

Your Path Out of A Mediocre Life

I'm giving you the step-by-step outline of the process that will lead you out of overwhelm, burnout, addiction, self-loathing, anxiety, depression, meaninglessness, and mediocre living.

This is clearly just a high-level outline, but if you really want to figure your life out, here it is. You can take this and do all the years of research and testing I've done to hone the methods, refine the tools, and learn how to apply this stuff to daily living – or I can help you.

1. Define your core values

To live a life of meaning, you have to figure out what matters to you. Your core values are the most fundamental layer you must get clarity on to move forward in a purposeful direction. Without clearly defined core values, you're like a ship without a rudder.

2. Get crystal clear on your purpose

Living a purposeful life requires a purpose – duh! We all take action every moment with some purpose, but most of us aren't consciously aware of our purpose and therefore can't choose what our purpose is. Writing out a clearly defined purpose for your life will give you clarity, guidance, and power to make better decisions aligned with what you want your life to look like. Think of your purpose as your sails that move you forward.

3. Set intentional goals aligned with your values and purpose

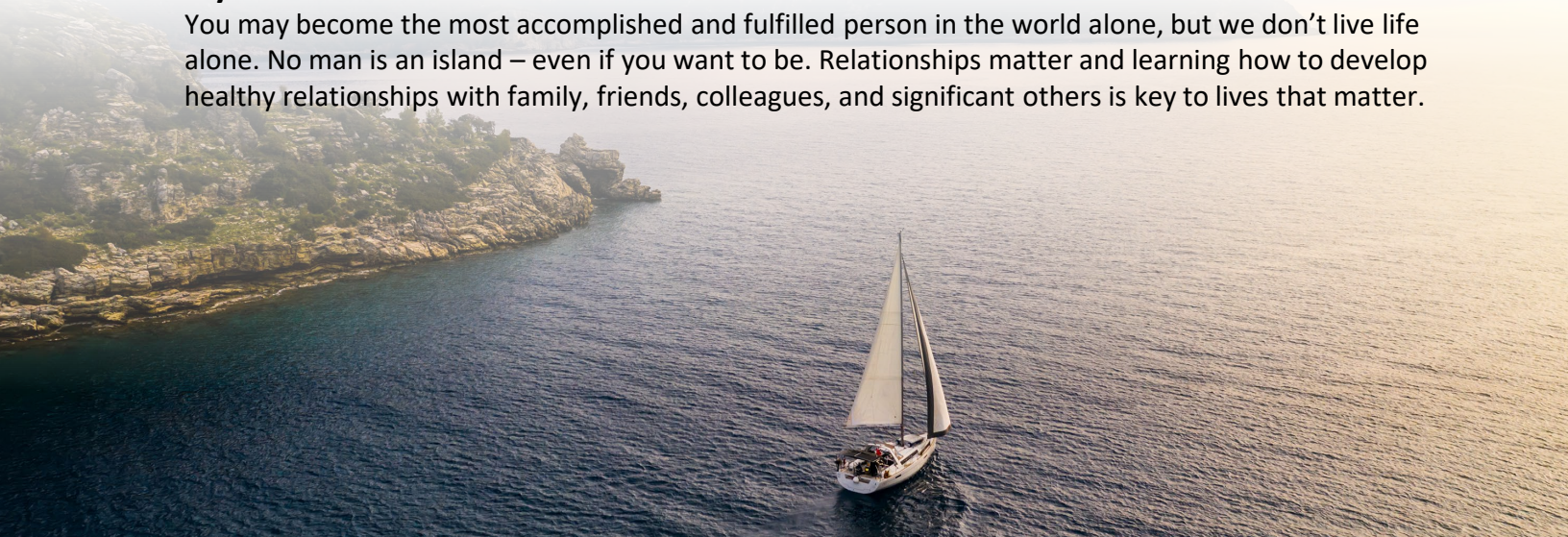
You've likely set goals before. You've probably used the SMART format and all that but think back on where that got you. Maybe you worked hard to lose weight and learn some Spanish, but has that brought you fulfillment and meaning? No, because your goals were built without the foundation of values and purpose. Goals that make a difference must be aligned with where you want to go. Think of your goals as the destination you want to end up at.

4. Learn mindset skills to overcome limiting beliefs, addictions, and trauma and find fulfillment in any situation.

No matter how clear our vision for the future is and how motivated to tackle our goals, we will inevitably run into issues. Only those who have the mental skills to navigate these challenging waters will be able to keep going. This part of the program is crucial to your success. Here you'll learn how your brain stores thoughts and learn tools to uproot and replace thoughts that aren't working for you so you can get out of bad habits and negative thinking.

5. Develop deep and lasting relationships in all facets of your life including your relationship with yourself.

You may become the most accomplished and fulfilled person in the world alone, but we don't live life alone. No man is an island – even if you want to be. Relationships matter and learning how to develop healthy relationships with family, friends, colleagues, and significant others is key to lives that matter.



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6. Become the master of your own body, thoughts, actions, and outcomes

Health is wealth and learning how to take care of our bodies and everything else we have responsibilities for without getting overwhelmed, burned out, or frustrated could fill entire libraries, but with the proper foundation and mental tools, it's not that hard if you're willing to put in the work.

7. Develop a disciplined and sustainable daily practice that will bring you focus and productivity.

Ice baths, journals, meditation, pushups, making your bed, ... The list could go on forever of all the things people tell us we need to do to for an effective daily routine. The fact is that all these things are great, but your daily routine needs to be personalized to you and what works for you, or you'll never stick to it. You can't just copy someone else. It doesn't work.

8. Develop a healthy relationship with money that will allow you earn more, spend better, and stop stressing.

Money causes more stress, relationship issues, and difficulties than almost anything else. Developing a healthy relationship with money and learning how to use money to work toward your purpose is key to being ruler over your money rather than slave to it.

9. Discover a higher plane of existence that isn't constrained by self-doubt, comparison, and fear.

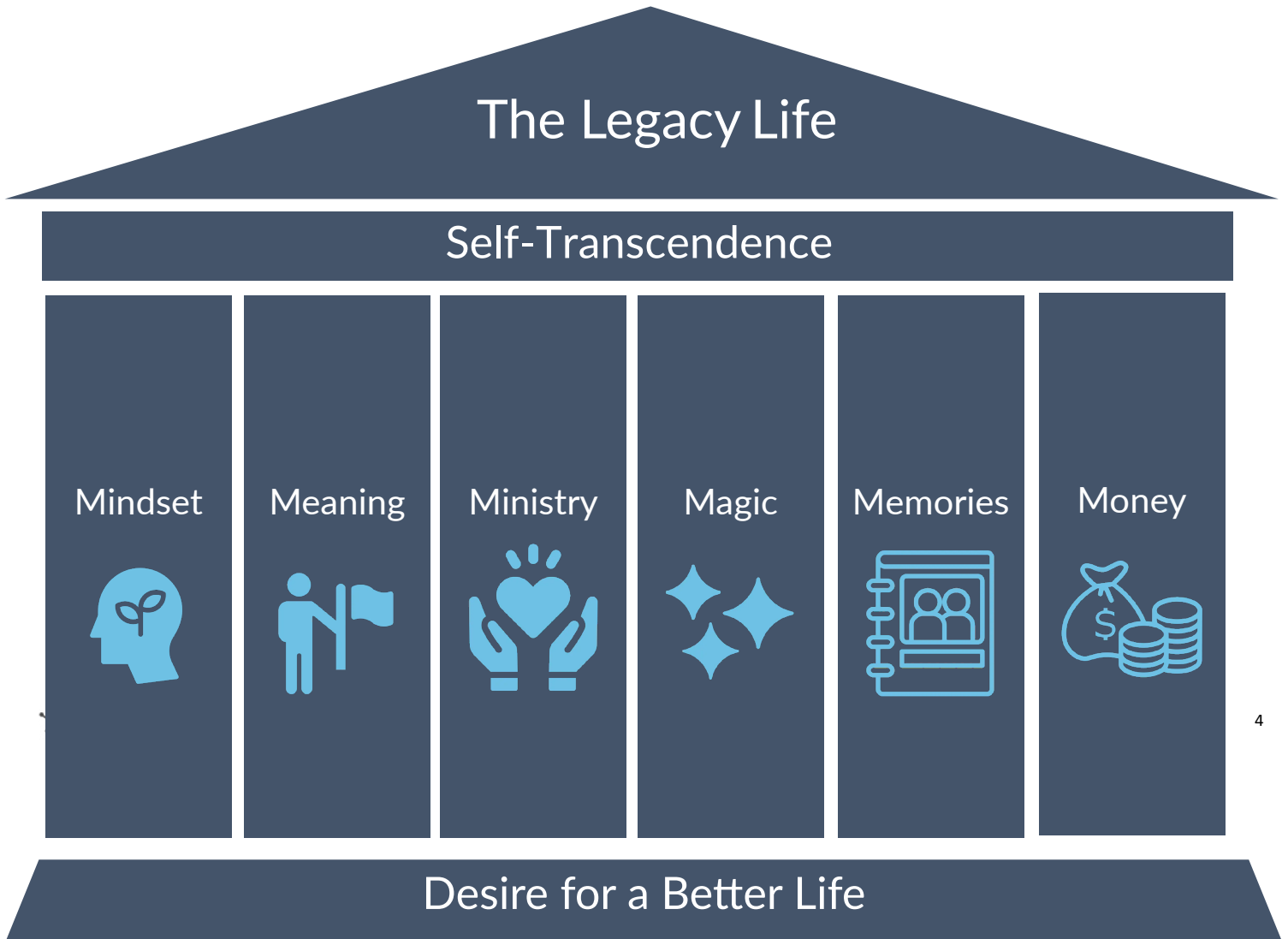
Even with all the right pieces to the puzzle of life, we have to learn that life only matters when we get outside ourselves. History shows us this time and time again and now we have substantial science to back that up. Self-transcendence may seem a bit new-age to some, but it's a fundamental step in creating a fulfilling life and is supported by psychology and neurobiology. This is a key part of my research and is a missing piece from many other programs you may have explored. Again, many will try to take the quick-fix approach of using hallucinogenic compounds to achieve a peak state, but those approaches don't address the underlying psychology of self-transcendence but try to shortcut it and ultimately don't get you where you really want to be.

The way I see it, you have three paths forward

1. You can do it the slow way and spend a lifetime figuring all this stuff out on your own. Most people do come to these same conclusions I have through the course of living, but most do after it's too late to matter much.
2. You can do it the painful way (this is the way I did it). Life will undoubtedly throw plenty of challenges at you. Challenges tend to speed up the growth process if we actively look for growth amidst our trials. The good news is we don't have to suffer just to learn how to live a life of meaning and purpose.
3. You can do it the smart way. The smart way involves asking for help from someone who's already walked this path and is willing and ready to help you learn how to walk it as well. This is clearly the approach I'm recommending to you today. If you're ready to step into a new life today, let me be your guide.

Take the next steps by learning more about what working through my Living A Legacy program looks like on my [website](#) where you can watch my webinar or sign up for a 1:1 exploration call with me to see if we're a good fit to work together.

Live A Legacy



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This is the structure of a legacy life. It all starts with a desire. When you have the motivation to change, as you've shown you do, good things start to happen. When you put structure around your desire it becomes focused and purposeful. The structure comes in the form of the 6 pillars. They support the effort to reach a self-transcendent state beyond ego that will allow you to live beyond yourself and leave a legacy for others.