

Possibilities for
Happiness
and
Success



Evidence-Based Strategies for Success.

M I C H A E L H U N T



The Book of Possibilities (Short version)

Introduction

*“There is one quality which one must possess to win, and that is definiteness of purpose, the **knowledge of what one wants**, and a burning desire to possess it.”*

Napoleon Hill

We are all busy and go through our life ‘fighting fires’. The days, months, and years slip by, often steered by coincidence and circumstance. External forces and the situations we find ourselves in dictate our reality.

We spend time planning renovations, family holidays, and our next social event, but when was the last time you allocated some quality time to design your life? Ironically **‘planning your life’ seems like such a big task, we avoid it because we are way too busy living!**

It turns out planning your life is inspirational and motivational. Like steering a ship, we learn that a tiny adjustment moves us in a completely different direction. The force required to live our life has not changed, yet the destination has vastly improved.

I urge you to complete the challenges in this little book. They may seem easy and trivial, but research and experience tell us that this **small amount of time and effort can make a massive impact on your life.**

If you enjoy this challenge, and want to go deeper, try the full 34 challenges (also available for free on my website).

“If not now, when?”

Michael Hunt

Challenge 1 - The Vision

"If you can dream it, you can do it."

Walt Disney

The most powerful thing you can do in your life is to decide what you want from it. Once you know what you want, what will make you happy, what gives you fulfilment and purpose, everything else becomes more natural.

Decide on your vision, your dream, based on reality, and just a bit of fantasy. If you aim for mediocre, that is what you'll get. If you want millions of dollars and a fancy sports car, you may find yourself working long hours. Let's get real about this.

I have surveyed many people about what it means to be happy and successful. Common themes include;

- Happy family life
- Healthy kids
- Some regular free time to play my favourite sport or enjoy my hobbies
- Good health
- Holidays
- A good relationship with my partner
- Enough money to retire
- Financial security
- A house near the beach
- Etc.

Before I ask you to create a full vision, let's look at what is important to you.

The Vision Challenge (a) – Write down the top five most important things in your life

1.
2.
3.
4.
5.



Challenge 2 - My Goals

“Success is steady progress toward one's personal goals.”

Jim Rohn

Goals make our life a lot easier. Having clear, even sometimes challenging goals, makes our actions become more efficient and effective. There is less wasted time, less confusion, and less frustration. Remember, small goals add up!

The importance of focus cannot be overstated. What else is a goal other than focus? When we concentrate on a task, it flows. Think of when you play billiards, tennis, play music, or do anything you truly love. Don't you find that you **do your best when you focus?**

When you're focused and in the flow, everything becomes easy.

A study was conducted on students in the 1979 Harvard MBA program. In that year, the students were asked, "Have you set clear, written goals for your future and made plans to accomplish them?" Only 3% of the graduates had written goals and plans; 13% had goals, but they were not in writing; and a whopping 84% had no specific goals at all! Ten years later, the members of the class were interviewed again. The 13% of the class who had goals were earning, on average, twice as much as the 84% who had no goals at all. **The 3% percent who had clear, written goals, were earning, on average, ten times as much as the other 97% put together!**

Review your vision from the previous challenge. Without worrying too much about how challenging they are, or how you will accomplish them, write your HIGH-LEVEL goals that need completion to achieve your vision. Please include the time frame. For example, if your vision for ten years' time is to own your home outright, the goal may be 'pay off 1/10th of my home loan every year'. Or if your vision is to be fit and healthy enough to play with your children, your goal may be to maintain a structured exercise and diet plan for the next year. Add additional goals as needed.

The Goals Challenge - My High-Level Goals Are:

I will start or finish by:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.

What you get by achieving your goals is not as important as what you become by achieving your goals.”

Zig Ziglar (and Henry David Thoreau)



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Challenge 3 - Planning

“A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power.”

Brian Tracy - The Gift of Self-Confidence

Now you have your dream or vision, and your goals; **it’s time to build a plan.** Think of how much time and energy you put into planning your last renovation, the new carport, the Christmas dinner or party, and think how much more important it is to plan your life. There is nothing more critical for you, your friends, and your family. Statistically, most people spend more time each year planning their two-week holiday than they do for their retirement when they are on vacation 52 weeks a year for many years (all going well).

The Planning Challenge - Write a short plan for every goal. Your plans can, and will, change. The important thing now is to decide on the best way to achieve each goal using the knowledge you have at this time. Leave plans blank and come back to it if you’re stuck. (In the longer 34 challenge - Book of Possibilities, I ask you to create smaller more manageable goals for each high-level goal, then make plans for each sub-goal. Do this if it makes it easier.

Plan for goal 1

When?

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Plan for goal 2

When?

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Plan for goal 3

When?

--	--

Plan for goal 4 (continue for each goal)

When?

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Challenge 4 - Action

"Do you want to know who you are? Don't ask. Act! Action will delineate and define you."

Thomas Jefferson

Have you ever noticed the end of the word 'satisfaction' is a-c-t-i-o-n? The Latin word *satis* means "enough." What the ancient Romans clearly understood was that **enough action, produces satisfaction**. This is how you find happiness and success. The word 'motivation' is from the Latin word 'movement'. **Motivation comes from action.** You cannot have motivation without action. You should commit to doing something each day toward achieving your goals.

In the words of Mahatma Gandhi, ***"The future depends on what you do today."*** He did not say the future depends on what you talk about today! The real key to success in anything you want to accomplish is taking action. When this action is toward a self-concordant goal (consistent with your developing interests and core values), you are more likely to succeed. So you gain motivation by chasing something aligned with your fundamental interests and values. When **you want to do something, and you take action, this is when you succeed.**

The Action Challenge (a) - List all the things that could go wrong while chasing your goals. Don't over think it; just write anything that comes to mind.

1.	4.
2.	5.
3.	6.

The Action Challenge (b) - Write down which points above are real concerns. The issues that you must do something about to make sure they don't happen. If they are minor inconveniences, leave them out! For each significant issue, write one or more things you can do to either reduce the chance of them happening or make sure they don't happen at all.

1.
2.
3.

The Action Challenge (c) - List all the things that would improve if you take action. For example, I will have more energy. I will earn more money. I will have fun.

1.	4.
2.	5.
3.	6.

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbour, catch the trade winds in your sails. Explore, Dream, Discover."

Mark Twain

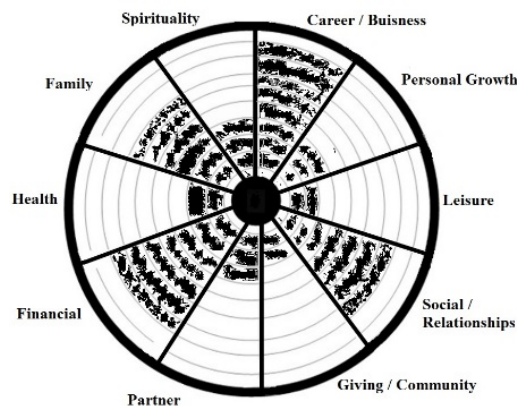
Challenge 5 - The Wheel of Life

*“There are many spokes on the wheel of life, first **we’re here to explore new possibilities.**”*

Ray Charles

Now for a fun exercise used by many personal and business coaches. The idea of the wheel of life is that it helps you identify areas of your life that need the most attention. It shows you graphically how you’re doing, enables you to discover new perspectives, and also helps you to set priorities.

The picture below is an example of a completed wheel of life. The participant has marked each section, such as health, from 1 -10; 1 being the least successful, or little ability in this area, and 10 being the most.



Now imagine if that wheel was on your bike and you were riding along the road. Would you find the trip a little bumpy?

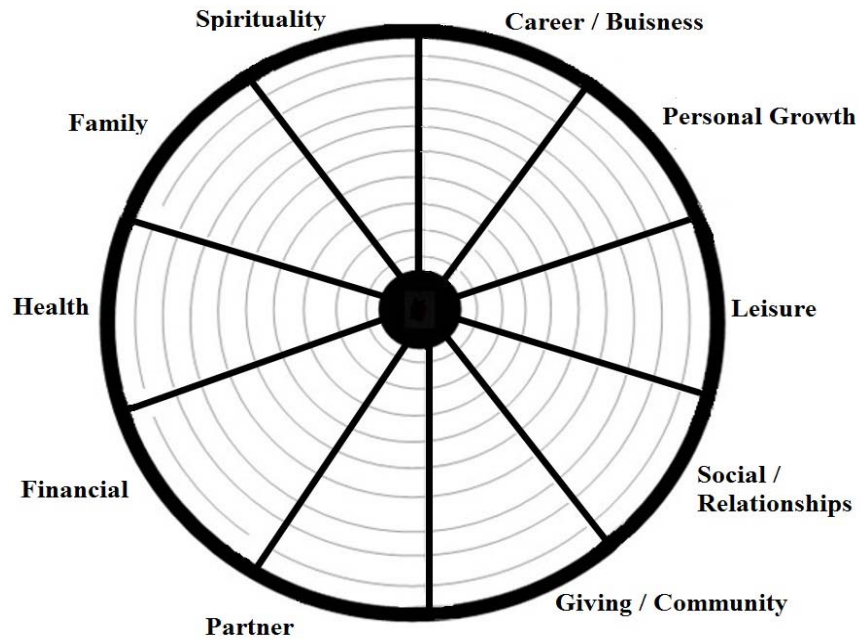


If this was your result from completing the exercise, do you think you should focus on your career and money, or would it be worth spending some time looking after your health, or focusing on your partner? Of course, we don’t need an entirely round wheel, but it does add a new perspective to the way we prioritise our actions.

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The Wheel of Life Challenge (a)

Now it's your turn. Be honest with yourself. **Rate yourself for each topic.** Have fun with it. Don't over think it! The intent is to get a general idea of where you sit in each area. Use the ticks below to rate yourself out of 5.



Please keep in mind your result when deciding your goals. When setting goals, we often think about financial goals and targets like holidays and travel. Other goals should be set for things like becoming more social, spending more time with family, giving to others, health and wellness, and so on.

Reflect on the results of your wheel of life challenge and make a list of areas you need to work on, or some goals you may set yourself to ensure your ride is a little smoother.

The Wheel of Life Challenge (b) - My areas of improvement or goals to make my ride smoother are:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



Challenge 6 - Habits: Health and Wealth

“Our daily decisions and habits have a huge impact upon both our levels of happiness and success.”

Shawn Achor

If it takes three months to adopt a new habit, that’s four new habits every year. Think of how much you can accomplish in any program of change if you adopt four healthy and wealthy habits each year!

The Health Habit Challenge

Eating an apple a day may not seem much, but over ten years, that’s a lot of apples. Small daily exercise also adds up over the years! Giving up a bad habit is just as powerful.

List some habits you would like to get into to, or get out of, to improve your health. You don’t need to commit to these at this stage; the idea is to brainstorm ideas and think about what is possible.

My healthy habits (or potential new ones) are: **My bad health habits are:**

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The Wealth Habit Challenge

If you put \$5 away every day for 40 years and invested it with an 8% return (if you can get it), you will end up with over half a million dollars. It’s **the magic of compounding**. In the first 20 years you will have saved \$90,000, and the second 20 years gives you \$450,000, a total of \$540,000. It’s an exponential curve. It’s the habit, or ritual, of saving that pays the dividend!

*“You must acquire the habits and skills of managing a small amount of money before you can have a large amount. Remember, we are creatures of habit and, therefore, **the habit of managing your money is more important than the amount.**”*

T. Harv Eker

List your good financial habits or ones you would like to adopt, and also your bad habits, or ones you need to avoid. Remember, they may be daily, monthly, yearly or even ad hoc (e.g. the habit of only going to BYO restaurants!)

My good financial habits (or new ones) are: **My bad financial habits are:**

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Final Words

Congratulations, you have completed the challenges. I hope it has helped you explore possibilities, and encouraged you to set a course toward a full and happy life. If you want to go deeper, the full set of 34 challenges is available free on my website. You may also like to read my book, **Happiness and Success – Evidence-Based Strategies for Success**, which explores these topics in far greater detail.

I am always interested in being contacted by people who are taking a journey into self-development and growth. Feel free to contact me; there is no pressure or commitment to anything. I desire to help you decide on, and achieve your dreams.

Please contact me via my email mike@lifestylechangecoach.com or call me on 048 11 99 606.

Thank you for taking the time to follow this process. Best of luck. I wish you happiness and success, now and forever.

Michael Hunt

