

Giants Awakening Proudly Present...

The Key Secrets To Living Your Dream Life



**A Free Guide To Living A Totally
Fulfilling, Stress Free Life Without
The Need To Worry About Money...**

“It is in your moments of decision that your destiny is shaped!”

Anthony Robbins

www.GiantsAwakening.com



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Table of Contents

<u>1. Identify The Goal Posts.....</u>	<u>3</u>
<u>1.1. Define your goal destinations</u>	<u>4</u>
<u>1.2. Plan your journey.....</u>	<u>4</u>
<u>1.3. Track your progress.....</u>	<u>5</u>
<u>2. Develop Your Strategy.....</u>	<u>7</u>
<u>2.1. Do you have what it takes?.....</u>	<u>7</u>
<u>2.2. Do you know what it takes?.....</u>	<u>8</u>
<u>2.3. Can you take a knock and still keep standing?.....</u>	<u>9</u>
<u>2.4. Can you keep going till the end?.....</u>	<u>10</u>
<u>2.5. Goal Getting Strategy – SMART Strategy.....</u>	<u>11</u>
<u>3. Advancing the Ball.....</u>	<u>13</u>
<u>3.1. Understanding the value of Happiness.....</u>	<u>13</u>
<u>3.2. Understanding the Value of Time.....</u>	<u>15</u>
<u>3.3. Understanding the value of Wealth.....</u>	<u>15</u>
<u>3.4. Understanding the value of Health.....</u>	<u>16</u>
<u>4. The Winning Team.....</u>	<u>18</u>
<u>4.1. Working Towards a Better Self.....</u>	<u>18</u>
<u>4.2. Working Towards Better Relationships.....</u>	<u>19</u>
<u>5. Enjoying the Game: 77 Secret Ways to Make Every Moment Count.....</u>	<u>23</u>
<u>6. Touchdown!.....</u>	<u>33</u>



1. Identify The Goal Posts

To live life with passion, you have to learn to find and do things that you are passionate about. And you can be passionate enough, motivated enough in life if you knew that there was a definite achievable goal that you could work towards. You might be at that stage in life where you are living a routine life going through the motions of everyday life without any sense of purpose or passion for what you are doing. Deep down you have a sense of frustration, a yearning to do something more, go someplace else but fear and uncertainty pull you down. *Fear not, take it step by step and slowly you will find yourself more motivated, more fired up and you will start living your life with more passion.*

The very first thing to do is to identify your goal posts. You know with certainty that you do not want to be where you are in say 5 years time but do you know where you want to be? Where exactly do you want to be 10 years from now, or say 5 years from now or even next year?

It is never easy to set yourselves goals for even a year leave alone for 5 years or 10 years. Some are fearful of setting themselves goals that they may never achieve. They feel that having a goal is like dreaming big and like dreams; very few will ever come true. First, what many do not realize is that this is always a self-fulfilling prophecy - since you never set yourself a goal, you can never truly work towards one. Never ever underestimate the importance of having specific goals in mind and working towards them. In fact most successful men and women always write down what their goals are and continue working on them. Secondly, having goals and successfully working towards them can prove to be tremendous motivating factors. You have a sense of purpose as you actively pursue your goals, overcome obstacles and fight adversities but also a sense of fulfillment when you come closer to achieving them.

So go ahead, find yourself a quiet space, give yourself some time and plan out what your goals should be. This is probably the most difficult phase of redefining your life but



also one that will prove to be the most influential one. So be patient and realistic. Read through the following guidelines – then outline all your important goals and a timeline to achieve them.

1.1. Define your goal destinations

Goal destinations are achievements that are important to you. You could use the word ambitions but that has a touch of arrogance to it and may only end up intimidating you. Goals are simple targets, which you know you can certainly achieve with the right amount of effort.

So first start making a list of all that you would like to achieve in your life on all fronts – professional, personal, family. Identify separate goals on each of these fronts. You may want to try for that MBA degree that has eluded you for so long. You may want to take your family for an overseas vacation next year. You may want to learn a foreign language or how to play a musical instrument. You may want to give up smoking.

Each of these things is a goal. Once you have a list of these goals, make them more specific. Instead of saying ‘Improve financial position’, refine it to ‘Save \$10000 by end of next year’. Thus, try and define each goal in just one sentence. Make sure that each one of your goals is a specific end-goal in itself. If you have listed both working out and losing 5 pounds as goals, remove the working out part, as that is just a stepping-stone to losing weight. Think about when you would ideally like to achieve each goal. Some may be easily achieved in one year like taking an overseas trip. Completing a degree may take three to five years. Some like quitting smoking may go back and forth for a few years. Be realistic and do not set yourself any rigid deadlines.

1.2. Plan your journey

Planning how to go about achieving your goals is an intense but also the most satisfying step. Apply the following step-by-step plan for each of your specific goals.



- Take a new piece of paper for each goal and write down the goal in one sentence at the top of the paper. Be simple and clear in your statement.
- For each one of the goals, write down your requirements and also what is holding you back. For example, to obtain a degree, you may need money and your financial situation may not permit that. If there are any smaller goals that you need to achieve before you come to the bigger goal, can be written down as part of this. Write them down and apply the same step-by-step process to them till you reach small, doable steps.
- Once you have identified the kind of action you need to take, including the sub-steps, you need to list what you need in order to achieve each one of those steps. These may be things like telephone numbers or visiting a few universities. These along with the action steps are your checklist and are a more tangible way of verifying how you are progressing towards reaching the final goal destinations.
- Realistically assess the time frame in reaching each goal and write down specific dates for completing them. If the goal cannot have a specific date for completion, try mentioning a time by when you would have liked to achieve it. For example, learning to play tennis or the guitar may not have a specific start or finish date. Within these time frames, write down similar dates for each one of the smaller steps mentioned for each goal.
- Once you have a list of goals ready and a tentative time table for achieving them, take an overview and start making a schedule in your diary of what you need to achieve in the next day, next week, next month and then next year to be closer to your goal destination.

1.3. Track your progress

It is very important that you note down specific deeds to be completed by a certain time, in one easy to find place. Track how you are doing at the end of each day, each week, each month and each year. If there are some things you have accomplished, just check



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them off your list. If some things had to be postponed or could not be done because of various compulsions, make sure you make time and space for them within a reasonable time frame so that you do not lag far behind the completion date for the overall goal.

Most of the time, it takes several years before you can accomplish something significant in your life. The important thing is to not lose focus and take it one step at a time. You may want to get an MBA degree but for that you may need additional financing or getting a well-paying job so that you can pursue your MBA degree through a part-time course. Finding a job involves contacting various firms, speaking to friends or well-wishers who can help you in finding one and taking up various jobs till you find one that you are happy in and can pay you well. Each one of these steps involves small steps like making phone calls, going through job ads and at the same time making time to study for your degree.

Staying focused on your goal will give you a reason to wake up every morning filled with energy, will make you spend every minute with passion and once you have achieved that crucial goals will fill you with confidence to aim even higher.



2. Develop Your Strategy

In the previous section, we discussed how important it was to think about goals and how it was even more important to take actions that will get you closer to the goal. Thinking about your goals in detail and then working towards them is never as easy as it sounds. You have to be able to break them down into the smallest possible action steps so that they are easily doable and easily measurable. In this section, we will consider how to develop your strategy on achieving your goals by making them more specific and quantifiable but also by suggesting ways in which you can keep yourself motivated in what can be a long and tough journey.

Before we talk about the practical steps in detail, let us understand what goes into the entire process, from starting to think about our goals to actually achieving them.

2.1. Do you have what it takes?

- If you would like to change something in your life, you have to be unsatisfied with the way things stand now in your life. You may want to lose 5 pounds but you do not really care too much about it or do not want to put in the work that is needed. Similarly, you may want a better earning job or start your own business. Wanting something is not enough, you must want it so bad that you are willing to take some major decisions and take some drastic steps to change your life.
- So now that you have decided you have to do something to shake up your life, you need to have specific targets you can aim at. If you do not have a specific goal in mind, you will only end up wandering around aimlessly without having made any progress at all. You will lose your confidence and end up feeling even more frustrated than before. Fix a target before you do anything else.
- Break your target into smaller easily achievable goals. While the bigger goals may look daunting, smaller goals look more manageable and you will be better



inspired to achieve them. Also, as you finish them and strike them off as completed, you will find yourself more confident of achieving your final goal.

- You also need to know what has been holding you back so far. Be brutally honest about admitting some your own failures and drawbacks as that is the only way you can know how to avoid making similar mistakes as in the past. It is certainly not an easy job but understanding this will go a long way in helping you find a solution for some very deep-rooted problems. You know you need to work out to lose those extra pounds you have gained but then why is it that by end of day, you are still in front of the television and working out? Could it be that you do not want to do this alone? Or, could it be that you are just not disciplined enough? Ask yourself these questions and be frank in your answers.
- You have to learn to be patient in life. Granted, you are yearning to break free and aim for big things, but they take time. Rome was not built in one day, and you will not be able to drastically change your life in one day either. What is important is that you have a plan in mind and you keep working on this plan bit by bit everyday.

2.2. *Do you know what it takes?*

- Once you have identified your goals and have a concrete plan of action, it is very important that you go about it in a way that is fun and rewarding to you. If the goals are important to you, you will certainly have the passion to make a great start. What is needed is keeping up your motivational levels as day after day goes by and you feel you have made very little progress. Think of various ways in which you can positively reinforce yourself. One way of doing so is to mark some stages in your plan – on reaching those stages, give yourself a treat. This way, you will start training yourself not to stop till you have reached a certain stage where you can reward yourself.



- Do all you can to seek inspiration and motivation from other sources. Read about successful people who have achieved great things starting from almost scratch. You can check out videos, or blogs even podcasts, which will let you watch these people actually speak of how they achieved their success. These are bound to be powerful experiences.
- Take what you learned and then see how best you can apply it to your life. Have you also always wanted to be an entrepreneur? What did you learn from all the successful men and women entrepreneurs? What worked for them and what did not? What were the best pieces of advice that you think will work for you? It is not enough to have just gained knowledge about how to go about things, it is more important to know how best to apply it.
- Make room in your checklist for all those tools and resources that you will need to achieve each one of your goals and sub-goals. If you do not like to work out alone, get yourself an mp3 player with headphones. If you have to quit smoking, join a group or get some patches and gum to get over the initial withdrawal pangs. Get all the tools that you may need so that you find it easier to make progress in your journey.

2.3. *Can you take a knock and still keep standing?*

- Nothing speaks about a person, as does the way in which he faces adversity. Take a close look at yourself and think of all those times you were hit by some or other problem. What had been your reaction like? Would you have handled things better if you had had some help? What kind of help do you think would have made a difference? Try and identify all those factors that are or could prove detrimental to your taking successful steps towards achieving your goal. More importantly, be better prepared for similar adversities. The better prepared you are for handling problems, the easier it will be for you to deal with them and overcome them.



- How would you know where exactly you stand in terms of achieving your goals if you do not keep track of your successes and yes, your failures too. Make a schedule and keep recording your progress compared to this schedule. Keep a journal and record what you managed, what you missed, why you missed and what you are going to do about it. Feel free to write any other thoughts that you are having related to that goal, feedback that you have received or just some encouraging words to yourself.
- Engage with people who are on a similar course and understand how they are going about achieving their goals. See if they are facing the same problems as you are and what they are doing to overcome them. If you can speak to people you can relate to or are sympathetic to you, you will be able to find tons of advice, support and encouragement. You will also find different perspectives, which make even the biggest of problems seem manageable.

2.4. Can you keep going till the end?

- Life is all about learning and moving forward. As you try to reach your goals, you will learn new things. Your way of reaching your goal is as unique as you yourself are. Many people would have achieved what you have but you would have faced a unique set of problems and handled them in your own way. You would have handled things differently or even faced some very new problems. Whatever may be the case, there will be hundreds like you who are trying to understand how to deal with similar problems as you had faced or at least understand ways in which they can be dealt with. Try to help them out. Give back to the community that had helped you and supported you as you went around trying to achieve your goals. Even if you do not know who it is going to help or how it is going to help, make sure you spread whatever you have learnt among as many people as you can.
- Once you have achieved a major goal, you can reward yourself. Make sure the reward is as attractive or as satisfying as the achievement of the goal itself.



Include those closest to you in your celebration. Make sure you make time to reward yourself, as that is as important as having achieved the goal itself.

- Once you have finished your first set of goals, you may be tempted to just lie back and enjoy life. But now comes the hard part. You have to make new goals and work as hard to achieving them. If you have lost 5 pounds, make sure you never gain those back again. In fact, your new goal should be to slip in to your old pair of jeans, which you have not worn for like 5 years. As you keep doing this regularly, setting and achieving goals will become like second habit to you and your life will be filled with doing one act, which you are passionate about, followed by another. You will learn to love all that you do and succeed in them too. So whether you are talking about a top entrepreneur or a top athlete, each one of them would have done the exact same things as you to reach where they are and to be doing something they are passionate about.

2.5. Goal Getting Strategy – SMART Strategy

Most strategies for goal setting and achieving, revolve around the SMART rules. Here are a few practical guidelines for setting up goals and working a SMART strategy to achieve them.

1. Turn your dreams into reality by putting into words what exactly you want to achieve. When you dream of being successful, what do you dream about – a fancy car, a home, trips overseas? Focus on specifics and come up with tangible targets.
2. For every front in your life, have at least one very clearly defined goal.
3. Make sure that you are passionate enough about the goals so that you are willing to put in enough sacrifices and make enough compromises in achieving them.



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4. Be ambitious in creating goals, which are high enough to motivate you and inspire you into taking action. However, do not be too ambitious as failure may easily set you back.
5. Note down in a daily diary, complete schedules with daily, weekly, monthly and even yearly goal. Set as precise completing times (and starting times if you are not starting now) as you can without putting too much pressure on yourself.
6. Remember **SMART** – make your goals **S**pecific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-limited.
7. Speak to others about what you are intending to do. Making others aware of your goals will make you even more conscious of the urgency of completing them.
8. Take a few minutes for positive visualization of how terrific you are going to feel when you actually complete one of your goals.
9. Make sure you take steps each day towards achieving at least one goal.

A recent survey of people who had enrolled for a seminar aimed at helping them achieve their goals, found that while almost all knew what goals they were pursuing, only a third were actually taking concrete action towards them. To actually taste success, you have to be a dreamer but more importantly a doer as well.

3. Advancing the Ball

Working towards goals that you are passionate about can help you develop a great sense of achievement. However, life is not just attainment of one goal, it is learning to appreciate all the good things in life.

3.1. Understanding the value of Happiness

Happiness can mean different things to different people. Our personalities and what we are passionate about, our life experiences and our expectations all play a role in determining the level of happiness in our lives. Some need a sense of success in their professional lives whereas for others, a good personal life matters more than anything else. Irrespective of what brings you the greatest happiness, there are some proven ways in which you can understand the true value of it. These will help you bring in and maintain even more happiness in your life.

- **Seeing things the right way.** It is truly said that while some see life as a glass that is half-empty, others see it as half-full. And do you want to take any guesses as to who are the happier for it? So the next time you are stuck in the rain or your flight is delayed, take the time and read something you have been wanting to for some time. Give time to resolving a problem that has been worrying you for some time. Every time there is a problem, see what you can do to resolve it. If the situation is unavoidable, see what you can do to make the best of it. By the end of the day, you will not end up all frustrated and tired at all the inconveniences and obstacles but fairly content and at peace for having gotten so much done despite all the bad breaks.
- **Be Truly Grateful.** Count the number of times that you say thank you in a day. True, there may be many. How many did you say after truly understanding and appreciating the efforts that have gone in – whether it is your wife getting lunch for you, your husband doing the dishes or the waitress who is serving you hot



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coffee? Take some time and make the effort to tell people how much you appreciate what they are doing for you. Mean every 'thank you' you say.

- **Being Kids Again.** Do you remember what it was like to be a child, always curious about various things and thrilled at the smallest of them? Catching a beautiful butterfly or splashing in rain puddles. These were what gave you a great sense of elation. Try forgetting that you are an adult and indulge yourself as a child once in while.
- **Be Kind.** Being kind and helping others to do so will help you feel like a much better person. Also looking at people who are less fortunate than you are will help you get a completely different perspective on your life. The kind of happiness that spreads when you are kind to someone is extremely contagious and once you acquire the habit of giving, you will keep giving and making yourself and several others happy as a result.
- **Moving Forward.** Many a times, we are deeply affected by events or we are plagued by problems over which we do not have any control. If we just sit and brood over them, we are not going to find a solution. In fact at times it is just best if we put on a happy face and keep moving forward. This does not mean we do not have to be honest or real but that we just need to keep moving forward. And if that means to put on a forced smile, then so be it. In fact research has shown that putting on a happy face and smiling at all times, even in the face of great adversity will go a long way in helping us overcome the very same problems.
- **Learn to Forgive.** How many times have friends and colleagues betrayed you by putting their interests before you? In fact, the worst is when someone from your family does the same thing. However, if your friend, colleague or family member is truly repentant, learn to forgive him or her. Bearing a grudge will only drag you down and negative emotions will only drive out all the passion from your life.

3.2. *Understanding the Value of Time*

- **Enjoy Every Moment.** Every so often we get bogged down with misery thinking of some past events. One has to learn to live in the moment and plan for the future. However, just spending time dreaming of the future is not a solution either. Learn from the past and plan for the future but live in the present.
- **Finding a Sense of Purpose.** For many of us, being successful and content in our personal and professional lives means everything. However, there are many who need a sense of purpose to consider their lives complete. Some may find this in religion or spirituality while others may find purpose by working for social causes. Finding a sense of purpose is much more than just finding success in something tangible, it is a sense that you can make a difference.
- **Follow Your Goals.** Going from day to day without any true sense of direction can suck out all the energy from your life. You will soon start feeling like you are stuck and your frustration will grow, without you knowing how to relieve it. Before life comes to this point, identify what you are aiming for in life, plan for it and then pursue it single-mindedly. Often, the only difference between ordinary lives and extraordinary ones are the effort that is made in having goals and working towards them.

3.3. *Understanding the value of Wealth*

True, money is not everything but wealth can bring one a lot of self-confidence and can spur you onto higher goals.

- **Understanding How Money Works.** To appreciate the true value of money, try and learn how money works. Whether through a simple deposit in a bank or whether you are investing in real estate or the stock market, try to understand as much of the details as possible.



- **Understand your finances.** Just because you have a well-paying job does not mean you can spend without giving it any thought. To gain wealth, it is important that you spend less than you earn. Before spending, think twice whether the expense is necessary and whether there is a cheaper alternative available.
- **Protect your savings.** It may be very tempting at times to put some of your savings in schemes, which promise to make you rich, almost overnight. Remember, if something sounds too good to be true, it probably is! You can never say when you may need ready money so rather than have to go around borrowing money in times of crisis, make sure you have adequate savings and that they are well protected.
- **Avoid debt.** With the advent of credit cards and cheap personal loans, people are more apt than ever to fall into the trap of purchasing something now and having to pay later. Very quickly, they realize that they have run up a bill that will need months if not years to pay off. Do not fall into the debt trap. Make sure your credit cards are used only as an option for ready cash that you do not have, not for money that you do not have.
- **Be patient.** Unless you win a lottery, there is only one tried and tested method of getting rich. Doing it slowly and steadily, one penny at a time. If you are looking to get rich quickly, chances are you will invest thoughtlessly in some speculative stocks or get rich quick schemes and end up losing all your hard earned money.

3.4. Understanding the value of Health

- **Your health is important.** The adage 'Health is Wealth' is as true today as it was in the past. You may never appreciate how important good health is till you are plagued by health problems. Do not let it come to this stage. Learn from others' mistakes and take steps to protect your health.
- **Stay Fit.** To stay fit and healthy, it is important that you exercise regularly. In fact, research has shown that the benefits of working out even for half hour every



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alternate day are significant. If you do not like working out alone, try workout videos or consider buying an MP3 player to help you stay involved.

- **Maintain a healthy diet.** Merely exercising is not going to have any long-term benefit if you do not also have a healthy diet. Make sure that your meals are balanced, that you do not overeat and that there is only an occasional consumption of rich foods.
- **Know when to rest.** You may be very driven in your quest to succeed but there are times when the body and the mind, both need to rest. You need some time to unwind and find fresh sources of energy. If you are constantly fatigued, stressed or exhausted, it will soon start affecting your life both at work and at home. Relax for some time and you will find yourself rejuvenated and ready with fresh ideas.



4. The Winning Team

You can enjoy every moment in life if you have friends and family you can share them with. And to build healthy relationships, you should have a healthy outlook on life. Starting with you, see how you can improve yourself and relationships that are important to you.

4.1. *Working Towards a Better Self*

- **Have an open and curious mind.** Try and be like a child again. Be curious about new things and ask yourself the many questions a child would. Do not have a rigid approach or a closed mind. Open yourself to the: *Who? What? Where? When? Why? How?* Keeping an open mind will help you see things differently than what you might have.
- **Define your values and principles.** What are the things that you value most in your life? What frustrate you the most? What causes you the most pleasure and what the most hurt? These questions and the answers to these will make you aware of who you are and how you are living in this world. Go through all your answers and see which ones surprise you and which don't. Is there anything you can do to make events cause you less frustration? Think of possible solutions and work on them. Discipline yourself to always stick to your values and principles, regardless of their consequences.
- **Be willing to change.** You may want to do better in life; you may even have worked hard on your plan to achieve your goals in life. However, do you have it in you to make the sacrifices that are necessary to bring about the changes in your life? Mentally prepare yourself for the compromises that you will need to make if you are aiming for higher goals in your life.



- **Love yourself, respect yourself.** Before you can love and respect another person, you need to feel good about yourself. If you are racked by self-doubts and inferiority complexes, relationships with other people will be doomed from the start.
- **Work on your manners:** Your manners will define you wherever you go. A simple 'please', 'thank you' or even a 'good evening' shows the other person that you are recognizing them and appreciating the work they are doing for you. In fact, treat others the way you would like to be treated. Show colleagues and subordinates the same respect and trust that you expect from your higher-ups. This doesn't mean you have to pretend. Show genuine interest in the people around you.

4.2. Working Towards Better Relationships

A healthy relationship between individuals brings out the best in both people and also furthers personal growth. One can always work on improving relationships, as that is one way of improving life.

- **Getting Close.** People are often afraid of getting close and developing meaningful relationships. A close relationship also means sharing of joys and sorrows, our needs and our wants, our positive points and our shortcomings. Many factors play a role in preventing them from getting close to someone they obviously like a lot.
 1. *Fear of opening up.* This is one of the greatest fears that plague almost all relationships. People are often afraid of opening up completely to the other person and end being less than frank.
 2. *Fear of disappointment.* A fear that this relationship may end sometime makes many people wary of a long-term commitment. Many would rather stay away from such relationships than risk being disappointed.



3. *Fear of losing one's freedom.* A relationship should be seen as a give and take arrangement rather than an imprisonment wherein one's freedom is taken away. You should trust the other person enough to know he/she will not want to take away things that you care about from you.
4. *Fear of being under an obligation.* Being in a relationship is difficult for some for whom this is the first time that they are having someone do something for them. They are afraid this places them at an obligation to the other – they should understand that this give and take is a part of any healthy relationship.
5. *Fear of being judged.* Being honest in a relationship means being judged for many people. However, they have to realize, that in a relationship each one accepts a person the way they are with their good points and bad.
6. *Fear that it is not proper to express affection.* Many consider an open show of affection as improper. In fact, many men believe that this is a sign of weakness. However, they do not realize that for their partner, this show of affection can mean the world.

It is important that we learn to communicate our feelings with each other properly. We should be willing to open up with our innermost feelings and be patient with the other to do so eventually. Being in a special relationship means having someone to support you, to comfort you in times of trouble and to share your good times with. You can find meaning and a sense of purpose when you are in a special relationship.

- **The Art Of Communication.** Effective communication is a very important ingredient in a relationship and yet very few know what true is or how to communicate with others effectively. Communication with others is essentially either expressing ourselves or responding to the other person. The method of doing so is different in each case.
- **Expressing Ourselves.** When we are expressing ourselves, we have to take care to make positive statements. For example, you may want to say that 'I' did so and so



and felt so and so. When you are stating an opinion or just making an observation remember the most appropriate way of doing so would be to use the 'I-statement'. These allow you to be positive in the way you speak - you sound honest and frank, seem like you take responsibility for your actions and avoids any finger-pointing. The moment you start on the 'You did this.' statement, you are putting the other person on the defensive and can cause communications to be completely stopped.

- **Responding to Others.** When you are responding to people, take you time to reflect on what the other person has said. Put yourself in his/her shoes and see things from their perspective. Try to reflect back what they are saying so as to clarify their statements. However this means that you have to be listening very carefully to what the person is saying. Do not try and go into reasons why the person is behaving so but just listen to what is being said. This way, the conversation becomes more meaningful rather than just deteriorating into an argument.
- **Fighting Fairly.** Chances are that you will face disagreements in your relationships – with a spouse, a parent or a friend. Most of the times, these reduce to pure emotional shouting matches and do not resolve anything. Be clear about these ground rules the next time you face a conflict in a relationship.
 1. Always maintain a spirit of good will. This is a person you care about – you do not want to end up hurting him/her.
 2. Stick to specifics and avoid attacking one another. Discuss behavior issues and not personality problems.
 3. Be free and frank, share your feelings.
 4. Only focus on the present. Forget about disappointments in the past, which cannot be overcome now. Concentrate on what best you can do now.
 5. Make sure your emotions are under control when you choose to meet. Do not do so when you are tired, stressed or ill.



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6. Try to separate your emotions from specific actions taken or not taken.
7. Give each other time and listen carefully. Each person should be allowed uninterrupted time so that he/she can explain his/her viewpoint.
8. Take it step by step and work on just one issue at a time. Decide what is causing the most concern to both and try to resolve that.
9. Be ready to change and ask for realistic change. Reach middle ground where both of you can be happy.
10. Do not be judgmental about the other person but try and understand her emotions.
11. Avoid trying to be right all the time and win at all costs. The price would be too high for you to pay.
12. Accept the fact that at times, resolving a problem completely is never possible. Reach a best possible compromise that both can be happy with.
13. If you are too upset to have a face to face discussion, you could try writing down your feelings in a note or letter.
14. Once the discussion is over, make sure you thank the other person for taking the time to speak to you, listen to you and discuss the issue with you. Express and reaffirm the respect and affection you have for each other.
15. Always finish on a positive note.

Whatever the relationship problem you may be facing, these are bound to help you at least establish an atmosphere of peaceful co-existence. However, whenever you feel that you cannot trust yourself to resolve the issue, professional or a third party help may become necessary.

5. Enjoying the Game

77 Special Ways to Make Every Moment Count

We have looked at many general ideas for re-igniting the passion in our lives, to work towards our goals and to become better persons. However, sometimes it helps to get practical doable ideas to start you off in the right direction. Here is a collection of 77 ways in which you can make every moment of your life count.

1. **Learn a foreign language.** You may want to learn a foreign language for many reasons – work related, a new relationship or just to grow culturally.
2. **Try reading about some new subject.** Maybe you are not a bike person but your spouse is. Or cooking is his/her forte. For a change try reading up on this subject and surprise your spouse. Who knows it may actually end up converting you into a fan.
3. **Start blogging.** You can blog on practically any topic, it is free and with the latest applications hardly requires that you know any technical stuff other than how to use a keyboard. Use it to share your knowledge or your opinion and enjoy it, as more and more like-minded people will come in to share their thoughts.
4. **Take a decision to limit watching TV.** TV can convert even the most active person into a couch potato. Further, considering that all shows seem to show mindless violence or weepy sitcoms you may feel better if you limit your TV watching time. Also think of how much more you could do in all the free time.
5. **Try waking up early.** You may have been a night bird so far but mornings are probably the time when you feel fresh and have energy to make better use of your time.



6. **Start working out.** Start with just half an hour every alternate day but make sure you are regular. As working out becomes part of your routine, you will notice that you have more energy, more mental clarity and greater self-confidence not to mention that you are now healthier than before.
7. **Take time to tell someone you love him or her.** You may wonder why you need to state the obvious but the difference even such a simple statement can make is tremendous.
8. **Commit to a relationship.** You may have been debating about the pros and cons of committing to a relationship but give it a try and you will see for yourself how uplifting it can be.
9. **Put an end to a bad relationship.** If you have been in a bad relationship with a friend or a spouse but have been very reluctant to end it, take a firm decision and do so. A bad relationship can really drag your spirits down.
10. **Start saving.** Even if you have a well paying job, saving for the future is a necessity. Also if you are looking forward to some major expense like a car, or a home or even an overseas trip, you are better off starting to save from now.
11. **Start working on your drawbacks.** Everyone has some or the other negative to their side. Yours may be that you are just too lazy or too much of a spendthrift. Identify what is causing you the most trouble and start working to eliminate the drawback.
12. **Quit smoking.** Smoking can cause death. For your sake and for the sake of those who love you, try and quit smoking.
13. **Reduce the clutter in your life.** You could have clutter in your house or in your mind and both are going to cause inconvenience. Go through all your possessions regularly getting rid of what is unusable and donating those that are usable but you



just do not need. Similarly, relieve your mind of feelings and grudges that just bog you down.

14. **Have a broader vision of life.** Occasionally, having a broader vision of where you would like to be 5 or 10 years from now can be a very motivating experience.
15. **Phone a friend.** So you are in contact with friends through the computer, emails, text messaging. Have you tried phoning and speaking to your friend? At times, a familiar human voice can make you feel very relaxed and comfortable.
16. **Travel. Go ahead, travel.** Go to new places and visit new cultures. You will be fascinated by what you see and feel completely revitalized.
17. **Contribute to Internet Forums.** You may have a special talent or expertise in a special field. Visit forums where there is constant demand for advice and guidance on various matters and contribute your knowledge.
18. **Try your hand at photography.** Photography is not just a hobby – it lets you view things from a very different perspective. You will notice interesting details, to which you had never paid attention to before.
19. **Eat only healthy food.** Devise basic meals that contain a balanced diet. Healthy food not only nourishes the body but will also give you the energy to meet the challenges of the day.
20. **Try not to eat alone.** If you are lucky enough to have a family, always make sure you are home for dinner. If you are a loner, this will ensure that you build good relationships and your friends network will spread.
21. **Work on a financial plan.** Merely saving money is not enough. You have to make the money work for you. Take time to study investments and work on a plan to ensure your financial security.



22. **Learn to improve your memory.** There are many ways of improving one's memory - brain games, mental exercises, and reading are just some of them.
23. **Study further.** There are many benefits to studying further. They can certainly help your career prospects but they also develop specialized skills and knowledge, which will be always useful.
24. **Become an entrepreneur.** You may have always wanted to start a small restaurant or maybe an antique store. Take a chance on yourself – work hard and you may become one of those entrepreneurs turned millionaires.
25. **Write out your goals.** Sit down and actually write down your short, medium and long term goals. Writing down your goals and having a plan of action makes them seem more attainable than just dreaming about them.
26. **Be creative.** Try cooking a new dish today or use your child's paints and try your hand at painting. Think of other outlets where you could express your creativity.
27. **Go for a nature walk.** An early morning nature walk can not only bring you closer to nature but will also help you think more clearly about your goals in life and put a different perspective on your problems.
28. **Help a stranger.** Maybe there is a stranger looking for a bus or asking for directions. Take the time to ask them what they need and help them.
29. **Get a makeover.** You need to indulge yourself once in a while. When you are feeling good on the outside, you will also feel good in the inside.
30. **Plan for a mini-retirement.** This is not as shocking as it sounds. Take a small break from work and treat yourself to a holiday for say six months.
31. **Learn about investing.** You cannot meet your long-term financial objectives if you do not learn how to invest.



32. **Learn to dance.** Learning to dance well will make you feel more comfortable in social situations, helping you meet new people and overcoming your shyness.
33. **Pay someone a compliment.** Try to learn something about people you come into contact with everyday. Pay them a compliment or express your gratitude for the work they do for you.
34. **Review your achievements for the day.** Keep yourself motivated by reviewing all that you have achieved during the day – do not forget even the small achievements, as those are the steps that will lead you the bigger goals.
35. **Find your life purpose.** You may wonder why a successful personal and professional life is not sufficient to make you content. You may look for a higher purpose in life.
36. **Learn to play a musical instrument.** Nothing can ease one's tensions like the soothing strains of a musical instrument. Decide which one interests you the most and learn to play it. Not only will playing it relieve you of stress but having to learn it will also instill discipline in you.
37. **Turn green.** Make an honest attempt at turning your house environment friendly. Reduce, Reuse and Recycle as much as you can.
38. **Take up a social cause.** If you sense some emptiness inside of you, it could be because you want to make a difference to someone else's life other than your own. Volunteer your time and skills to a charitable organization and see how helping others will make you feel like a better person.
39. **Improve on your skills.** Once people have a job in hand, they make no attempts to improve their skills. Keep learning new skills and improve those you already have.
40. **How about a personal mission statement?** You do not have to be a businessman or politician to think about mission statements. In fact, outlining what you think your



mission in life is will help you clarify your priorities and to modify your behavior in accordance with your belief.

41. **Think of other sources of income.** Just because you have a job in hand does not mean you have to pass up on other sources of income. For example, you may be a good writer. Writing on subjects of your interest may in fact fetch you handsome returns.
42. **Donate to charity.** Make donating to charities a regular habit. There will always be people less fortunate than you and however small your contribution; it can have a significant effect on their lives.
43. **Do it now.** There may be several things that you have been putting off till this moment – cleaning your cupboard, reading an article, and calling your parents. Do it right away.
44. **Improve your public speaking.** Being able to speak well on public occasion is important – be it at a wedding or a business presentation. Work on your skills and learn to capture the attention of your audience.
45. **Let bygones be bygones.** Do not let negative emotions pull you down. They are physically exhausting and mentally draining. Forget all old grudges and make a fresh start in life.
46. **Be passionate.** Bring back the passion in your life. Develop friends and relations with people who have a similar passion for life.
47. **Maintain a sense of humor.** Maintaining a sense of humor will help even when you are really down in the dumps. It is especially helpful when you meet new people.
48. **Change jobs.** Despite paying you well, every so often you feel like you are trapped in your job. You do not feel passionate about it. Change jobs. Take up something that really interests you though it may not pay that well.



49. **Learn to Relax.** Maintaining passion in life is not easy when you have to deal with new challenges everyday. However, you could take time to relax – go for a long walk, read a good book by the fireplace, have a long warm bath or just get yourself a massage. Get rid of all your tensions and you will feel as good as new.
50. **Reduce mindless browsing.** Do not waste time browsing the Internet needlessly. Be specific in your usage. Do not let it damage your health or your relationships.
51. **Be a mentor to someone.** You may have spent a lifetime in acquiring special skill and now may be a good time to teach them to some one else. Find interested students and be a guide to someone who is as passionate about the subject as you are.
52. **Join a book reading group.** Are you interested in books? Movies? Name it and there will be a group for it. Joining a group will help you share your ideas and you can probably learn a thing or two from your friends.
53. **Learn to delegate.** All this while you may have been afraid of delegating work to a colleague or subordinate for fear of giving him/her too much importance. Delegating responsibilities will help you save time and have an additional worker to help you out.
54. **Donate your unused books.** You may have several books, which you would like to keep for reference. There may be several others that you have read and will never be reading again. Donate them to the local library so that others can enjoy reading them.
55. **Coach a local team.** Whatever your favorite sport is, you are bound to have ideas and opinions on how to improve things. Take up coaching for a local team, and it does not matter if it is just kids.
56. **Pick up astronomy.** There is probably not a single person in the world that has not been fascinated by the sky. Now is your chance, spend on a good telescope and get down to studying the sky.



57. **Try a new dish.** A busy life either means constant ready-to-cook meals or take-out pizzas. Occasionally try a full home made meal with some new dishes thrown in. Your family will love the wholesomeness and you will love eating together.
58. **Remember your health check-ups.** Taking care of your health also means regular visits to the doctor and dentist. No excuses will do for this one.
59. **Renovate the house.** Study some of the latest technological advances in house equipment and you may be tempted to redo some of your house.
60. **Upgrade some of the stuff you own.** Time was when the vacuum machine or computer you bought was the latest model and worked like a charm. You can now find newer and better-looking models in the market. Give up on your old one and equip yourself with a more efficient machine.
61. **Try Car Pooling.** With gashouse emissions causing great harm to our environment, you may want to seriously consider car-pooling to the office and back.
62. **Try breathing exercises.** Regular cardio workouts are not for everyone. Some find the controlled breathing exercises of Yoga or Tai Chi more helpful in facing everyday challenges.
63. **Teach your child how to swim or how to drive a car.** Chances are that very soon your children will grow up and make their own path in the world. Take the opportunity and make some time for them. Teach them how to swim or cycle or drive and use the time to bond with each other.
64. **Start keeping a diary.** You may want to record what you have achieved through the day, what you learnt, and what you must avoid. Write down all that has encouraged you to go on.
65. **Start writing short stories.** Find an outlet for all your emotions and feelings. Write short stories and share your world with others.



66. **Read biographies of successful people.** Never let adversities bring you down. Every successful person has at some point in his or her life been knocked down only to get up stronger every time. Read their biographies and autobiographies and seek inspiration.
67. **Enroll for a seminar.** You can enroll for seminars on various issues – from finding motivation to becoming a better person. Decide what will benefit you the most at this stage before enrolling.
68. **Go hiking or trekking.** Enjoying wildlife in their natural habitat can be a life altering experience. Take hikes through the jungle or trek through mountains. You will find yourself filled with new energy.
69. **Call someone you haven't spoken to for years.** This could be your estranged sister or father to whom you have not spoken to in years. Be the bigger person, pick up the phone and call him/her. Get past the hurt and negative feeling and you will find yourself feeling incredibly lighter.
70. **Start a website.** If you are passionate about a sport or a hobby, start a website, fill it with all that you know about the subject and invite others to share their knowledge with you.
71. **Learn a new sport.** You may be tired of playing the same old round of golf everyday. Why not try your hand at some tennis or even better, squash. You will find yourself motivated to do better and better at a new sport.
72. **Make time for yourself.** You have to learn to take care of yourself. Spend some time doing what you like doing best – tinkering on a vintage car or just reading in the backyard.
73. **Make time for yourself and your spouse.** As years go by, you and your spouse may start taking each other for granted. Kids come in and there is no time for just the



two of you. Start making some time everyday, even if it is for just two minutes, for the two of you.

74. **Make time for your family.** With schedules that seem to always clash, spending time as a family may seem difficult. Set aside some time every week for family time when everyone shares his or her problems and successes.
75. **Be grateful everyday.** Take time to think of all that happened that day for you to be grateful about. Putting things in the right perspective will help you stay motivated for the next day.
76. **Look at your goals everyday.** Review your goals everyday to make sure you know which direction you are headed in.
77. **Imagine what success will look like.** When you are incredibly frustrated by some unseen problem or obstacle, take some time off, close your eyes and just visualize what success will look like. Try imagining your new car, your new home, you standing on the beach. And suddenly, you are all fired up to go tackle your latest problem.

“Live With Passion!”

Anthony Robbins



6. Touchdown!

Most of us live under the impression that passion can only be spontaneous and either you have it or you don't. Either you love your job or you do not. Either you love your spouse or you do not. Either you love to read books or you don't. Either you love to work out or you do not. Considering all this you may say that passion can neither be forced nor created.

However this is simply not true. You can have a passion for a horde of things but actually working on it and planning on achieving some specific goals you are passionate about is different. You could develop a passion for anything provided you have patience and an open mind. You can convert any ordinary act into an action. Working out, studying, and reading can all be turned in to a passion. What is important is that one needs to be able to find the passion in your life and you need to channel this passion into the right things so that you can enjoy your life better.

If you are frustrated in your present position, know that you can discover ways of leading a fulfilling life. To do that, it is very essential that we fill our life with clarity. As has been mentioned in previous sections, you can build a fulfilling life by just understanding and then capitalizing on your talents, passions and values. Take the time to understand yourself completely – the more power you have the more you can do to create passion in your life. How will you know what you are passionate about? Consider your answers to the questions below -

1. What do I like to share with others most often?
2. What do I have the most fun doing?
3. What do I have to offer others?
4. Where do I get most of my compliments?
5. What do I do when I am faced with a problem?



6. What do I think my passions are?
7. What do my friends and family think my passions are?
8. What inspires me the most?

Passion creates energy in you and positive energy will let you face the most difficult of our challenges. Creating the life that you are aiming for takes energy. Your passions will give you the energy and the motivation to do the work you need to do to head in the direction you most want.

We are passionate about things that we care most deeply about. If you are having trouble waking up in the morning and going to work it is because you lack passion in your work. If you are unable to sit-down and share a meal with your partner, it is because you lack passion in your relationship. If you sit before the TV all evening and do not care what your fitness is like, it is because you are not passionate about your health.

Use all the resources and tools we have discussed in this book to discover your passion and turn up your motivational levels. Once you know and understand how to bring about the passion in things that you should and did care about once, you will begin enjoying life even more. You will be able to prioritize better around your passions and create a life that you love. You will have a life that not only works great for you but also looks great from outside.

Once you have achieved your goals and realized your passions, what comes next? Well, sit down and chalk out the next set of goals that you are passionate about, obviously. And then, let's get cracking!

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