

Introduction

This workbook was created to help you arrive as quickly and easily as possible at a point of intellectual and emotional clarity about your objectives, and guide you to complete the necessary action steps required to create your preferred future. It will help you to collapse the infinite number of things you could be doing into the critical few that bring you happiness and/or make you money. The goal is to have you on track with significant accomplishments within 30 days of completing the workbook.

The truth is - most people lose sight of *why* they do what they do everyday. Inundated with distractions, unexpected events, and mindless routines, it becomes difficult to cut through the clutter, shut down the noise, and focus on what is most important. As a result, people are overwhelmed, lack clear direction toward the results they seek, and fritter away their greatest resource - *time*.

So what about you? How clear are you about what you want and *how* to get it? Are you clear about your highest payoff activities and the steps you need to take to create what you most desire?

You want better results quickly; that's why it's short, to the point, and efficient.
(Just do it).

The concept is simple: Begin with what you already know about yourself, (your current reality) and the things you want (your preferred future), and then systematically refine the focus around the specific objectives and necessary actions required to arrive at your desired destination. The exercises are designed to help you determine and then apply your greatest strengths, improve upon or avoid your weaknesses, and provide you with a reliable process for accomplishment.

It is my sincere wish that, as a result of following the instructions and completing the exercises you are able to connect what it is you most want with what you need to do to make it a reality, and to know with certainty that you are doing the right things at the right time.

Whether you are looking to grow your business, find the love of your life, rekindle a stale relationship, get better grades, become a top athlete, or improve your health, the process is the same. Thousands of people have applied these ideas and strategies to create the life they most desire and so can you. Let's get started.

“Imagination is everything. It is the preview of life's coming attractions.”

- Albert Einstein

“I find the great thing in this world is not so much where we stand, as in what direction we are moving.”

- Oliver Wendell Holmes