



How I escaped the personal development hamster-wheel by developing a simple step by step system for optimizing every aspect of my life.

[Click here for the full video.](#)

HOW TO KNOW YOUR LIFE PURPOSE IN 5 SIMPLE STEPS

Rules

#1 Don't be concerned with "The How" - for now, we are just painting the vision - the how will come later.

#2 Stop doubting yourself - yes, it is possible to actually live an awesome life - it's not like a lottery, it is guaranteed to happen for you - if you follow the process.

#3 Don't try to make it perfect - you can always revisit it later - the most important thing is that you actually do it.

#4 Let your imagination run freely - imagine you had all the money and time in the world - we will get more tangible in later sections.



STEP 1: Get Started With These 9 Life Purpose Ideas

If you have **no idea where to start**, use this list of different life purposes to get your **creative juices flowing**. When you find one that you resonate with, **simply copy-paste it** into your own document, you can customize and tweak it later.

It's time to **break the shackles** and master all areas of your life!

Pick one purpose for each category:

The Ultimate Purpose

This is the ultimate purpose that should be a governing principle behind setting all the other ones:

To die with a smile on your face and with no regrets.

To lie on your deathbed, knowing that you really went for it and seized all the opportunities you were given.

To know that you squeezed the last drop of juice out of your life.

To create a life free from regrets and "what ifs" that would haunt you in your silver years - when it's too late to do something about it.

Dating & Sex

- Create a **fulfilling sex life**.
- Have an **amazing girlfriend** with whom you can start a family.
- Master your **dating life** and have multiple girlfriends.
- Travel and **date women** from all parts of the world.

Money & Career

- Turn your work into your top passion & **become a master** of your craft. Contribute, inspire and lead the way in the niche that you hold dear to your heart.



- Create a life where you **don't ever have to worry about money** ever again.
- Break free of the rat race and **toxic mainstream culture** that you are inundated on a daily basis.

Emotional Mastery

- Master your emotions & **become grounded** no matter what the external circumstances are.
- Gain full self-acceptance and unconditional self-love that you can radiate from the inside out.
- Attain state of mind that can derive peace and joy from the present moment

Self-Development

- **Free yourself from limitations** and neurosis that hold you back and sap your creative energy - shed all of those toxic habits that hold you back.
- **Developing your confidence** so you are decisive and assertive, you go for what you want in life
- **Gain knowledge and true mastery of yourself** and whatever craft you choose to pursue

Fun & Adventure

- **Travel around the world** and sample what the world is about and get to know all the different cultures broaden your horizons.
- Engage in activities that make you feel truly alive instead of filling the hole with external stimulation and distractions.

Health & Fitness

- Cultivate physical vitality and energy - never **feeling drained and dead** tired.
- Craft and **sculpt a body** that all your friends are jealous of.

Spirituality

- Attain a **deep understanding** of how the world actually works.
- Master your mind and **be at peace** in every situation.
- **Attain enlightenment** - realizing the true existential nature of yourself and reality and even overcoming the fear of death.
- Have the time to **really contemplate life**, not be stuck on a hamster wheel going from paycheck to paycheck.



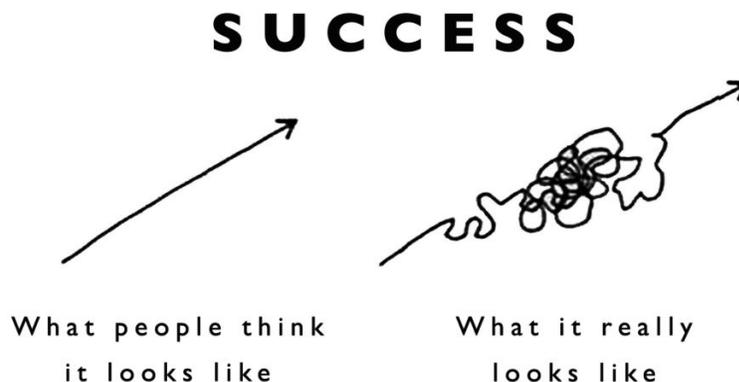
Social Life

- Attract **rich and rewarding friendships** - connect with people you truly care about.
- Become a leader and a role model - set an example with your own life that inspires others and moves others.

STEP 2: Life Purpose Clarification Process

Now it's time to **add the jet-fuel** to your goals so you can **really get motivated** and create that **freight train momentum** and move towards your goals in a straight line.

Success is not a straight line.



You need to get to a higher **level of clarity** so you can blast through any challenges, obstacles or fallbacks that will inevitably happen along the way.

The way to really go deep with your purpose is to look at each of them individually and ask yourself:

“Why Do I Want To Achieve This?”

a)...



- b)...
- c)...
- d)...

Then write down as many reasons as you can think of - aim to write between 5-10 core reasons.

BONUS:

Other questions that will help you to get even more clear on your purpose:

- a) How does that change you?
- b) How are you now able to help other people more?
- c) How are you perceived by other people?
- d) What does it say about you as a person?

STEP 3: Auditing Your Current Life

Awesome, now you know what you want - you have a direction and can start aligning all parts of your life towards that purpose.

Second step is to have a look at your current life situation on a scale of 1-10.

Take those 8 life areas we spoke about and give them a rating from 1 to 10.

Rating 1 is Complete Disaster - the absolute opposite of what you want your life to be.

Rating 10 is You Living Your Dreams - in reality this is not something you can get because you'll find that as you start achieving your goals, they will evolve. Besides, there is always room for improvement so the actual possible rating is 9.

Note: in order for it to work, you must be ruthlessly honest with yourself. Don't pretend like things are better than they are, but don't make them worse than they are either.

Money & Career:

Dating & Sex:

Spirituality:

Emotional Mastery:



Self-Development:

Fun & Adventure:

Health & Fitness:

Spirituality:

Social Life:

Don't beat yourself up if you find out that your life right now is far from perfect.

Ultimately it's irrelevant as it's all about the journey and the person you become in the process.

As long as you know what you want and who you are, you're on the right path. The feeling of fulfillment will come from taking the right action and aligning your life with your purpose. That's how you ultimately give your life meaning.

Just like a character in a video game that starts with level 1, you now have a clear objective that will motivate you to level up in every area of your life and enjoy your journey to the top every step of the way.

Focus on the areas of life that you gave currently the **lowest rating**. **Focusing on that area first** will lead to the highest leverage growth. The lower one is, the higher the growth, the higher one is, the slower the growth.

STEP 4: Reverse Engineering Formula For Success

So how do you close the gap between the ideal, dream life that you just drafted for yourself and your current situation?

I want you to stop thinking that success has anything to do with luck. From now on you must take responsibility and proactively create your success.

It's all about putting **the right causes** that add up to your **desired effects**.



You want to design it by putting the **Ingredients of Success** in the formula I am about to give you. You also want to remove the **Ingredients of Failure** (things that take you further away from your success).

Here is the formula:

$$C + PE^AT = D$$

D = Your Dream

C = Current situation

P = Your Plan

E = Daily Execution of Your Plan

T = Time

Let me give you an example of how you can reverse engineer every area of your life, by using this simple formula:

Let's say one of the purposes you chose for yourself was:

D = "Create a life where you **don't ever have to worry about money ever again."**

Let's make it more tangible:

D = \$1.000 000 in the bank

C = \$700 in the bank

P = Learn high income skills, learn marketing & sales, get a mentor, scale up

E = Execute the plan on a daily basis, focus on one thing at a time, say no to instant gratification, engage in positive habits

T= 3 Years

If we put all of those **Ingredients of Success** into our **Reverse Engineering Formula**, we will get this equation:

\$700 + Learn high income skills, learn marketing & sales, get a mentor, scale up
X Execute the plan on a daily basis, focus on one thing at a time, say no to instant gratification, engage in positive habits ^ 3 Years = \$1.000.000 in the bank.

I hope you can see the power of this formula!



You can use this with every single aspect of your life, to start thinking **more strategically** about your success and see what would it take to actually get there.

STEP 5: What's Next?

Congratulations on discovering your life purpose! That's awesome! You've now gotten started on a journey towards the life you will actually be excited to wake up for, every single morning.

But, obviously there is a lot more.

This formula will get you started, but it won't get you all the way from point A (current life) to point Z (amazing life you want to live).

For that, we will have to get much more detailed and create a support structure that will facilitate your transition into a man that you want to become.

Something that will allow you to map out the process and strategize the exact right steps that will take you all the way to your desired lifestyle.

Your next move is to work with me and make this shift happen. [Click here to apply](#) and see if you've got what it takes!

