all your hobbies and interests have in common?
  - c. What did you think life would be like when you were older, back when you were 5?
  - d. What do all your role models have in common?
2. Now you need to assess your current situation and you need to honestly appraise how easy it is going to be for you to go after the goals you want. How far are you from them right now? If you have been trying so far, then what has been holding you back? Where have you gone wrong?

Think too about your current resources, contracts and opportunities. All of us have connections, assets, resources and more that we can draw on but if you don't stop to really

think about it then you might not have realized what those are...

3. Next, you're going to come up with your strategy. This is going to bridge the gap between step 1 and 2 – it is going to close the gulf between what you have and what you want. And it is going to do so in a way that is logical and systematic. This needs to be logical, practical and it needs to be a plan that utilizes everything we've seen in step 2. This is a *concrete* methodology that is going to remove the limitations that have been holding you back and simultaneously utilize all of your existing assets.

Note that this might mean taking a 'less obvious' route to victory. There is more than one way to achieve your ends and you don't have to follow in the footsteps of others. If you want to be famous then maybe YouTube is a more viable option. Then again though, if you just want to be rich, then copying a tried and true method may actually be the *smarter* option.

4. Finally, you're going to take that strategy and turn into small, immediately measurable steps that you can work on on a highly regular basis. This means grinding the whetstone. So if your aim is to get into amazing shape, then that small goal that you're working on every week might be to 'train for at least 15 minutes, 4 times a week'. If your goal is to become a best selling author, then your goal may be to 'write one page a night'. If your vision involves building a big YouTube following, then your short-term goal might be to post one video a week.

### **Tools to Keep You Focussed**

The formula is your most important tool but you might find that even with the right plan, it can sometimes be hard to keep working toward your goals. That's why you may need to employ certain tools and strategies to keep you motivated or to get you started.

Here are some useful pointers:

#### *Fear Setting*

Fear setting is a strategy you can use to overcome the fears that may be holding you back. It involves first defining what those fears are, by writing them down on a piece of paper or computer and phrasing them precisely.

This is important because it then allows you to start challenging those fears and seeing if they hold any water. Write next to them how likely each one is, how you could combat each one and what you would do if each one were to happen.

### *Reconnecting*

Sometimes, it's easy to forget the vision that is driving the small steps. You want to be in amazing shape but you don't think of that while you're jogging at 5am. This is why it's important to reconnect emotionally to that driving force. Use visualization to picture what you want and to *feel* the emotional hook that is pulling you in.

### *Lifestyle Design*

Lifestyle design means changing your lifestyle to fit your passions, rather than letting circumstances dictate the way you live – such as your job, your location etc.

In this case, lifestyle design means removing all the things that make your goals harder and introducing things that make your goals easier. This can be as simple as getting a dishwasher so you spend less time washing up.

### *Practice Consistency*

Sticking at things is a skill that can be learned just like any other. This is one reason that a lot of writers recommend setting yourself the challenge of making your bed every single morning. This has the effect of helping you to practice discipline and once you can do *that* every morning, you should stand a better chance of working out every morning. Or working on your business every evening.