

Contents

ACKNOWLEDGEMENT.....	III
CONTENTS.....	IV
INTRODUCTION.....	1
WHAT IS A SUCCESSFUL LIFE?.....	3
The eight areas of your life.....	3
Spiritual.....	5
Family.....	6
Relationships.....	7
Health.....	8
Charity and Conservation.....	9
Education.....	10
Financial and Career.....	11
Recreational and Fun.....	12
Attaining a successful life.....	13
Attaining Spiritual success.....	14
Attaining success with your Family.....	17
Attaining success in your Relationships.....	22
Friends.....	23
Acquaintances.....	27
Work colleagues and Associates.....	28
Attaining success with your Health.....	29

Silence and meditation.....	31
Positive mental attitude.....	32
Negative talk, negative visualisation, and negative beliefs.....	32
Negative stress.....	33
Attaining success with your charitable works.....	33
Attaining Educational success.....	35
Attaining Financial and Career success.....	36
Attaining success in your Recreation and Fun.....	37
Defining success for you.....	39
Love.....	40
Integrity.....	42
Faith and Hope.....	42
Charity and Conservation.....	43
Prudence.....	44
Justice.....	44
Fortitude.....	45
Temperance.....	45
Material Achievements.....	46
 CREATING OBJECTIVES FOR A SUCCESSFUL LIFE	47
Your dreams and desires.....	47
Objectives for your Spiritual success.....	48
Objectives for your Family.....	51
Objectives for your Relationships.....	54
Objectives for your Health.....	57
Objectives for your success in Charity and Conservation works.....	60
Objectives for your Educational success.....	63

Planning and Goal Setting

Objectives for your Financial and career success	66
Your Current Opportunities	70
New Opportunities	72
Objectives for your Recreation and fun	76
Recreation	76
Having Fun.....	79
Write it down	81
Break it down	82
PLANNING	85
What is a plan?.....	85
Creating a plan.....	86
Complexity in your plans.....	88
Make it realistic and achievable	89
Complexity	89
Too many tasks	89
Too simple.....	90
Self-worth.....	90
Laziness and Procrastination	91
Make it fun.....	91
Brain storming techniques	92
Sleep on it.....	93
Asking questions	94
Write it down	95
Mind Mapping.....	96
Walk through your plan	99

Set your plans in sand 99

GOAL SETTING 101

What is a goal?..... 101

Objectives 101

Planning 102

Scheduled tasks..... 105

 Dependence tasks..... 106

 Seasonally/chronologically linked tasks 106

Deadlines 107

Rewards 108

 Warning: Reward denial 109

Creating goals 110

Objectives 110

 Spiritual..... 111

 Family 111

 Relationships..... 111

 Health..... 112

 Charity and Conservation..... 112

 Educational 113

 Financial and Career 113

 Recreational and Fun 114

Plans 114

 Spiritual..... 115

 Family 122

 Relationships..... 127

 Health..... 132

Planning and Goal Setting

Charity and Conservation.....	135
Educational.....	138
Financial and Career.....	141
Recreational and Fun.....	146
Assigning a deadline	148
Defining your spiritual goal deadline (sample).....	148
Defining your family goal deadline (sample).....	150
Defining your relationships goal deadline (sample).....	151
Defining your health goal deadline (sample)	156
Defining your education goal deadline (sample).....	158
Defining your financial and career goal deadline (sample).....	160
Defining your recreation and fun goal deadline (sample)	165

ACHIEVING A GOAL..... 167

Action.....	167
Do it now	167
Determination and persistence	168
Dream building	168
Use pictures.....	169
Visit and touch your dream	169
Talk about your dream	170
Self-talk.....	170
Creating your own self-talk recording.....	171
Playing your self-talk recording.....	173
Visualisation	175
PMA.....	176
Read	177

Listen	178
Talk	178
Kaizen	179
Focus	180
Say No!	181
Asking the right questions	181
Commitment	182
Burning bridges	182
Kaizen your commitment	183
CONCLUSION	185
APPENDICES	187
Appendix 1	188
Mind Map™ Example	188
Appendix 2	189
Kaizen method	189
BIBLIOGRAPHY	191
NOTES	195
OTHER WORKS BY SAMUEL BLANKSON	197
ABOUT THE AUTHOR	200

