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Self authoring program

Future editing has been used by over 10,000 people and shown to help them achieve more, while alletrading anxiety about the future through a sense of clarity of purpose and direction. While most future editing participants feel better about their future and generally achieve more toward their goals, academic studies have been carried out to demonstrate the impact of the future author program: 400 students completed an abbreviated version of the Future Author program during a first-year orientation at an undergraduate college. In the second semester, 27% of the class dropped out, while only 14% of the group that used Future Authoring left college. Other university studies have shown that not only does writing the future help students avoid shedding, but also improves their performance in terms of GPA and the number of credits earned. Page 2 If you have a coupon code, enter the code and click Apply before clicking the payment button below. Price \$ 29.90 USD - Select a lobster payment method B. Peterson that was taken from Jordan Peterson's future editing course. Responsibility. That's what gives life meaning. It's like picking up a load, so you can stand yourself right because look at you. You're useless, easily hurt, easily killed. Why would you have self-respect? That's the story of the fall. Pick something up and carry it, make it heavy enough, so you can think, useless as I at least I can move it from there to there. — Authoring PROGRAMINSTRUCTIONS 1 Full future editing exercise has 2 different steps, each with several steps. In step 1, you'll usually write about your goals. In step 2, you can specify and clarify the nature of these goals, and start planning strategies. It is recommended that you complete the process for two days or more. People who allow themselves some time to sleep when they make important decisions seem to do a better job and benefit more. The whole exercise will take about two and a half hours. On the first day, you may want to complete step 1. On the second day, you can complete step 2. You'll need to concentrate and process what you're writing, so try completing this exercise when you're feeling alert and relatively unscrambled. Just follow the on-screen instructions during the action. Click the Next button to go to the next screen. If you need to take a short break or two of 5-10 minutes to get up and turn around during the process, don't feel free to do so. You will be asked to write down your own thoughts and feelings. Please type them directly into the box provided. Sometimes, you may ask to write nonstop, regardless of grammar or a letter. At other times, you may want to change what you write. This exercise is designed to benefit you personally. Everything you write will remain accessible only to you and to those you Recipients. The report you are producing will summarize your individual goals and strategies. You and your recipients, if any, will drive a copy of this report shortly after the exercise is complete. During some sections, you will be prompted to write for specified time periods. Please try your best to write for the specified duration (so, if it asks you to write for 1-2 minutes, please write continuously for at least 60 seconds). The ideal future: Initial notes and thoughts in this exercise will begin to create a written version of your ideal future. William James, the great American psychologist, once said he didn't know what he was thinking until he wrote his thoughts. When he didn't know what to write, he wrote about everything I could think of. In the end, his ideas focused and made it very bright. Brainstorming. Write down everything that comes to mind. Don't worry too much about building sentences, spelling or grammar. There'll be plenty of time to write polished sentences later. Avoid criticizing what you write. Early auditing interferes with the creative process. Imagine your ideal future and you will start with some exercises of imagination that will help you warm to the task of defining your future. These will include 8 questions such as what can you do better?. What would you like to learn about?. What habits would you like to improve?. After you briefly answer these 8 questions, you will be asked to write for 15 minutes about your ideal future, without editing or criticism. Let yourself daydream or fantasize. You're trying to put yourself in a state of excitement, which is a kind of dreamlike thinking that relies heavily on internal imagery. This kind of thinking allows all your different inner motivation and emotion states to find their voice. It might be best to concentrate on your future three to five years down the road, although you might have reasons to concentrate on a shorter or longer term (18 months to ten years).1.1 One thing you can do better if you can choose just one thing you can do better, and what would it be? Think and write for at least two minutes, and then move on. One big thing I can do better is be more assertive and confident with my actions and words. I often find that I am unsure of myself or brave enough to speak persuasively for fear of being judged or criticized because of my opinions or principles. I'm afraid to be harshly criticized for speaking out and being assertive. I find I'm a nice guy or happy people. I care too much about what other people think of me so what do I think of myself. I can be more assertive and safer when I talk, talk, or perform an important task or action. I want persuasion and courage to carry my truth outwards and if I'm wrong, I get to learn.1.2 Things to learn about what you want to learn more about in the next six months? Two. Five years. Think and write for at least two minutes, then move on. I'd love to learn more filmmaking and more music, too. Music inspires me and allows me to authentically express my feelings and beings. It's therapeutic, too. Filmmaking helps me express myself through the stories I create and it turns on my imaginary situation. I've seen other great filmmakers make successful careers and live with their passion; They have a mission that drives and inspires. If I improve these things, then it will add tremendous value to my life.1.3. Improve your habits What habits would you like to improve? - At school? - For your health? - About smoking/alcohol/drug abuse? Think and write for at least two minutes, and then move on. For my habits, I want to permanently stop pornography and pursue more meaningful ways to be like intimate relationships or hot sex. I don't want to smoke, drink or drink alcohol. As for beer, there's never beer! I want to stay sober and wine is fine because there are occasions when it's fun or healthy to drink it, but beer or other beer is not. I will avoid situations where people or even I am tempted to drink un healthy amounts like in bars, parties, or pubs. I also want an amazing morning ritual that will include gratitude, meditation, exercise, a healthy breakfast, and so on. I also want to make a sequence habit of reading 25 pages a day. As for my night ritual, I want to reflect on the day and have a relaxing, beautiful sleep. I want a best and most amazing relationship with my friends and family. I want to be grateful and actively participate in their growth and secret. For the sake of my health, I want a great diet of vegetables, meat, and all those around healthy things. The Keto diet is something I'm very interested in, sugar will be heavily restricted.1.4. Your future social life Companies and partners are an important part of a meaningful and productive life. Take a moment to consider your social network. Think about the friends you might want to have, and the connections you might want to make. It makes perfect sense to choose friends and partners who are good for you. Describe your ideal social life. Think and write for at least two minutes, and then move on. Man, I want to have best friends. These members resemble boys in yes Theory.My group of friends will include amazing open-minded people who are both willing to grow up and look for discomfort. They're smart and smart but also know how to have fun. This group will be as close as family and I want to have dinner and beautiful encounters with them often. We understand each other and know what we are authentic. We're definitely a family of all places in the world. We may even have similar but different interests and skills.1.5. Your leisure activity in the future Take a moment to consider the activities you want to continue outside of commitments such as work, family and the voice of the school. The tasks you choose To be worthwhile and meaningful personality. Without a show, people often default to everything that's easiest, such as watching TV, and wasting their private time. If you spend four hours a day, which isn't uncommon, then you spend 1400 hours a year. That's the equivalent of 35 40 hours of work a week, which is almost like the typical person spends his or her job every year. If your time is worth \$25 an hour, then you spend time worth \$35,000 a year. Over a 50-year period, contain \$1.8 billion, excluding interest or any increase in the value of your time as you evolve. Describe what your leisure life would be like if it were set to be really productive and fun. Think and write for at least two minutes, and then move on. My leisure time consisted of piano, hanging out with friends and family, dancing, social gatherings, cooking, cycling or riding in the neighborhood. I will be happy to use my free time to improve my cooking skills, piano playing or any skill I enjoy doing: painting, painting, filmmaking, writing, reading, editing, etc. Swimming will be significant as well and I would love to try surfing since I'm in California.1.6. Your family life in the future Take a moment to consider your home and family life. A peace and harmonious family life provides people with a sense of belonging, support for their aspirations and mutual purpose. Describe what your ideal family would be like. You can write about your parents and siblings, or your plans for your spouse, or about your children, if any – or about any of these. What kind of partner would be good for you? How could you improve your relationship with your parents or siblings? Think and write for at least two minutes, and then move on. My ideal family life would be a family that supports my visions and dreams, no matter how big or your jobs seem because they believe and trust me. My relationship with my mom and dad will be so connected and rewarding. They knew what was going on in their lives and so did I. My partner will be supportive and energetic; We will have a divine bond with our souls and our hearts will be aligned. I will support her vision and she will support my. As for my little sister, she will grow up now and I want to be there for her, show her how a man is supposed to treat her and give her the respect she needs then in the future to be in her intimate relationships.1.7. Your career in the future a lot of what people find engaging in life has to do with their careers. A good career provides security, status, interest and the possibility of contributing to the community. Take a moment to consider your school or work careers, or both. Where do you want to be in six months? Two. Five years. Why? What are you trying to accomplish? Think and write for at least two minutes, and then move on. My school career will be less than a decade long. I want to finish university without any debt and if I don't, A position to do that so it's not worth it to go to university. Also, I want to expand my consciousness and area of expertise in a variety of subjects such as filmmaking, music, wisdom, self-improvement, and language/history by reading the most magnificent books. My work career will be a fulfilling career that pays well and satisfies the needs of my family. I'd love at least \$100,000 a year in income; It's going to be tough. Maybe, it'll be something to do with digital media or academic projects. It can also be related to travel or entrepreneurship.1.8. Features you admire People you automatically admire have qualities you want to possess or emulate. Identifying these features can help you determine who you want to be. Take a moment to think about two or three people you admire the most. Who they are. What qualities do they have that you'd like? Think and write for at least two minutes, and then move on. I admire the boys from the theory of yes, Jordan B. Peterson, Jay Shetty, Prince La, Dalai Lama and Elon Musk because they have legendary, self-aware abilities to do amazing things with their skills and talents. Yes theory has an amazing lifestyle but it was not without the challenges accompanied by the journey also of course. Jordan B. Peterson can express his true arguments and conversations well and I respect his competence. Jay Shetty has inner peace and a beautiful philosophy about life while still rooted in reality. Prince La has incredible, positive, inspiring and uplifting energy. Elon Musk and Talai Lama contribute to the company in unprecedented ways that also have a huge impact. The ideal future: A full summary you just wrote briefly about your future, and you had some time to consider more specific issues. This step gives you a chance to combine all the things you just thought and wrote about. Close your eyes. A daydream, if you can, and imagine your ideal future. -Who do you want to be? What do you want to do? - Where do you want to go? - Why do you want these things? - How do you plan to achieve your goals? - When are you going to get your plans in action? - Write about the ideal future you imagined for 15 minutes. **Write continuously and try not to stop while writing. Don't worry about spelling or grammar. You'll have a chance to correct your mistakes later. Dream while you write, and don't stop. It says at least until the 15 minutes are confirmed. Be ambitious. Imagine a life you consider respectable, exciting, productive, creative and decent. Remember, you only write for yourself. Select goals that you want to pursue for your privacy reasons, not because someone else thinks those goals are important. You don't want to live someone else's life. Include your deepest thoughts and feelings about all your personal goals. My ideal future five or even 10 years from now is going to be amazing. Who do I want? I want to be a person people can trust. I want to be a representation of respect and passion. I love what the guys in the Torah do and I want to be like that. Men who are willing to look for discomfort to create more opportunities and make life more exciting. I also want to participate in meaningful work and I want to be the light in my community and the world. I want to create meaningful work and share it with people. What do I want to do? I want an enough career that connects me to opportunity. It'll give me a chance to grow up and meet new amazing people. It's not going to be a boring job, in fact, this job is going to ever be changing and evolving ever which will force me to expand my area of expertise. This is going to be amazing. This career can be filmmaking (please I want it), travel, coaching or anything spinning digital media. You know what, I can't do this. Entrepreneurship, and even building businesses are also amazing and satisfying. My hobbies are going to be mostly in the creative space but I would love to expand as well. My hobbies can include dancing, piano, music, lovemaking, surfing, guitar, cooking and who knows what else? Maybe even a little salsa there, too. Where do I want to go? Well, I want to develop and grow my character. I also want to work on many important skills such as music, filmmaking, painting, martial arts and other significant industries. I want to be able to travel the world and visit new and interesting places that will stretch my imagination and my field of view. I want to communicate with new cultures and beautiful exist! It would be amazing if I had my own house where it has an amazing backyard which would be great to bring people together. I want my house to represent the very cost of my authentic humility and be as useful as possible. I want to get these things because it's the lifestyle I want. I want to be free and live life on my own terms with my group of friends I've chosen. I want to help other people become the best version of themselves and I want to make a dent in this universe for the better. I want to travel the world and experience new cultures so I can see how similar and similar but different we all are. I want to grow my YouTube channel and turn it into a platform dedicated to sharing a message. I want it to be a movement. Not political, not social, but an individual movement. My YouTube channel will be run by my closest group of friends and I work with them every day, for the most part. This channel that we all contribute together and grow together will eventually reach more than 1.5 million subscribers with fans from all over the world. Her next instagram will be at 500,000 or more and her Facebook page will reach more than a million likes. I want to live my dream and share my passion. I want to develop self-control and discipline just like Captain America, how tough. I want to create and increase my relationships with Friends, partners, and me. I want my family to be supportive and willing to give me feedback and tell me the truth about everything! My friends will be family and my partner will be the most supportive person in the universe. She'll be attractive and beautiful. And I'm not just talking about beauty out, even though it's a bonus, inner beauty and heart are more important; It's rare. A caring, compassionate heart that is ready to grow and expand throughout its life. She is an independent person and so am I but we share part of our lives together helping and accepting each other through a never-ending process of growth, love, and friendship. I'm going to put my plans into action through the little daily things I do in my life. Eventually, those habits will snowball and create a ripple. I will create weekly targets, monthly targets and long-term snouts that can stretch from a year to a few years. Morning Ceremony (Daily): Wake up at 5:00 A.M. Morning Reflection Tea Band (Magazine)Lucky WalkMeditate 5-20 minutesShoke and eat breakfast Late night (daily):Brush teaProgram alarmsProgram tea and honey pot log put up clothes For school detaches / work equipment Weekly goals Annual goals Every Sunday, I'll plan my weekly goals and change my monthly/annual goals I'll also plan everything I need or want to do that week. To avoid: A complete summary you just wrote about the future you'd like to have. A clear definition of your future can help reduce the uncertainty in your life, and reduce the amount of negative emotion you experience chronically, as a result. It's good for your trust and your health bar. Achieving well-defined goals also increases your chances of experiencing positive emotions, since people experience most of their hope and joy and curiosity and engagement as a result of achieving valued goals (rather than, as people usually think, by achieving them). It can also be very useful to imagine in depth the future you want to avoid. You probably know people who've made very bad decisions, and end up with a life no one's going to want. You probably have weaknesses yourself, too. If you let these get out of hand, then you might as well end up with a miserable and painful life. Most people know how their lives can go down if they let it happen. If you spend some time, now, thinking about what your life will be like if you don't define or pursue your goals, if you let your bad habits get out of hand, and if you end up miserable, bitter and bitter. Imagine your life three to five years down the road, if you failed to stay on the path you know you should be on. Use your imagination. Draw on your knowledge of the anxiety and pain you experienced along the way, when you betrayed yourself. Think of the people you know who have made bad decisions or remain y'all, or who chronically cheat themselves or other people, or let cynicism and anger dominate their lives. Where don't you want to? Dream while you write, and don't stop. It says at least until the 15 minutes are confirmed. Let yourself create a very clear picture of the unwanted future. Most people know what hell looks like, and if you don't then you either don't live that long, they're ignorant, or blind to the world around you. That's my vision of hell. In this version, I was addicted to pornography and watching it at all would be devastating enough; It creates a distorted view of sexual reality and relationships with women. I'll also be nihilistic and depressed by my purpose in life. Because of this lack of purpose, I'm more likely to be addicted to substances like alcohol, cocaine, heroine, and the list goes on. To avoid this hell, I have to avoid all drugs at all costs and the best way to do that is to have a meaningful and defined purpose in life. My relationships are going to be bad, too. I'll be lonely and my family will be in a mess. I can also be unproductive and lazy and unhealthy. It would be tragic if I had a life-threatening illness that was as much a result of my doing as my unhealthy eating habits or exercise habits. My only job would be a soul-crushing 9-5 and being in financial debt due to student loans or other loans would be a disaster, so avoid that too at all costs. I'll be weak, weak and defenseless. My position is that life will be one of stagnation and little growth or experience; Every day will be boring and sad. I saw anger and anger consume the people who decided to nurture it. I'll be undisciplined, lazy, bitter, bitter, angry, depressed and at all kinds of negative emotions. I'll also hurt other people maybe to the point where I'll be in jail for my mistake. Surely my anger, if left uncontrolled, will hurt so many of my loved ones. My career and my YouTube channel will die and the future will look hopelessly bleak. To make matters worse, I'm homeless and unwelcome for any kind of relationship. I was naked on the streets and not motivated. My values and principles would have faded and there would have been no respect or morality left in my soul for my careless or reckless actions. My habits will be mostly bad and I don't seem to have any productive energy left in me. I'll be lonely and bitter about life without a dream entering reality or into my imagination. My ghost was dead long before my real death. There will be no growth or life. Step 1: The ideal future: Notes and initial thoughts are completedCongratulations! Now you've figured out a vision of your ideal future, and you've described a future that's best avoided. You can use a summary of this vision to help you complete step 2 of the ideal future planning process. Step 2: Identify a specific goal: Introduction at this time, you will first be prompted to set and personally define your overall future plan title. After that, you'll be asked to take your general plans to the ideal future and break them down into more goals. Each of these separate goals will also be given its own title. This step will help you clarify your goals. Please specify a title and brief description of your ideal future as a whole. It could be as simple as my ideal future, in both fields, or, if you have something more personal in mind, you can point that out. Imagine you both point out and summarize your ambitions with that title. It'll help you remember what you're aiming for. On later screens, you can set, prioritize, and analyze specific goals. Goal Title: Purpose life. Goal Description: Life of Courage, Honor, Truth and Purpose. Please break your ideal future into 8 goals. You can re write, re write, and organize the relevant material from step 1 for your goal summaries, if you want, or rely on your memory. The exercise allows you to specify a minimum of 6 gates, but people identifying 8 have better results with this exercise. These specific objectives can be from several different domains. A personal goal can I want to be healthier. The summaries you write about each goal should be short and memorable. Make sure that each goal summary includes only the most important information. You'll have 10-15 minutes for this part of the exercise. Don't hold back on changing and editing.1) Be more assertive and curious to talk about what you believe in, stand up for yourself, make choices that are for your own good, don't lie, tell your truths.2) Create morning/everday habits morning rituals, habits throughout the day to keep yourself grounded and in control of your mood and actions. Daily times of self-reflection and silence. Also, everyday habits and practices to increase your ability in certain skills such as piano, guitar, martial arts, or video editing.3) Look for discomfortFace your fears, go through beautiful new experiences that really make you feel alive. Confront fear.4) Improve your family and put your family in order before you go out there and change the world. Start with the small, but important things.5) grow Relationshipsimprove and increase your relationships with friends, family and intimate partner for long-term fulfillment.6) Financial abundance has financial abundance to have freedom and stability in your life + contentedness.7) YouTube = 1 million SubsGrow your YouTube channel and make a new project to work on. Develop your skills and contribute to the highest possible meaning. Also, start a business and grow it to be a world-changing powerhouse.8) Be HealthyLove yourself by feeding yourself both right and exercising.2.3. Prioritize your goals And do not organize your goals. Give your most important goal a rank of 1, your next important goal in the rank of 2, and so on. You can use the update button at any time to re-invite the list.1) to be more assertive.2) create morning/day3 habits improve your family4) grow relationships5) be healthy6) look for discomfort7) YouTube = 1 million subs8) Financial abundance2.4. A strategy on your goals will now be asked about the following components or feature for each of the specific goals you have identified: assessing your motives -given the broad personal and social impact of goals -given detailed strategies for achieving a goal-identifying potential obstacles and their solutions-monitoring progress towards desired goals so that the five pages containing these elements or features will return until all your goals have been evaluated. [This section asks questions about each of your objectives (1-8) in the order you decided on 2.3. Answer questions 2.4.1-2.4.5 for Gate 1, and then repeat each goal]2.4.1. Assessing your motives for this purpose, you may want to consider issues such as the following: -Do you really believe that pursuing this goal is important? Would you be ashamed, guilty or anxious if you didn't? Do you want to achieve this goal personally, or do you do it to please someone else? (It's often a good thing to do something for someone else, but you need to know when you're doing it.) Do you pursue that goal because the situation you find yourself in seems to require? Is the pursuit of this goal pleasurable, stimulating or satisfying? Is this goal part of a deep personal dream? Please spend a minute or two writing your reasons for achieving this goal.1) Be more assertive and true I pursue this goal for myself because I want to be stronger in my words and values. Also, I don't want to be pushed by other people just because I'm not sure or assertive.2) Create morning/day habits I want to get the best start in a day and develop some of my skills to improve my quality of life. I'm doing this for myself because I have to take care of myself spiritually, mentally, emotionally and physically. Spending some time in the morning can be a good self-reflection.3) Improve your family I do it for me and my family because I don't want to see them suffer and unhappy most of the time. Life can be much more fulfilling and better if I improve my family. Also, I can't change the world if my family is wrong first so start a little baby.4) Grow up relationships I want to do it for me and others. Think about the impact this could have on my life if I developed long-term, reliable and authentic relationships with people I love the most and love. My relationships will be amazing and real. These people will take care of me in the highs and lows of life; So does 1.5) being Briani does it myself because I want to be healthy and badass in all aspects. I can't be the best version of myself and create my dream life without worrying about this vehicle that I was so beautifully grateful to have been given. Health is wealth: Discipline, and training.6) Seek Discomfort! does it myself because to do things I want, I have to do things I've never done before. I look at the guys in yes the and they worked very hard for their business and their lives. However, when the opportunity came through them, they were smart enough to take it. I want my life to be like this and I have to look for discomfort.7) YouTube = 1 million Subs! does it for me and others because life is not slavery. I don't want to work for someone else's dream. I want to develop mine and improve the world while humanity advances.8) Financial abundance mainly does it for me and others because abundance will give me freedom to live life and continue what my goal is to call me L. Money = Energy.2.4.2. Given the broad personal and social impact of goals goals can have an impact beyond the obvious. Our specific personal goals are related to larger and more important life goals. These higher order goals reflect our most important ideals. The specific goal of spending more time studying or reading, for example, is a particular element of the more important goal of being an educated person. Achieving other specific goals, such as making it more assertive, helps us get closer to our ideal me. You will now be asked to write about what more important things around the world may be affected by achieving your goal listed below:-How will disciplined success change the way you see yourself? How will other parts of your personal life change as a result? - How will that affect the way others perceive you? (You can also consider fears of being successful, sometimes people are afraid to succeed because of the responsibility it will involve, sometimes they are afraid to even be aware of their real goals, because then they will be aware when they fail, these are not good strategies.) How will achieving this goal affect the lives of those around you? What wider beneficial social impacts can your success have? Please write a brief description of how achieving this goal will change other important aspects of your life, and the lives of others.1) Will be more assertive and reliable how will this goal affect me? If I complete this goal then my life will be more authentic and fulfilling. Fake friends will also disappear and only the real people who really love will stay or come. I'm afraid to do it because people might attack or criticize me for being too prominent. Man, these people. They don't want you to do anything because they can't do something. Also, since I have more self-respect for myself, I will look at people in a more realistic and authentic way.2) Create morning/day habits This goal will make my days have a stable routine that will give me the platform to jump and attack the so-called world. It will also improve my happiness levels and it can spread to People, too. My habits will lead to better, healthy Tommy Bo.3) improve your family my family has improved so I can finally stop worrying about their well-being which will give me the support to go and make my dreams a reality, sort of. With my family being ok, it can project to my cousins in Vietnam and my uncles/aunts.4) to grow life relationships will be more satisfying and beautiful. Developing relationships will give life much more depth and abundance. By doing this, I can see people's diverse backgrounds and I can be people I can trust and also they can trust me. Life will reveal an exciting new chapter. People are the targets and Serendipity leads the way 5) Being healthy by being healthy, my lifestyle will give me the push to achieve my dream life and grow into a tougher person. My lifestyle can also inspire others to change their since they will see the impact it has on people.6) Seek Discomfort! looking for discomfort, I would develop a special kind of resilience to rejection and peer pressure. My wisdom will grow and so will my quality of life. Life will be much more dynamic and special to me and others as a whole. Looking for discomfort puts the new one alive and you get to do more things. Looking for discomfort = freedom.7) YouTube = 1 million SubsBecoming my boss will give me so much more freedom and abundance. My family can also follow my example and be inspired to live their dream. I can also help them and the journey will be so beautiful. Lanes will travel, doors will be unlocked and dreams will be discovered.8) Financial abundance is beginning to understand that many of these results are more freedom and it's exactly the same. Economic prosperity will give the freedom to pursue what I believe is significant. I can fund friendship, give my family freedom to do things they want. I can raise our happiness level and see what the world has to offer. I can travel the world with my girlfriend or my wife even. Life will be much freer. 2.4.3. Given detailed strategies for achieving related goals for smaller sub-goals and behaviors, as well as for more important abstract purposes. Sub-goals are easier to achieve, but they are still fundamental to reaching our great ambitions. Therefore, sub-goals can be thought of as strategies for achieving a greater goal. Thinking about the specific things you need to do to achieve your goals allows you to create practical strategies for realizing your dreams. Please take some time to write about the concrete daily or weekly things you can do to further your cause. Consider in depth what particular behaviors this goal is built on. Do you need to spend more time planning at school or work? - Do you need to spend more time with your friends or your kids? - You need to talk about household chores with your partners, partner or... - Specify when you'll be working on your target. Specify how often. Specify where. Think carefully about how you're going to implement your plans. Make your plans concrete. Write these concrete weekly or everyday things you can do to advance this goal.1) Be more assertive and truth be more confident and assertive. I will take karate and develop my skills to a point, and beyond, to a place where I don't feel insecure or weak. Daily: I follow and feel my way to the past not lying and telling the truth. I'll keep a mental note about the times I wasn't assertive or real. I'll speak my mind and if I don't want to do something, I'll say no assertive and confidently revealing that I won't change my position. I'll do it whenever I'm in social mode like school, or work. Weekly: I'll plan my week and review my plans for a month and a year. Doing that will allow me to regain direction and keep moving towards a goal I want and want. It will give me purpose and meaning that I will be plotting my life which will deliberately plan my actions. Home or quiet area.Monthly:Throughout the month, I track my progress and ask myself, am I living a life that is right and authentic to me personally? Home or focus place.2) Create Morning/Day HabitsDaily:Every morning, I'll check my habits on my smartphone app to see if I've completed it. I'll also check my habits I do daily. Weekly: Every week, I'll look at my progress and stripes to determine if something needs to change. I can also add new habits to my app or calendar. Monthly: Every month, I take on a new challenge that adds or reduces habit. I'll increase my quality of life. I will also look at how I did in this challenge at the end of the month.3) improve FamilyDaily:In order to improve my family, I need to take care of myself first by following the first two habits listed above. I need to listen and address the family's concerns or problems. I also have to take care of the house by cleaning or cleaning the dishes. I also want to worry and watch Angelina a little (1 hour) so Grandma can take a break. I need to talk and move my problems, want, plans, and concerns with my family. Weekly: I will do a weekly reflection and check the progress I have made. I will do so in a journal or in a constant comment. Also, I will make plans to resolve the issues or issues concerning my family. Monthly: I want to go to a new or exciting place every week/month. It would be amazing to take a family trip somewhere every now and then. I will reflect on the issues I have solved and see what follows our family's progress. Basically reflection.4) Grow relationshipsDaily:Every day, I will spend some time with my family members and help them with their business. I'll talk and keep tabs open with people I care about. It can happen anywhere, anytime. Weekly: I'll reflect on the people I can spend more time like my family. Or a partner. I'll also make plans with them to spend time a week. Weekly, I'll call a family world or old friend to reconnect and ask them how he's doing. Monthly: I'll be on an exciting adventure with one of my friends or family. It has to be new, exciting, and you'll want to but not too unexpected. It must also increase the sacrifice of y'all.5) to be healthyDaily:Drink more water. I'll be conscious recording what I ate that day. I'll also be aware of my energy after eating certain containers. Don't allow myself to go somewhere or to a situation where many unpersthy decisions can come in like a candy store, a bar, or somewhere else. Don't let yourself be too hungry where you eat anything as an option. Practice every morning. Weekly: I will prepare meals for next week on the weekends and prepare a meal plan. I'll also give how much weight I have. I'll learn to cook something new, too. Monthly:Adopt a new diet Look at habits Look at food options and weight reflect and bought for food! Look for discomfortDaily: Track down the time I did something uncomfortable, something new, something tough. I will strive to grasp these opportunities. Weekly:Every week, I will be taking on a new challenge, much likewise theory, to get myself looking for some discomfort alone or with friends. I want to go out there and make a YT video in the process. Also, self-reflection to see what a new thing I've done. Monthly:Go for discomfort and look for great, work on skills, and reflect on the month. Also, don't plan events.7) YouTube = 1 million SubsDaily! Record what ideas I can turn into videos and plan them accordingly. I can also shoot some content based on my plans and schedule. Weekly:I'll plan for next week and plan the videos I'm going to upload/edit/create. Put it in my calendar and on a notes sheet. Monthly:I will monitor and monitor my progress on my YT channel. For example, view views, view time, motion sources, or notes/likes.

Be sure not to tie the numbers to your self-worth because it's a recipe for disaster. Don't get excited about the little things.8) Financial abundanceDaily: I will record the money I spent that day and see how much money I also made. Be aware of your wasting habits. Weekly: Create a plan to create and attract more wealth. Also, learn more about money and business. Monthly: Ponder your month and see what's there to improve. Love yourself and the process. Also, be sure to create a budget for yourself for your family each month and see what's achieved. Maybe invest in stocks.2.4.4. Identifying potential obstacles and their solutions thinking about achieving a goal is obviously easier than going out and doing it. A lot of things related to the natural environment, the social group and the poor can stand in your way. It is worth anticipating these difficulties so that you can plan to overcome them. Consider your goal again. Write down all the potential obstacles you can think of. Down ways to overcome these obstacles. How can you interfere with your plans? How can you guarantee that won't happen? Sometimes change threatens people we know and love. Will the people you know help you, or intervene? How can you communicate with them so that they support you? Think of realistic and worst scenarios. What are your options? What are your alternative plans? Write potential obstacles to this purpose, noting the ways you can overcome them.1) was more assertive whenever I feel X I might not like the authentic new or unearthed selves. I will overcome this by making new friends who will support me in my journey of self-discovery and badassery. I will connect more people through outlets such as social events or club events like Kiwanis. I may lean towards being a little aggressive when practicing to be more assertive whenever I feel I'm being a little too aggressive or mean, so I adjust my approach to being more assertive.2) Create morning/day-to-day habits I might face laziness and sleeper moods. I'll resist it by reminding myself of the heroic journey I've embarked on. I must wake up to conquer the day and acquire my first victory of the day3) improve your family and my family may criticize me for the things I do wrong I will put my ego aside and take their advice into account. If I find them to be useful and right, then I will listen and apply them to be a better person for my family.4) Grow Relationships! You may have trouble creating new relationships or communication plans Intervene in more social situations and be more spontaneous to call old friends every now and then) Be healthy tempted to eat unhealthy water Stay away and not engage in eating unhealthy foods And be full to avoid cravings for healthy foodsBAD = soft drinks All fast food, fried food and no healthy ingredients or recipes every week learn new recipes and make a grocery list for such ingredients. Make a list of new recipes and download apps to find them or watch cooking tutorials.6) Look for discomfortLazy will look for discomfort or won't be willing to find interesting and have the self-discipline to engage in a new, exciting activity every week7) YouTube = 1 million SubsLack's inspiration to make videos and a list of video ideas and have some ready to do. When stuck in a rut, look for discomfort to get inspired And be consistent in making videosBe ahead and plan videos for the future. Schedule uploads and be ahead for at least 3 weeks (3 videos). May wonder at video projects Plan ahead and set deadlines for video projects. Use Google Calendar.8) Financial abundance can spend money carelessly budgeting and you have less money in your walletno money We mean a plan to make money and find ways to do it.2.4.5 Monitoring progress towards desired goals we need to know, concretely, whether we are moving towards achieving valued goals. Of course, it's no easy task. We want to complete very specific tasks, feedback on our performance is relatively easy to monitor. However, if our goals are less short-term, it becomes a little more difficult. You are now asked to identify personal benchmarks that will allow you to evaluate your performance. -When is on the way to achieving this goal? Be specific. Even if you need to change a deadline later, it's still better to define one. -What kind of things will you get as evidence that you're moving towards your stated goal?-How often are you going to monitor your behavior?-How do things in your life have to change, measurably, for you to feel satisfied with your progress?-How can you ensure you're not pushing yourself too hard, and ensure failure, or be too easy on yourself, and risk boredom and cynicism?-Your benchmark should be personal indicators of success. It doesn't matter what others might think sets progress towards your goal. Registering these achievements would really indicate a positive movement on your part. Feel free to write as much as you feel it takes. Write how you can track your progress regarding this goal.1) Be more assertive and true I will monitor this goal by performing self-analysis at the end of the day by writing down what I achieved that day regarding my goals and assertiveness. I will also feel my way towards being more assertive and truthful as it will feel right every time I tell the truth or act for my own good and make bolder decisions. I will also take an assertive test once a week to track my progress or personality test.2) Create morning/day habits I will test my habit scores and stripes once a week and see where I need to make improvements. I will also summon the habits I want to include in my life and prepare a plan for adding habits every month. I will keep a diary to document any victories or failures in foot building.3) Improve your family press from time to time on any problems, victories, and achievements my family has. Improving my family means they are more positive, inspired, happy, motivated and I will be more useful and productive with all family matters. I'll make myself of use and be there when my family needs me. It's also something I can feel when it gets better.4) Grow relationships in a week, or at least once a month, to call someone you haven't spoken to in a long time such as an old friend, teacher, or family member. In fact, call anyone you want a good relationship with. You will feel that your relationships are more meaningful, compassionate and full of more love and joy. Your relationships will be a joy for everyone around you. Log your achievements and be badass.5) Being healthy will be another challenge that happens every month. Track your weight, and also track when you are sick or unhealthy. Don't be sick, never be sick. Diary of what you ate that day and Every morning. Track your progress with a habit tracker or nutrition app. You can also feel when you are in great health.6) Look for discomfort and discomfort every day, in at least a small way. Track your progress by writing down new things you've done and also you can feel if your life is boring or if your life needs more spontaneity. Use the habit app and log to track progress.7) YouTube = Million SubsProgramming a YouTube program for each week, month and year. Also, set micro targets such as 1,000 subscribers and so on. Set deadlines for these goals as well. Show analysis to determine if the route is positive. Ask yourself if the content you create positively affects people and the world around you. Also, ask yourself if your content pushes the limits of your ability and what is possible of you. Stretch yourself, expand your ability domain.8) Financial abundanceUse the foot tracking app to see how much money you have each week. Use the Budget Tracking app to see how much money you've spent and also create a budget, and at the end of each week, month, and year, review the number of money you've spent on that budget. Create savings goals and set deadlines for those goals as well. Make a bank account dedicated to any personal purpose.2.5 Future stepchildren often unproductively concern themselves by revisiting their goals, rather than concentrating on their achievements. It's easy to undermine yourself, by always questioning your goals and intentions. Am I doing the right thing? Did I choose the right targets? This leads to chronic concern, unproductive behavior, and a lack of opportunities to learn.-Now that you have set goals, it is better to concentrate on a daily or weekly basis on implementing the strategies you have invented for achieving them, rather than worrying about the goals themselves. It is equally important to stick to the program, as it is to prepare a plan.-If you implement your goals, even if they are not perfect, you will learn enough in the implementation phase to create better goals next time. The longer you keep repeating the process, the smarter and smarter you get.-Set aside for a while every week or two - no more than ten or twenty minutes - to mentally review your performance. You will collect all kinds of useful information that you can use to reconsider your plans, down the road. Researchers have found that if someone performs a goal - setting tasks multiple times over a long period, there is a greater chance of improvements in health and productivity. As a result, you may want to engage in this type of exercise on a regular basis, every four, six or 12 months, when your condition changes. Your ideal future below is a copy of your ideal future, including the articles you wrote during step 1 and the goal setting and analysis you performed during step 2. [This is another printable page, with each question as a header, and what you wrote as an answer] Thank you. You.

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