

BREAKTHROUGH YOU!

52 Ways to Dramatically
Transform Your Life



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Life isn't about
finding yourself.

Life is about
creating yourself.

GEORGE BERNARD SHAW

INTRODUCTION

At some point, we all get to a point in our lives when we say, “Enough is enough.” We decide to change everything at once. We spend a weekend planning all the changes we’re going to make:

- ✓ We create lists.
- ✓ We create schedules.
- ✓ We’re determined.

Monday comes, and we do okay. There are few hiccups, but we have a good day.

Tuesday might even go okay.

By the time Friday comes and goes, we’re a mess. We’ve failed on every front and are feeling even more angry and helpless than we did before.

The challenge comes from trying to do too much at once. There's only so much change you can handle at one time. **The only way to change a lot is to change a little at a time**

and accumulate a lot of small changes over a longer period of time.

Most people take an ineffective approach.

Their thinking goes something like this:

- “I’m going to get up two hours earlier. With that time I’m going to meditate, practice the guitar, and head to the gym.”
- “When I get home from the gym, I’m going to skip the pop tarts and make an organic mango, wheatgrass, pomegranate, kale, vegan protein smoothie. I’ll drink this while listening to *Sounds of the Amazon Rainforest*.”
- “During each break at work, I’m going to visualize myself making \$1,000,000 per year and get some exercise outside.”
- “I’m going to bring my running clothes and shoes to work so I can begin training for the San Francisco

Marathon.”

- “Dinner is for sissies. I only need breakfast and lunch. This will help me reach my goal of seeing my abs for the first time ever.”
- “I’m giving up TV permanently. I have to write my novel. I also need the extra time to learn how to play the harp and create Bonsai trees.”

We try to do too much! We get frustrated with our lives and overreact. **It's quite easy to change your life dramatically if you're patient enough to change it slowly.**

Changing one thing each week will result in living a drastically different life after a year. Even changing one significant thing a month will lead to a very different life in a year.

To dramatically change your body, you only need to change a couple of habits.

To dramatically change your finances, you only need to change a couple of habits.

I've put together a list of 52 simple activities you can integrate into your life so you can *finally* achieve your wildest dreams. Weekly incremental improvements are simple and attainable, and most importantly, they lead to exponential growth over time.

Of course, this list of 52 activities are just examples. **Reflect on the changes you want to make in your life and develop some of your own ideas.**

You might wonder how you could possibly have time to change 52 things in your life. But, many of these things don't require any more of your time.

For example, spending a few minutes visualizing your goals doesn't take any of your time if you do your visualizations while you're taking a shower, mowing the grass, or using the restroom.

Healthy food doesn't take any longer to eat than junk food.

Exercising doesn't have to rob you of any time if you do it instead of - or even while - you're watching TV.

In most cases, it's not about adding more tasks to your life. It's about making more effective choices.

“Life is inherently risky. There is only one big risk you should avoid at all costs, and that is the risk of doing nothing.”

– DENIS WAITLEY

Let's get started...