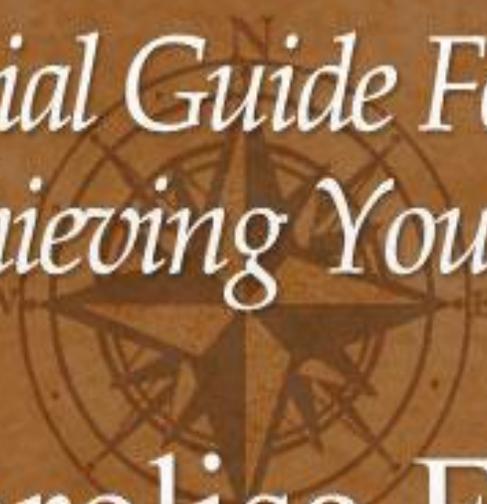


# How to Live Your Best Life



*The Essential Guide For Creating  
And Achieving Your Life List*

by Marelisa Fábrega



# **How to Live Your Best Life – The Essential Guide for Creating and Achieving Your Life List**

**By Marelisa Fábrega**  
**Daring to Live Fully**

© Copyright 2011 – 2012 by “Marelisa Online” All Worldwide Rights Reserved

**Disclaimer:** I have endeavored to make sure that the information contained herein is accurate, but I make no guarantees—real or implied--as to the results you’ll achieve by applying the tips, methods and techniques presented in this eBook. If advice regarding legal, accounting or related matters is needed, the services of a fully qualified professional should be sought. You should be aware of any laws that govern business transactions or other business practices in your country or state. If you choose to apply the advice contained in this eBook you do so at your own risk. But, of course, you already know all of this.

## TABLE OF CONTENTS

---

### Introduction

How to Read This eBook

Your Ten Life Areas

How This eBook is Organized

Your Life List Journal

### Part I: Set the Stage

Chapter One: Climb Into the Driver's Seat

Take the Role of Creator

Exercise 1: Story of A Creator

Exercise 2: The Language of A Creator

Exercise 3: Take Inventory of Your Resources

Exercise 4: The Wise Choice Process

Exercise 5: Expand Your Circle of Influence

The Importance of Deciding What You Want

Chapter Two: Give Focus and Purpose To Your Life

Exercise 6: Your Intention for Creating a Life List

### Part II: Create Your Life List

Chapter Three: Creating Your "Master Dream List"

How to Get Out of the Identity Trap

Exercise 7: Dreams Brewing

Exercise 8: Chip Away at Anything that Doesn't Belong

Exercise 9: Create a Collage for Each of Your Ten Life Areas

Exercise 10: Create a Ten-Year Vision

Exercise 11: Your Obituary

Chapter Four: Life List Guidelines and Litmus Test

Guidelines for Your Life List

Litmus Test

Exercise 12: Create Your Life List

Sample Life List

Having Trouble Getting In Touch With What You Want?

Exercise 13: Make Your Life List Come Alive

Part III: Turn Your Dreams Into Goals

Chapter Five: How to Prioritize Your Life List

Do This Or Die

Paired Comparison

Grid Analysis

Exercise 14: Choose a Goal to Start Working On

Chapter Six: Set Specific, Measurable, Time-Bound Goals

Goals Should Be Specific

Your Goals Have to Be Measurable

Setting a Deadline is Vital for Goal Setting

Additional Considerations for Setting Your Goals

Exercise 15: Set a Specific, Measurable, Time-Bound Goal

Chapter Seven: Have Many Reasons “Why”

Ten Questions to Help You Generate a List of “Why’s”

Exercise 16: Your Reasons “Why”

Chapter Eight: Commit to Your Goals

Create a Commitment Contract

Have Something at Stake

Put Your Bacon On the Line

Exercise 17: Your Commitment Contract

Exercise 18: What’s at Stake?

Part IV: Winning the Mind Game - Your Mental Blueprint

Chapter Nine: Set Empowering Beliefs

Examine Your Beliefs

Case Study: Rich Dad, Poor Dad

Cultivate a Success Mindset – The Psychology of Success

How To Change Your Beliefs

Exercise 19: What Do You Need to Believe?

Chapter Ten: Boost Your Self-Image

Your Mental Blueprint

The Snap-Back Effect

Modify Your Self-image and Achieve Your Goals

Chained Elephant Syndrome

How to Change Your Self-Image

Exercise 20: I AM . . .

Chapter Eleven: Rigorously Exclude Your Fears

The Four Main Fears

Just Keep Moving

Exercise 21: Make a List of Your Fears

Part V: Creating An Action Plan – Your Roadmap

Chapter Twelve: The Paint by Number Approach

Kit for Training For a Marathon

Kit for Weight Loss

Kit for Writing a Novel

Steven Spielberg – Model Those Who Are Successful

Exercise 22: Create a Paint By Number Approach For Your Goal

Chapter Thirteen: Always Ask “How”

Practice the Rule of Five

How Bill Clinton Got Control of His Life

Exercise 23: Identify Five “How’s”

Chapter Fourteen: Your Reticular Activating System

Follow Your Nose and You’ll Achieve Your Goals

How Achieving Your Goals is Like Rock Climbing

How to Uncover Your Dharma or the Next Right Action

Exercise 24: Discover Your Dharma

Part VI: Doing What Needs To Be Done

Chapter Fifteen: Take Right Action

The Law of Cause and Effect

Act in the Way Most Conducive to Achieving Your Goals

Apply the PDCA Model

Exercise 25: Your Activity Log

Chapter Sixteen: Make Time Your Ally

Put In the Big Rocks First

Plan Your Day The Night Before

How to Create Your Daily To-Do List

Create a “Stop Doing” List

Create Habits That Will Allow You to Reach Your Goals

Get Organized

Your Weekly Review

The One-Hour-A-Day Formula

Chapter Seventeen: Create Habits to Keep You Going

Focus on Changing or Creating One Habit at a Time

Know Why You're Doing It

Make It Small and Simple

Establish a Specific Time to Carry Out Your New Habit

Conduct a 30-day Trial

Replace a Bad Habit With Something Else

Set Up Your Environment to Help You

Chart Your Progress

Do It With Others

Reward Yourself

Exercise 26: Build a List of Habits to Adopt or Drop

Chapter Eighteen: Measure & Track Your Progress

Track Your Goals With Joe's Goals

Good Old Fashioned Journal or Log Book

Choose a Tracking System that Makes Sense to You

Exercise 27: Decide How You're Going to Track Your Goal

Part VII: Be Unstoppable – Keep Your Momentum

Chapter Nineteen: Staying Motivated

Recognize Your Progress

Give Yourself Constant Rewards

Create a Friendly Competition

Don't Allow Yourself to Skip Two Days in a Row

Break Your Goals Down Into Smaller Chunks

Look at Your Goals Often and Use the Power of Visualization

Post Visual Reminders Where You'll See Them Constantly

The Three Minute Power Pause

Create a Goals Bracelet

Hire a Professional

Accept that Delays and Setbacks Are Part of the Process

Exercise 28: Your Motivation Plan

Chapter Twenty: Knocking Down Obstacles

Hannibal Barca – Find a Way or Make One

Case Study: The Blair Witch Project

Seven Strategies for Overcoming Obstacles

Exercise 29: Plan How to Overcome Obstacles

Chapter Twenty-One: The Power of Perseverance

“Not Dead, Can’t Quit”

Old Hawk’s Lessons on Perseverance

An Iron Will

Part VIII: What Are You Waiting For? Get Going

Chapter Twenty-Two: Keep a Journal of Your Journey

Exercise 30: List of Things You’ve Done

Conclusion

## INTRODUCTION

---

The best way to get the most out of life is to look upon it as a magnificent adventure. Imagine being able to say at the end of your life's journey:

"Wow, what a ride!" And what better way to have a fulfilling, meaningful, adventurous life than by creating a life list, and taking the necessary steps to cross off each item on your list?

When most people think of a life list, they think of things such as the following:

- "Climb the Eiffel Tower"
- "Go to Carnival at Rio de Janeiro"
- "Swim with Sharks"
- "Go To the Super Bowl"
- "See the Great Wall of China"

You should definitely include travel on your life list--if seeing the world, meeting new people, and experiencing different cultures is something that interests you. In addition, you should include all of the different adventures you would like to go on. However, you should also take the time to decide what you want to accomplish in each area of your life. This includes areas such as the following:

- **Work.** Starting a profitable, location-independent business doing what you love; finding work that gives you a sense of fulfillment; being among the best in the world in your field.
- **Family:** Finding and marrying the love of your life; having a healthy, happy child; spending lots of quality time with the most important people in your life.
- **Health:** Having the energy and strength to do everything you want; to look and feel fit; to age well.

"Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming – 'WOW – What a Ride!'"

~ Hunter S. Thompson

"Live as well as you dare."

~ Sydney Smith

"The only question in life is whether or not you are going to answer a hearty 'YES!' to your adventure."

~ Joseph Campbell

"Never forget that life can only be nobly inspired and rightly lived if you take it bravely and gallantly, as a splendid adventure in which you are setting out into an unknown country, to face many a danger, to meet many a joy, to find many a comrade, to win and lose many a battle."

~ Annie Besant

- **Contributions:** Spending a year abroad with the Peace Corps; volunteering at a homeless shelter; mentoring a disadvantaged youth.
- **Finances:** Having a million dollar investment portfolio; having multiple sources of passive income; having enough money to be able to finance your life goals.
- **Personal Development:** Having the ability to hit the "pause button" and choosing your attitude in any situation; learning to forgive; having a happiness project.

Creating and achieving your life list is about deciding what you really want—which means setting goals—, as well as planning, budgeting, and then taking the necessary steps to accomplish your goals. The last part, taking action, includes making sure that you take the most direct route toward achieving your goals, as well as incorporating habits and routines into your daily life which will help you to gradually mold your life into a work of art that is uniquely yours.

Here's my definition of a **life list**:



A life list is a set of goals that you set for yourself covering all the different areas of your life. It's meant to ensure that you decide what you want to do and have in life, and who you want to be, and that you take the necessary action to accomplish these things.

Gary Ryan Blair, also known as “The Goals Guy”, has the following to say about goal setting: “Achievements and accomplishments do not happen accidentally. They are the result of clearly defined goals acted upon until completion. Goals determine what you will or will not become or accomplish.” Setting goals is the first step toward moving yourself from where you are to where you want to be.

If you don't set life goals for yourself, then others will set them for you. If you don't set financial goals, retailers and marketers will decide for you how you're going to spend your money. If you don't have career goals, your employer will decide how many hours you put in, and what job you're holding ten years from now. If you don't have contribution goals, fund-raisers will decide which causes you contribute to. And on and on.

In his book, “The Magic Lamp”, Keith Ellis refers to a study conducted in 1921 by Dr. Lewis Terman of Stanford University involving over 1,500 gifted children. The objective of the study was to better understand the relationship between intelligence and achievement. What he discovered was extraordinary: IQ is not the most important ingredient for success. Instead, the three factors which Terman found were far more important for success than sheer intelligence were self-confidence, perseverance, and a tendency to set goals.

There are two important questions which the succulent Susan Kennedy—better known as SARK—asks in her book “Make Your Creative Dreams Real”. The questions are the following:

1. How much of your time is spent living your dream?
2. When will you let yourself begin living your dream?

The objective of this eBook is to help you to begin right away to find ways in which to maximize the amount of time, money, and energy that you spend living your dream. That is, to show you how to organize your life around your dreams, instead of trying to fit your dreams into the nooks and crannies of your chaotic life.

Poet Gabrielle Bouliane gave a brilliant performance at the Austin Poetry Slam after being told by her doctor that she was dying of cancer. She passed away shortly after giving said performance. Here’s part of what she said:

“What are you waiting for? Why aren’t you being everything that you can be right now? Why haven’t you asked that crush you have out on a date? Or applied for your motorcycle license? Or told your family you’re going back to school to become the one career you’ve always wanted to become, whether it’s sensible or not?

I know you’ve heard it a thousand times: ‘You only get one life’. Let me rephrase that in a way that will make more sense: ‘You’re going to die, sometime, somehow.’ The only difference between you and me is that I may have an idea of when and how . . . Do not wait . . . Start today and change your life to the best it can be.”

In his book “Your Life as Art”, Robert Fritz argues that you can create your life in the same way an artist creates a work of art. Conceive of the life that you want like an artist conceives of a painting or a musical composition. Then take action to create this life, just like an artist takes action to create the painting or the piece of music. Lastly, inhabit the life that you want to create, as the artist may hang his painting on the wall in order to experience it, or play the music he has composed.

---

## HOW TO READ THIS EBOOK

---

Mortimer J. Adler explains in [“How to Read a Book”](#) that while reading a book, you should be holding a conversation with the author, mentally asking questions, making comments, and so on. Further down in this introduction you’ll be asked to start a Life Journal. As you read this eBook, write down any questions and comments you might have in your Life Journal. You should also do the following:

- Copy down key sentences.
- Make a note of things you want to come back to.
- If you disagree with something you read, write it down along with an explanation of why you disagree; propose your own theory of what works.
- Write down key words.
- Write short summaries of what you’ve just read.
- Create mind maps.
- Is there a topic which you feel you really need to work on? Make a note that you would like to find out more about that topic.

In addition to reading this eBook actively, you need to make sure that you complete all of the exercises that it contains. You can read this eBook just for the information that it contains, but that’s not going to help you achieve your life list. The only way in which this eBook is really going to help you live your best life is if you complete the exercises it contains.

In the book “8 Proven Secrets to Smart Success”, Peggy McColl presents the following formula:

“When you hear that I have died, and you will, remember your best revenge is to live well, take risks, save up money and chase your perfect happiness. Beat the system and learn to make your art really support you, craft into something your audience can’t live without. Then make the world an even slightly better place — stop throwing your cigarettes on the ground, vote in the next election, graffiti your life on the eyes of the hungry.

Then just do me one last favor. Please. Love something. Anything. Start with yourself, but find passion in everything, from an apple pie to a novel, make a family, get a degree, walk whatever path is yours with your chin up and feet planted firmly. Have the best stories to tell in the old folk’s home, about lifelong friendships and epic love affairs, about the time you lost everything and yet found yourself happier than when you began . . .”

~ Gabrielle Bouliane

Knowledge + Understanding = Wisdom  
Wisdom + Application = Transformation

Don't just read this eBook with the purpose of understanding what it has to say, and thereby acquiring wisdom. Instead, apply the wisdom that you acquire so that you can transform your life.

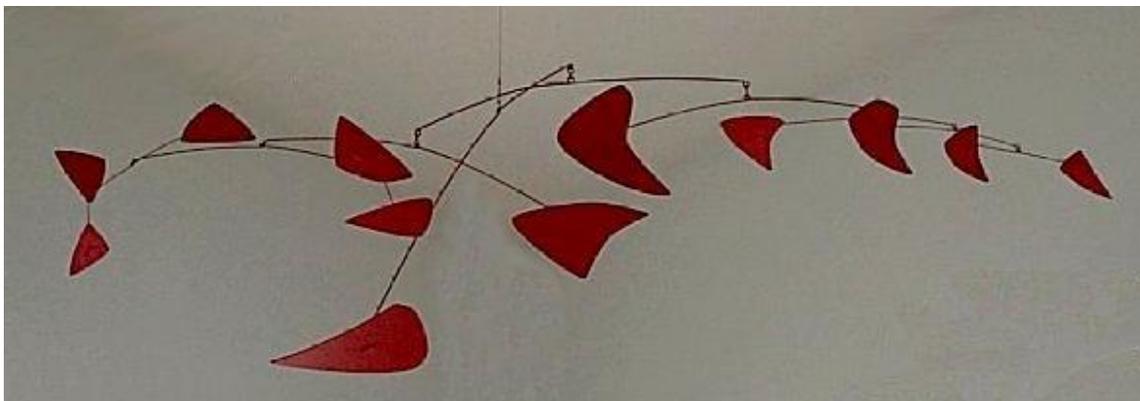
### YOUR TEN LIFE AREAS

---

Life is a dynamic, ever changing balancing act that involves taking a look at the different areas of your life and evaluating the relative importance of each area for you. To get a broad, balanced coverage of all important areas in your life, you should divide your life into categories, or life areas, and ask yourself what you want to achieve in each one. In addition, keep in mind that at different stages of your life, different categories may take front and center stage.

There are ten life areas which I suggest that you use for your life list. These ten life areas are the following:

1. Finances
2. Learning/Personal Development
3. Vocation/Career
4. Love/Family
5. Social/Community
6. Dwelling
7. Spirituality
8. Fitness/Health
9. Travel/Adventure/Fun
10. Possessions



[Calder Red Mobile](#)

Like the Calder Mobile in the previous page, you need to find the proper balance between your life areas. Give each life area the time, energy, and attention that you've decided it requires. Notice in the image that not all the elements are the same size, and that they're not equidistant from the center. Likewise, some life areas may be more important to you than others.

To quote Alexander Calder:

“Each element able to move, to stir, to oscillate, to come and go in its relationships with the other elements in its universe.”

---

### HOW THIS EBOOK IS ORGANIZED

---

This eBook is divided into the following eight parts:

<b>Part I:</b>	<b>Set the Stage</b> You're going to begin by taking the preparatory steps that are going to allow you to design, and then start creating, your best life.
<b>Part II:</b>	<b>Create Your Life List</b> You'll be cured once and for all of the dreaded "but-I'm-not-really-sure-what-I-want" syndrome. By the end of Part II all of your dreams will be set down on paper.
<b>Part III:</b>	<b>Turn Your Dreams Into Goals</b> To paraphrase Henry David Thoreau, you first build your castles in the air, and then you lay a foundation under them. That's exactly what you'll be doing in Part III.
<b>Part IV:</b>	<b>Winning the Mind Game – Your Mental Blueprint</b> When we don't achieve what we want in life, it's often due to our own inner resistance; in this part you'll be releasing that resistance so that you can go after what you want unencumbered.
<b>Part V:</b>	<b>Creating an Action Plan – Your Roadmap</b> Once you know where you want to go, you have to create a roadmap for getting there.
<b>Part VI:</b>	<b>Doing What Needs to Be Done</b> You'll never get what you want without taking action. In this part you'll discover how to take efficient action, so that you can achieve the things you want with the least amount of effort.
<b>Part VII:</b>	<b>Be Unstoppable – Keep Your Momentum</b> Living your best life isn't just about getting started. You have to keep going, until you reach your intended destination.
<b>Part VIII:</b>	<b>What Are You Waiting For? Get Going</b> This part will light a fire under the seat of your pants so that you get to it.

YOUR LIFE LIST JOURNAL

---



Bungee photo courtesy of [Strocchi](#).

A life list is not something that you create in one sitting and then stick in a drawer and forget about it. You should look at your life list each and every day and make it an integral part of creating your to-do list for each day.

Decide right now what materials you're going to use to create your life list. I suggest that you get a Moleskine or some other sturdy notebook and create a "Life List Journal".

You'll be including lots of things in your journal, such as writing down your short-term, mid-term, and long-term goals, breaking your goals down into concrete action steps, and adding quotes, photographs, images, ideas, and so on. Complete the exercises in this eBook in your journal.

Please stop and put together your Life List Journal right now. As Russian novelist Vladimir Nabokov once said: "The pages are still blank, but there is a miraculous feeling of the words being there, written in invisible ink and clamoring to become visible."

Get your very own copy of "How to Live Your Best Life – The Essential Guide for Creating and Achieving Your Life List" by [clicking here](#).