



Getting Your Life Like You Want It

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Six Premises and One Conclusion

Taking control of your your life usually requires change. From various research we know that change is processed through the pain centers of your brain, literally: *Change Is a Pain in Your Brain.*

In my own experience, one day I realized that I hated my job, and I know hate is a strong word. I had “**what**” I wanted in a good job working with good people, and this job was “**how**” I wanted it with a steady paycheck and benefits, but I was not happy with who I was. The what and the how were killing my “**who**.” The good job I had was not feeding and growing **who** I was. I had to take control of my own self-development and build a bridge towards my purpose in life. What a pain in my brain! I needed to change!

And change I did. I find that it takes most people at least two years to clarify and set goals they really want to achieve, stop putting up with distractions and clutter, clean up their relationships and change into something or someone they enjoy. It took me about five years to find it and I’ve been evolving and adapting ever since. Change is still a pain, but it’s easier and more fun now.

Are there changes you need to make in your life? Need more time? More money? More fun? More balance? Have a leadership or personal challenge? Need to fix or improve

something? Will you wait until the pain of staying the same grows bigger than the pain of changing? Maybe the better question to ask is, “How do I tell when I need to change, and will I be able to change?”

**Will you wait until
the pain of staying the same
grows bigger than
the pain of changing?**

This is an important question. How many people find themselves without a job and no immediate prospects? What a pain! How many are in hurtful relationships that need to change, and they keep waiting? What a pain! How many of us keep putting up with the same old painful stuff, but it doesn't hurt enough to change yet? How many of us know that changes are coming, and we don't start planning until the weatherman says you have to take shelter immediately—when it's too late to plan?

When you think of all the changes you keep putting off, you might start noticing how it feels like a pain. Fortunately, many of our changes inflict little pain, such as cleaning house—I just can't get any gusto from dusting all the dustables in the home.

Many changes are under our control, like when to do the chores or how to do them. Other changes require strategy and planning, such as getting a new job, going into or out

of business, raising your standards and letting go of poisonous relationships.

I find that taking control requires most people first to clarify who they are as a basis for getting what they want the way that they want it. Here is a place to start.

Six Premises and the Conclusion

#1 Without You, Nothing Else Is Possible

After all, we are talking about YOUR life here.

#2 In Your Life, You Have Requirements

What are your non-negotiables? What are your negotiables?

#3 Put on Your Own Oxygen Mask First

Sometimes you have to be very selfish to be very, very generous.

#4 You Already Attract Something

Do you like what you attract? What else would you like to attract?

#5 To Get “There” Find Out Where You Are “Here”

When you want to span the gap between here and there, are you ready to build your bridge?

#6 The What and the How Follow the Who

The usual questions of what you want and how you want it” distract from the real question: **Who are you?**

Conclusion: Who You Are Determines Everything Else

If you are not happy, chances are at least one of the following applies:

**You don't know who you are,
you don't show up for your life,
you don't know where you are going,
you don't attract the right things,
you don't take care of yourself, and
your requirements are not being met.**

Do any of these things fit you?

**While yet a teenager, John Goddard (1924-2013)
wrote down 127 goals
and accomplished 109 of them
(along with a few hundred more
he added to his list along the way).**

**You are 37% more likely to take action
if you write something down.**

Why don't you start with the next page?

What Do You Require for What You Aspire?

We are aware of many requirements placed upon us by our jobs, family, friends, education and other people and things in our lives. Note that things have requirements of us. Things require space, time and resources for care, operation and maintenance—you could say that the things we own also own us.

What are some requirements you think or feel are important to your Who? This first Lifechecks list can help, but it does not cover all the possibilities.

Lifechecks #1: Requirements

- | | | |
|------------------------------------------|--------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> To be respected | <input type="checkbox"/> To be appreciated | <input type="checkbox"/> To have space |
| <input type="checkbox"/> To be heard | <input type="checkbox"/> To lead | <input type="checkbox"/> To have good friends |
| <input type="checkbox"/> To be loved | <input type="checkbox"/> To learn | <input type="checkbox"/> To contribute |
| <input type="checkbox"/> To adventure | <input type="checkbox"/> To create | <input type="checkbox"/> To work hard |
| <input type="checkbox"/> To have peace | <input type="checkbox"/> To decide | <input type="checkbox"/> To play hard |
| <input type="checkbox"/> To serve others | <input type="checkbox"/> To discover | <input type="checkbox"/> To belong |
| <input type="checkbox"/> To succeed | <input type="checkbox"/> To have fun | <input type="checkbox"/> To have choices |
| <input type="checkbox"/> To make money | <input type="checkbox"/> To be faithful | <input type="checkbox"/> To be free |
| <input type="checkbox"/> To be rich | <input type="checkbox"/> To have faith | <input type="checkbox"/> To be generous |
| <input type="checkbox"/> To be healthy | <input type="checkbox"/> To be important | <input type="checkbox"/> To be left alone |
| <input type="checkbox"/> To be happy | <input type="checkbox"/> To have control | <input type="checkbox"/> To seek God |
| <input type="checkbox"/> To live simply | <input type="checkbox"/> To have security | <input type="checkbox"/> To sing my song |
| <input type="checkbox"/> To _____ | <input type="checkbox"/> To _____ | <input type="checkbox"/> To _____ |

How Do You Get Your Requirements Met?

Once you identify your requirements, how do you get them met? One of the simplest ways is simply to ask for what you want.

Here is the short story of a person who was not happy in his job, so we completed a personality assessment that included a page that listed several elements of your ideal environment. We realized that he was not getting any of these elements in his job.

What did he do? He copied the elements, pasted them into a polite email to his supervisor asking if some of these could be provided in his work. The supervisor phoned him to say that there was no reason he could not get all of these elements, and that they just needed to figure out how to do it.

You see, once he knew what he wanted, he had a much better chance to get it. Once he decided to ask someone who was willing and able to help him, he got all that he asked for, and he checked off all the boxes. Wouldn't it be great if it always worked this easily?

What will you do? How about this:

- Identify** your requirements.
- See which ones you can **fulfill by yourself**.

- For requirements you can't meet by yourself, identify **who might** be willing and able to help you get your requirements met.
- Figure out the **best way to ask** for what you require.
- Stop assuming** people magically know what you require.
- Be willing to do** what it takes on your part.
- Ask** for what you want.

**The person who cannot ask for help
is poverty-stricken indeed.
— Fred Smith**

Please note that you have to be willing to do your part. The right person might be able to help you fulfill your requirements, but you might have to be teachable, agreeable, and actually do the work. Check off the following item when you are ready to do what it says:

- I will be teachable, agreeable and do the work to fulfill my requirements.

Eliminate What You Tolerate

You probably tolerate a lot more than you realize. Let's begin with a handy distinction to make:

Distinction: Toleration vs. Tolerance.

Toleration is what you put up with.

Tolerance is the range of what you put up with.

When you tolerate something, you also have a range of how much you will tolerate. For example, if you have a furry pet, either you have decided to tolerate pet hair or else you might clean house every day. If pet hair doesn't bother you, you might clean once a month and be able to tolerate pet hair on your clothes, in your hair, in your bed and in various other places in your life.

What are some things you don't want to tolerate? Check off the ones that apply to you:

- Pet hair
- People who are aggravating or frustrating to you
- People in your life who just don't get it
- People who use or abuse you
- People who waste your time and your life
- Bad situations that keep repeating
- Bad haircuts

- Old, ugly, improper or sagging tatoos
- Being out of shape
- Not enough freedom to do your purpose in life
- Not knowing your purpose in life
- Bad planning or no planning
- Taxes
- Not enough money
- Being a slave to debt
- People who want your money
- People who lie
- Things that don't go right
- To many things to take care of
- Technology that doesn't help you

Now that you are hopefully thinking about some of the things you do or don't tolerate, what would go on your own list of what you, yourself, are tolerating?

Why don't you try this:

- Take a look around your favorite room, and make notes of everything you'd like to change.
- Then expand your list to every room in the house.

- ❑ Then expand your list to the outside of the house.
- ❑ Then expand your list to your work.
- ❑ Then expand your list to the people in your life.
- ❑ Then expand your list to things you do, groups where you are a member, etc.

Some people have only a few things on their tolerations list, some have hundreds. Some are small things, some are life-changing in their scope and importance.

Do not be overwhelmed by what you are tolerating. You have taken a lifetime to get to this place, be gentle with yourself as you work through the changes you need to make to eliminate what you tolerate. With every success, you are teaching yourself to tolerate less, and to redirect more time, energy and resources to the things that you want in your life.

How do you eliminate what you tolerate? Let's take a look at some ways.

How Do You Eliminate What You Tolerate?

Maybe we need to ask a different question first. Why do you need to eliminate what you tolerate?

Tolerations take your time, energy, money and your ability to think—yes, when something really bothers you, how much time and energy do you spend (tolerate) thinking about it?

Take a look at your time in an average work year. If we say there are at least 20 work days per month for 240 work days per year, then 10 minutes per day add up to a 40-hour work week every year. If you tolerate something for 30 minutes each work day, we could say that this is equivalent to losing three weeks of vacation time.

Take a look at your relationships. Do you have a relationship with someone you don't trust or who is always taking things like time, money and energy from you that you can't afford to give? Is there someone who is overly critical or who you just can't please? There are many ways to eliminate what you tolerate in your relationships—and you might **not** need to discontinue the relationship if the other person is open to change. Remember that change is a pain in their brains.

Then there are the questions of unable vs. unwilling. What if this person cannot change because they are unable? What if the person can change, but simply

chooses not to change? Proceed carefully, the answers could cost you a relationship you don't want to lose.

How do you eliminate what you tolerate? Here are a few tips.

- Begin with a focus on tolerations that will be fairly easy to eliminate. It's usually best to start with those you can control and that do not involve others, such as fixing or replacing something you own, or cleaning up a closet or room or office. This also builds your confidence that change is possible for you.
- For tolerations outside your total control or that involve others, consider the risk and cost of eliminating the toleration. Will you be risking your job or a valued relationship? Will it cost more than you can afford? What else could be a risk or cost?
- If risk is involved, strategize on how best to approach the situation and how best to make your changes. Consider your worst case scenario and decide how you will prepare yourself for that kind of risk.
- Consider how you can set bigger, better boundaries for yourself so you don't slip backwards into more tolerations.
- Consider getting wise counsel or additional perspective from someone you trust, such as a

pastor, therapist or coach. Note that when getting input from friends, family, co-workers, etc., that they might have a strong bias for or against your choices simply because it will change your relationship with them and possibly be a pain in their brains. Be aware of biases when seeing counsel and input, check to determine if their counsel is sound.

Here is an example of a toleration you usually can control and eliminate. On average, people spend about 10 minutes a day looking for their keys. (This is like spending one week a year looking for your keys.) To eliminate this toleration, be consistent in always putting your keys in the same place. Practice this so it sticks as a new habit and becomes automatic.

Here is a toleration that takes some risk. You have a friend who constantly interrupts you in mid-sentence to talk about their problems. Strategy: meet with this person and politely request that you not be interrupted when you are speaking. You might also suggest that you have a hand signal to indicate when your friend interrupts you, and that you will be patient in asking your friend to respect your new boundary. The result can range from improving a relationship to losing it. Are you ready for this kind of risk? Also if you are having to teach others around you that you have a new expectation or boundary, expect them to take some time to learn and actually do what you expect.

For example, what if your name is Elizabeth, and all your life your friends have called you Liz and your parents have always called you Elizabeth. Say you decide you'd rather be called Beth. What often happens is that your friends keep calling you Liz, you correct them and eventually they start calling you Beth. Your parents are likely to keep calling you Elizabeth because this is what they called you before you even knew how to talk, and it's more of a pain in their brain to make this kind of deeply ingrained change.

Please remember that it probably took a long time for you to develop a tolerance for what you are tolerating. It could take a long time (years?) to uncover and engage all the things you are tolerating and transition yourself into the less tolerating lifestyle that you want.

Vision: Set a Goal That You Control

A great coach will help you think in different ways, see how things connect you hadn't noticed before, clarify your thinking and give you valuable perspective on how you present yourself and how you come across. One thing to understand is how purpose, vision and goals all connect.

Do you have a sense of purpose that you can clearly state? What do you want to improve or create for your life (vision)? What steps can you take to do this that you can also control (goals)?

To clarify our thinking, I like to say that if we can articulate our purpose, we can create multiple visions of what we want to accomplish, and then generate goals towards making each vision a reality. Purpose is about BEING. Vision is about CREATING. Goals are about DOING

As an example, I feel that my **purpose** is to help people be successful in their lives and to define what success means on their own terms. I have a **vision**: I will create a life checklist series that will help people discover what is attractive, meaningful and possible for their lives. I have another **vision**: I make coaching available to all people who want it. As part of creating my vision, I have a **goal** to finish writing what you are reading here. (How am I doing?)

Why Create a Vision for What I Want to Create?

Creating a vision statement gives you clarity for the big picture as well as focus for your efforts, but it can't be something with a lot of fancy words that sounds good and you never do it. It has to mean something to you. It creates a *future pull*—something that inspires you and pulls you towards the future you want to have. Even though you might not be clear about your own purpose, writing a vision statement points to your purpose and helps you set clear goals.

For example, if your **vision** is:

I bring peace to the world every day

or

I *will* bring peace to the world every day

this would point you towards goals of eliminating things in your life that take away your peace and the peace of other people. Examples of goals:

Daily meditation on peace

Create peace in my troubled community

Find a peace-related line of work

From this you might look at these things and realize that your **purpose** in life is:

To bring peace wherever I go.

Note, here are some of the characteristics of the vision for *I bring peace to the world every day* (as well as any other vision you might state):

- Represents the ideal of what you want to create
- Can be written in present tense like it is already real, or written as something you will bring to being
- Is bold, challenging, inspiring to action
- Externally focused on the impact you want to have
- Has a sense of mission to fulfill the vision
- Attractive to those who would share the vision
- Addresses a gap between what is and what could be

Struggling to do a vision statement? Why don't you look back and see what you find in your requirements that could touch your vision? When we talk about vision, we seek to answer the question: What do you see yourself doing that is meaningful in your life?

Lifechecks #2: Vision Statements

- I live a fun and meaningful lifestyle in serving others
- I go cheerfully over the earth, touching that of God in every person
- I define success on my own terms and am loved and respected wherever I go

- I have earned a respected credential, have a secured a job in my field of choice and have engaging relationships with people I love
- I step to the podium to receive my award for service to my community; people applaud, and my family and friends are there to celebrate with me
- I will study successful people and own my own successful business and provide jobs to at least 50 people by age 35
- I work at a company or non-profit organization in the field of research to cure diseases. I will be a full participant in supporting or making a breakthrough

What do you **SEE** yourself doing that is meaningful in your life?

And yes, you can frame your vision against the negatives in your life, but we could say that this is not the cleanest way to get your inspiration. For examples:

- Within six months, I will leave this bad neighborhood.
- I will not lose the championship race.
- I will not let them make me quit.
- I will never be hungry again

A vision of leaving the negatives behind can be a powerful motivator to focus your goals and clarify your purpose in

life. Next, let's consider the goals you might want to achieve. Goals usually work better if they connect to a clear purpose or vision of what you are wanting to do.

Your vision statement(s):

How Do I Set a Goal That I Control?

If you are not used to setting and achieving goals, and you want to start setting and achieving your goals, you have to train your brain.

**Remember
change is a pain
in your brain?**

Start with something you completely control, and then stretch from there. Some things you probably control:

- What time you wake up—how about changing this plus or minus 15 minutes?
- Morning stretch and exercise—10 situps, 10 pushups, 10 crunches, 10 touch-your-toes?
- Decide to be happy today and have a positive attitude
- Daily planning session with yourself—how about a daily short meeting to set your own priorities and plan your day?
- How much water you drink a day—can you really drink one ounce for every two pounds of weight?
- Time spent texting, checking email, engaged with technology—can you set an hour a day to be technology-free?

- Organize something—a closet, a desk drawer?
- Encourage or appreciate someone daily—we all need some of this, who do you know?
- Do at least one thing each day to reach my goals—sometimes it can be enough to review your progress
- Leave work on time
- Do something special or fun for yourself each day—what might this be?
- Bedtime—changing this plus or minus 15 minutes?

There are also bigger goals you might set that require your control and persistence along with the cooperation or help of others:

- Find my perfect job
- Find my perfect life partner
- Start my own business
- Plan my vacation
- Volunteer to serve a good cause
- Make new friends—better friends?
- Stop being addicted to technology
- Take better care of myself—better eating habits, enough sleep, exercise program, fun?

As you get used to setting and achieving the smaller, daily goals in your life, you are practicing to take on the bigger ones.

- Do something really big—what could this be?

✱

**It feels to me like
something of a paradox:
Life is more than a checklist,
so I create these checklists
so you can have more life.**

-Coach Mack

Yes, life is more than a checkbox. The checkbox is a tool to help you clarify and achieve what is important to you. Sometimes you don't know what is possible until you see it. And it feels good to check it off when you do it.

✱

You Have to Build Yourself a Bridge from:

If you have been moving along with what we've covered so far, you have some idea of your requirements, you have given some thought and effort into the vision of what you want to create in your life and what to set as your goals.

For some people, it helps to visualize where you are in your current reality. For a lot of people, you might see yourself living on the Island of Troubles where things are not right and not so fun, and you have to build yourself a bridge to the Island of Paradise where everything is getting better. As noted previously, some might find more inspiration and energy in getting away from—the Island of Troubles, I prefer that you find your inspiration and energy by building a bridge to—the Island of Paradise.

Every bridge has at least one span. For example, if you want to change jobs—and if you are very fortunate—you might only need one span to reach the perfect job for yourself. In becoming a coach, I had to build five spans in my bridge to Paradise and it took me five years. I find that it takes most people at least two years.

To Build Each Span, What Is Your Plan?

If your plan is simply to get off the Island of Troubles, some might call this desperate, others might call it short-sighted. It's best if you don't have to be desperate or short-sighted

because, like the old saying:

**Out of the frying pan,
Into the fire.**

You don't want to build your bridge from one Island of Troubles to another. At the least you want to find improvement in whatever direction you build your life.

I started this book with discovering some things about **Who** you are. Let's take a look at who you want to become.

Your Vision	Start with Current Reality	Span: What Is Needed to Get There
Where Your New "Who" Is Going	"Who" You Already Are Is Here	<input type="checkbox"/> Training? <input type="checkbox"/> Education? <input type="checkbox"/> Experience? <input type="checkbox"/> Networking? <input type="checkbox"/> New Biz? <input type="checkbox"/> Other?

As you plan and build the bridge to what you want to achieve, what about your **Who** has to change or develop? Where does your next span go?

The next Lifechecks provides some elements that could be very important in planning your bridge. After this list, I include a short version of my own plan.

Lifechecks: Planning the Plan

- What are my requirements and how do I get them met?
- What is the vision I want to create?
- What is my current reality?
- What do I need to do to go from my current reality to my vision-come-true?
 - Training?
 - Education?
 - Experience?
 - Networking?
 - New Biz?
 - Other?
- Set goals, start with those I can control

Example: Planning and Doing My Plan

You might have heard the saying: Failure to plan is planning to fail; and: every minute you spend planning saves 4–12 minutes of implementation. Planning will keep you on track and bring you back on track when something goes wrong. Planning can significantly reduce the time and resources required to do and then re-do. You also need to

balance planning with timeliness because you can spend so much time planning that you never do anything.

Requirements

Here are my requirements for the kind of work or job I wanted to have. I started with the Lifechecks #1 list, and added to them for my own clarity. It felt good to check them off as completed as I met them for myself:

- To serve others: I want to help people excel
- To be free: I want to control my own schedule
- To make money: I want to make a good living
- To love and be loved: Be a good father and husband
- To seek God, to be faithful: Do all this in the context of my faith in Christ
- Completed getting clear on these requirements

The first three requirements apply directly to the job itself. The fourth requirement is one of setting my priorities: the job cannot interfere with my being a good father and husband because my family comes first. The fifth requirement applies to my life overall: the job must align with my standards of Christian faith—note I said **my** standards, not the standards that others would impose upon me based on their faith.

In building each span to my Island of Paradise, at least some of my requirements had to be met with each span. I would not take a job that prevented me from attending sports team practice and events with my son. I would not take a job where the company leadership was not honest or expected me to do things that overstepped my boundaries of right and wrong. I would not work where faith in God was discouraged or disparaged. My pay scale, control of schedule, and how much I could help people excel—these remained negotiable as I worked my way to the Island of Paradise.

Vision

When I started my coaching practice, my vision was not fully clear. I knew I wanted people to do something significant with their lives in whatever way they defined significance, and I wanted to enjoy doing it. Here is the vision I developed for myself:

- I find joy in coaching people to define and do something significant with their lives.

With LifeChecks, I have another vision:

- I will create a life checklist series that will help people discover what is attractive, meaningful and possible for their lives.

- Achieved my coaching and my LifeChecks vision:

Current Reality—Get Real, That’s the Deal

It can take a lot of courage to see your current reality as it really is. Your perception tends to be a filter that can greatly skew how you see your reality. For example, if a man is fixing the sink and you offer to help him, he might see it as you questioning his ability to do the job. If a woman is fixing the sink and you are simply watching and respecting her ability to do the job, she might ask you why you’re not offering to help. You see, my Mom taught me to help and Dad taught me to stay out of the way, so I get confused at times on which filter to use.

The way you see your world might not be the way others see your world. It’s great if you have someone who can be very honest with you, even if it means you will have to make some major changes to achieve your vision. For example, you might need someone to tell you how to dress for a job interview, or that if a certain kind of tattoo is visible you won’t get the job. If someone cares enough to tell you how to improve, give it serious consideration even though you might decide not to take their advice in the end.

The main idea is to see your situation as it really is, not as you think it is or want it to be. You usually need someone outside your normal circle who can bring you a different perspective. When you get their input, it’s okay to ask questions for clarification, but it’s not okay to get angry and defensive. As long as you are defending your position you

don't improve, and you remain blind from what they tell you that could be helpful.

What do I need to do to go from my current reality to my vision-come-true?

Unless you've already achieved your vision, there will be gaps between your current reality and your vision. How do you fill those gaps? —By taking a look at how to fill those gaps with education, training, experience, networking, possibly starting a new business and other options. Your first goal might be to answer this question: Where do I go to find what I need to do next?

Goal

Once you identify the gaps between Current reality and vision, you can more easily identify the goals you need to set. If you want to be a designer, your goals have to include deciding if you want to design houses, machines, children's books or what; then a goal to learn how to be this kind of designer, and perhaps a goal to become certified as a design specialist of some kind.

Setting goals became a new experience for me because I started setting goals that I truly wanted to achieve rather than letting other people set goals they wanted me to achieve. For my coaching business, here are some of the goals that I could control:

- Hire a Mentor Coach to get me going quickly
- Complete CoachU Core Essentials program in one year
- Do web site
- Join a business networking group
- Become certified in three assessments (personality tests) within three years
- Develop attitude to keep developing myselfself as a coach (that's why we call it a "coaching practice")
- Achieved these goals:

Over the years I have set many goals, some that required the aid of others. I started with goals I could control, this made a great difference because as I achieved each one, I gained more hope to achieve them all.

Ask and Don't Hope

Some things simply need to be said, out loud, in a positive, firm and gentle way. It's really better to get clear and ask for what you want, even if it's asking for help to get clear on what you want. Here are some advices you might find handy to know and use:

- ❑ Don't just hope that others know what you want. Ask them.
- ❑ Don't just take it for granted that people know how to please you. Ask them.
- ❑ Don't just hint, hint, hint and then hope, hope, hope that others get it. Ask them.
- ❑ People don't always think to tell you what they know. Question: Is there anything else you think I need to know? Ask them.
- ❑ If people think they understand what you mean, they won't ask you to explain or tell them what you want or prefer. Don't wait until the final exam to see if they really get it. Ask them.

**“A person who can not ask for help
is poverty stricken indeed.”**

— Fred Smith

Next Steps

LifeChecks is not an event, it's a process that takes time—and just as it has taken you time to get to where you are, it takes time to move to a new and improved way of life.

LifeChecks is a series of Life Checks that help you see what is possible and choose the improvements you want to make in your own life. You get to check your life for where you have come from and where you want to go.

A year from now, I don't want for you to be in the same spot wishing you'd made progress, changes or improvements.

A year from now, I want for you to look back on this as a time you took control and had courage to do start and do some things you needed to do.

Along with this introduction you are currently reading, there are seven startup LifeChecks for you to use. You might have already mastered some of the items; most people will find something helpful in each of these:

- 001 Lifechecks My Time Choice Management
You can't really manage time, but you can manage your choices. What do you manage vs. default?
- 002 Lifechecks My Success Habits

Old habits can be very hard to change. What new habits will you create that will easily replace the old ones you need to leave behind?

003 Lifechecks My Money Management

There are three honest ways to become financially independent. You control two of them.

004 Lifechecks My Uncluttering

The colossal cost of clutter—as you unclutter your space you unclutter the rest of your life too.

005 Lifechecks My Standards

Standards help define who you are and the quality of life you live. What are your top three standards?

006 Lifechecks My Boundaries

Boundaries communicate and protect your space and help define who you are not. How well do you set them?

007 Lifechecks My Relationships

Relationships can be messy, it's best to be clear on who you are and what you expect. How do you become more self-directed and less self-centered?

What we learned in this introduction:

- Without You, nothing else is possible—show up!
- Know what you require to aspire
- Eliminate what you tolerate
- Current Reality: Get real, that's the deal
- Vision: Set a goal that you control
- Build a good bridge, span you can
- Ask for what you want, don't just hope
- Get started, do something today, even a small step on your way.

What Will You Do Today?

Getting Going

In the table below, you can set a deadline date and check the box when completed.

Startup Goals	Due Date
<input type="checkbox"/> Finish reading this LifeChecks Introduction	
<input type="checkbox"/> Identify my requirements	
<input type="checkbox"/> Identify something you'd like to change that you can change on your own	
<input type="checkbox"/> Write a meaningful vision statement	
<input type="checkbox"/> Write down my top 10 goals I can control	
<input type="checkbox"/> Write down my top 10 goals I can control	
<input type="checkbox"/> Complete LifeChecks from the Introductory material in this book	
<input type="checkbox"/> Begin 001 Lifechecks My TimeChoice Management (10 things)	
<input type="checkbox"/> Begin 002 Lifechecks MySuccess Habits (10)	
<input type="checkbox"/> Begin 003 Lifechecks My Money Management (10)	
<input type="checkbox"/> Begin 004 Lifechecks My Uncluttering (10)	
<input type="checkbox"/> Begin 005 Lifechecks My Standards (10+)	
<input type="checkbox"/> Begin 006 Lifechecks My Boundaries (10)	
<input type="checkbox"/> Begin 007 Lifechecks My Relationships (12)	

Note from Coach Mack

LifeChecks are an aid in exploring and thinking about ways and means of taking control of your career and life.

Please understand that some challenges and issues are beyond the scope of this information and process, and may require individual coaching or other professional services such as medical, therapeutic, legal, financial, etc.

Standard Disclaimer

Decisions made and actions taken or not taken based on input or advice from LifeChecks are the complete responsibility of the participant, and LifeChecks shall have no liability or responsibility for any actions of the participant taken (or not taken) in connection therewith. LifeChecks makes no guarantees or warranties, expressed or implied, as to results to be achieved, or as to the consequences of any actions taken (or not taken) by participant.