

A photograph of a stone staircase leading up a hill. The steps are made of grey granite. The words 'STEP BY STEP' are carved into the steps in a white, stylized font. The top of the stairs is surrounded by green grass and yellow flowers. To the right, there is a stone wall.

Your Path to Success

STEP

BY

STEP

Workbook

This is a book about you.

It is your personal journal. As you work these exercises, be honest. Do not give what you think is the right answer but instead give the honest answer.

As you work through this workbook, you will discover new things about the uniquely awesome person in the world and that person is you.

After you have completed this workbook you will find new talents that you did not even know you had and have established new goals for your life. More importantly you now know how you will be able to reach these goals.

This is also a dream book. Dream your dreams and then discover how you can realize your dreams.

A man can do anything that he sets his mind to. Look around you: every product, every company was at one time a thought in someone's mind.

Search your mind to find what your dreams are. You will be ready to look for the answers to the problems standing between you and your dreams. You can learn how to solve these problems and live your dreams.

So come on let's take this journey together to a healthier, happier life.

What Do You Want?

If a magical genie was to appear to you today and told you the only wish he was able to grant you, was the ability to remove all the limits standing between you and your dreams, so you could be anything you wanted to be. Where would you be in five years?

What kind of house would you like to live in?

What part of the town, city, state or country would you find yourself in?

What would a typical day in your new life be like?

What type of career would you find yourself in?

What material things would you possess?

Where would you spend your vacations?

What type of spiritual or charity work would you be involved in?

Now, Consider it done. Your wish is granted.

Know the only limits on you are those that you have placed there yourself or those you allowed other people to place on you. If you placed them there or allowed other people to place them in the first place you can also change your mind and take them off.

You can live in your dream house, you can drive your dream car, and yes, you can even have your dream mate. Whatever your heart desires, you can have. The only thing is - you have to decide what you want.

This is called setting goals. A goal is nothing more than deciding what you want and setting a definite time when you want to acquire it.

Look over your answers above and write down your goals.

1. _____

2. _____

3. _____

4. _____

5. _____

Now that you know what you want, list them in the order of importance to you.

1. _____

2. _____

3. _____

4. _____

5. _____

For now you will want to forget the other four goals and focus on your first goal.

It is very important that you work on only one goal at a time. Put everything you have into achieving this one goal. Eat with it, sleep with it, get it, and then let it get you.

What Will You Give in Exchange for Your Goal?

Let us say that your goal is to buy a new house in five years. The first thing you will have to do is to figure out where you stand today, then decide what you need to do to bridge the gap to where you want to be.

If your present income is sufficient, then maybe all that is needed is to set up a savings plan, faithfully setting aside so much each pay period till you reach your goal.

But what if, like so many Americans today, you are already working two jobs just to meet your current needs? Then you will have to figure out how to broaden your service to meet your needs or wants. This can be done either in your present position, or perhaps in a different field.

The first thing you need to do, is to ask yourself. What can I do to provide a service to other people?

What am I good at and enjoy doing?

Do I enjoy working with other people or am I best suited working by myself?

What type of career would I like to be engaged in?

Do I like working with children or elderly people?

Am I interested in sales, and if not, why?

What are my interest or hobbies outside my regular job?

Now take the time to look over your answers. You will need to pinpoint the area of service you are best suited for.

You may need to do some real soul searching to uncover your hidden talents. Then you can better decide on your area of service.

List all your talents below:

Review your talents and different areas of service you feel you are suited for. Narrow it down to one main field and write the answer down below, with the reason why.

You have to be able to match your talents and skills with the line of service you are going to provide. In short, you have to enjoy what you are doing.

After doing this exercise in a day or two you may find a new or different idea coming to your mind. Do not dismiss it even if it is a completely different area than what you thought of, or you feel that you do not have the talent for.

It may be the very answer you are looking for. You may very well have talents that you did not think you possessed.

In the area of service, there are two ways to increase your rewards. The first is to provide better service.

If it means you will need more education, get it. If it means that you have to do some real soul searching and change some attitudes, work to change them. Whatever it takes, if it is worth going after, do it.

The second, is to provide service to a greater number of people. That is why movie stars and professional athletes can demand such high incomes because they are providing a service to a greater number of people. The same may be said for salesmen. The top paid salesmen usually have a combination of the two. They serve as many people as possible, while giving them the best service they possibly can.

Look at your present position to see if you can increase your service, even if you are thinking of going into another field, give the best service where you are at. It will make you more valuable in your present position, while preparing you for the future.

Putting it All Together

Now that you have completed the exercises above, you are ready to put the pieces together. Below you will need to state your main goal or purpose in life.

Now take the time to write a detailed plan on what you have to do to reach your main goal. You will have to keep in mind that your service must match the reward you are seeking.

Now that you know where you are going and how you are going to get there you can rest easy knowing all you have to do is follow your plan and you will realize your dreams.

Just remember that if your first plan does not work out, you can change your plan, but you do not have to change your main objective.

It is said that less than five percent of the population set goals. That means only five people out of every one hundred plan on what they want to do. While it is estimated that only one out of these five regularly reach their goals, your chances of realizing your dream is better if you set goals than if you don't.

So, set your goals and watch the world move out of your way so you can reach them.

Bon Voyage!