



**8 ways to
arrange your
life to support
your goals**

TODAY'S DISCUSSION

- Define Your Goals
- Friends
- Diet
- Sleep
- Time
- Home
- Career
- Family



BE MINDFUL OF YOUR ENVIRONMENT

- If you have huge goals, simply working on them when it's convenient for you will delay you ever reaching those goals.
- If you arrange your life in such a way that supports those goals, all aspects of your life will be working together, complementing each other with the realization of your goals as a result.

**LIKE ANY LIVING
CREATURE, YOU
MUST BE IN THE
RIGHT ENVIRONMENT
TO THRIVE.**

Use These Strategies To Make It Happen

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1. DEFINE YOUR GOALS

- Know your goals. This is always the first step. Success isn't an accident. It requires a vision and intent.
- Clarify exactly what you want to happen in such a detailed way, that you can see, hear, smell, taste, and feel all aspects of that life.

2. FRIENDS

- Are the people in your life supportive of your goals? Make the choice to spend time with others that make you more likely to live your purpose.
- You don't have to lose your current friends to invite new more resourceful and supportive friends into your life. However, you do have to decide who you're going to spend the most time with.



3. DIET

- One's diet can have a huge impact on their success. Sprinters and marathon runners require totally different types of diets. Do you need lots of energy or lots of focus or both?
- Experiment with several diets and note how they impact you physically and mentally. To be successful, you're going to need to bring your best self every day.

4. SLEEP

- Do you know the optimal amount of sleep you need to be at your very best? You may find that you can more effectively pursue your goals when you get proper sleep. Most people require 7-8 hours of sleep however there are plenty of people who function very well with less.
- We recommend you track your sleep pattern for 3-4 weeks and record how you feel after a number of hours of unbroken sleep. The key word here is *unbroken*. If there's a lack of consistency in that area it's just as important to address that also for work and other health concerns.





5. TIME

- How are you spending your time? Are you spending most of your time multi-tasking on things that should be done by a freelancer because it makes you feel busy? Busy doesn't necessarily mean productive.
- If you expect to be a CEO someday, you're going to need to understand the true value of your time. It'll serve you better to spend your time on the tasks that really move the needle towards your goals like things that will actually generate income for your company someday.
- Track how you spend your time each day for a week and see what you discover.

6. LOCATION

- Are you living in the city or state that lends itself to the necessary resources that serve your objectives? For example, where would you live if you were interested in being a champion skier? Would you need to live in the city or out in the country? Near the mountains or the ocean?
- Maybe the more important question is, if you've just figured that out after reading this, would you want it bad enough to relocate?



7. CAREER

- Does your current career path support the life you want? If not, then it's time to research one that does.
- Are you making enough money to finance your immediate business needs? Does the hours allow you to work on your own ambitions? Are you developing relationships that can translate to your own business?

8. FAMILY

- Unlike friends, you can't change your family. Without them, your growth will stagger so it's imperative that you get them on board. One of the best ways to do so is to get them involved.
- Make it a point to ask their opinion or ask them for help from time to time. People usually support what they help build. When they feel involved they'll take a sense of ownership and be there when you need them.
- Turn it into a family business by asking for physical help or input on business decisions.



SUMMARY

Big goals require the coordination of every aspect of your life. Most people can do what it takes, it's whether or not they're willing to do so that determines their outcome.

How big are your goals? Are you serious about achieving them? Are you ready to arrange your life to support your goals? Why not get started today?