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# IGNITE

How to Get From Where You Are



To Where You Want to Be

# YOUR LIFE!

ANDREA WOOLF

# IGNITE YOUR LIFE!

How to Get From Where You Are  
To Where You Want to Be

*The Blueprint Copy*

ANDREA WOOLF



NEW YORK

# IGNITE YOUR LIFE!

How to Get From Where You Are  
To Where You Want to Be

by ANDREA WOOLF

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ISBN 978-160037-772-3 (paperback)

Library of Congress Control Number: 2010926118

**Published by:**

MORGAN JAMES PUBLISHING

1225 Franklin Ave. Ste 325

Garden City, NY 11530-1693

Toll Free 800-485-4943

[www.MorganJamesPublishing.com](http://www.MorganJamesPublishing.com)

**Cover Design by:**

3 Dog Design

[www.3dogdesign.net](http://www.3dogdesign.net)

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# DEDICATION

*For my parents,  
**Leonard and Betty Woolf,**  
who taught me to follow my heart and my passion.  
I love you both and owe you everything.*

Ten percent of author proceeds for this book go to Feeding America, a nonprofit organization dedicated to feeding America's hungry through a nationwide network of member food banks, as well as engaging in the fight to end hunger.

I encourage you to join me in supporting this truly worthwhile cause at [www.FeedingAmerica.org](http://www.FeedingAmerica.org).



# ACKNOWLEDGMENTS

With my heart brimming with gratitude and appreciation, I would like to acknowledge the following people for their enormous contribution in supporting, sustaining, and challenging me to complete this book:

David Hancock, Rick Frishman, Jim Howard, Bethany Marshall, Margo Toulouse, and the amazing team at Morgan James Publishing for their trust, talent, and compassionate humanity—as well as infinite patience!

My great friend, Don Osborne, for his brilliance and wit, for believing in me, for holding onto my vision even when I wavered, and for empowering me to be and give my best.

My colleague and kindred spirit, master coach Sarah Horton, for her magnificence, great spirit, and powerful leadership.

My amazing and insightful coach, Garrett Lambert, for his passion, commitment, and energy, and for challenging me through the finish line and beyond.

T. Harv Eker and his incredible team of trainers, staff, and volunteers at Peak Potentials Training, for transforming my life, and for showing me the way.

## IGNITE YOUR LIFE!

Bob Houle, my colleague and very good friend, who has supported me through the many incarnations of this book, for his powerful insights, for his unconditional support, and mostly for his outrageous and irreverent humor.

My many amazing clients who have taught me so much over the years and encouraged me to put my ideas on paper.

My numerous teachers and mentors along the way who have inspired me to reach for the stars.

Friends and family, too numerous to list, who have supported and encouraged me along the way.

My brother, Paul Woolf, for his support, vast knowledge, expertise, and life experience.

My sister, Jacqueline Woolf, for her brilliance, innate genius, and generosity, and for being the best sister I could have wished for.

My amazing parents, Leonard and Betty Woolf, for being such great parents, always there with their unique wit and wisdom. They continue to teach me so much and shower me daily with their unconditional love and support.

My wonderful husband, Doug Johnson, my partner and adventurer in life, for his belief in me, and his undying patience, love, and support—and for making me laugh when I most needed it.

And lastly, our puppy angels, our two long-haired dachshunds, Fritz and Munchkin, for their endless antics, snuggles, and puppy kisses that never cease to Ignite My Life!

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# INTRODUCTION

Every one of us has what it takes to live an ignited life; however, most of us aren't quite experiencing life that way. This book has been written to help you bridge the gap between where you are now and where you want to be. It's intended to be your journey of discovery to uncover what's missing and what it will take for you to truly ignite your life. It gives you a simple system to follow, step by step, to design and live the life of your dreams.

Throughout the writing process, I couldn't help but notice a *glaring poetic irony blinking on and off at me like a bright neon sign*. Here I am, an enlightened, experienced coach, powerfully coaching others to be empowered and in action. "Don't get stopped by anything in your life!" is my advice.

I have been a professional success coach for over fifteen years, coaching all types of people (individuals and business teams) about all kinds of subjects (their businesses or careers, their personal lives, their health, their relationships, fulfillment in life, wanting to make a difference in the world, and so on). It has been a privilege to work with each and every client to help them get clear and *excited* about every area of their lives.

## IGNITE YOUR LIFE!

However, when it came to writing my book, it was a whole other story. At first, I couldn't even bring myself to write a sentence, never mind a paragraph. And a whole book, was I out of my mind?

One of the ways I describe myself is a “recovering perfectionist.” That’s to say I’m now conscious of my perfectionism, which means that I’m all too aware of when I’m getting in my own way, over-complicating the simple, and generally thinking myself into paralysis. How this showed up in the writing process was insidious, so I really had to keep a close eye on that magnificent mind of mine. When I wasn’t paying attention, I would immobilize myself with thoughts like: *“Will I have enough material for the book? What if no one is remotely interested? What if I’m not good enough?”* Does this sound familiar?

Most of us never write the book that we have bursting inside us because we can't sit down and write it word-perfect in one sitting. If I couldn't do that, when would I ever get to it? This was another way my perfectionism reared its ugly head. Notice that this isn't rational. However, it was a wonderfully slippery way of stopping myself from writing. You have to be smart, dare I say brilliant, to complicate things quite so well! Of course it's impossible to sit down and write the complete, perfect, final manuscript, all in one sitting.

Intellectually, I knew that all writing is re-writing. But that didn't stop me from having such crazy thoughts, which, in light of day, make no sense whatsoever. I struggled with doing it perfectly—and over and over again thought and worried myself into paralysis. To get out of my own way, I had to give myself

## INTRODUCTION

permission to be messy, even incomplete, to just capture the ideas and write them down—then later chunk them down into achievable, manageable pieces to expand and develop. Line by line, and page by page, I did it—I wrote the book.

The very creation of *Ignite Your Life!* has been a cathartic, living incarnation of everything I coach with others. This book is a metaphor for anything in your life you choose to focus on as you move through the chapters. Everything is a work in progress—in other words, everything is a process.

I share this creative angst because this is how most of us way over-complicate and hold ourselves back from reaching for and achieving what we truly want in life. When we step outside what is warm, cozy, and familiar, it feels dark and dangerous out there. This book will help you through your mind chatter, giving you a course to chart through those unknown waters of your mind as you move toward your dreams.

So I say again: every one of us has what it takes to live an ignited life; however, most of us aren't quite experiencing life that way. This book has been written to help you bridge the gap between where you are now and where you want to be. It's intended to be your journey of discovery to uncover what's missing and what it will take for you to truly ignite your life. It will give you a simple system to follow, step by step, to design and live the life of your dreams.

Embrace the fact that right where you are is perfect. Even if it doesn't seem ideal right now, a powerful place to choose as you start this book is in the now, accepting it just the way it is and just the way it isn't. This will create the opening for change and give you power as you make new choices. As you journey

## IGNITE YOUR LIFE!

through the book, you'll discover that you can cause and create your life to be exactly how you want it to be.

Remember, there is no rule that you have to suffer through any of this process. In fact, most of us achieve far greater results when we're having a great time. So give yourself permission to enjoy each chapter, to savor each process and action step. Breathe and take your time. Dwell on the space between each chapter. Experience it all with freedom and ease. And celebrate the results as you ***Ignite Your Life!***

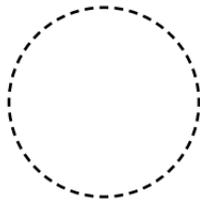
*Love the life you live*

*Live the life you love*



Part One

# UNDERSTAND THE PUZZLE PIECES





# 1

## LOVE YOUR LIFE

*“Joy is what happens to us when we allow ourselves to recognize how good things really are.”*

—Marianne Williamson

Imagine what it would be like if you loved absolutely everything about your life. Imagine you aren't holding back at all. Imagine you have no fear and are daring to play bigger than you have ever dared. Imagine a life without resignation, without suffering, without survival or just getting by. Imagine your life is just as you imagine, just the way you want it, and it's totally of your creation.

The skeptics among you may be asking, “What medication is she on?” How could it be possible to say how life will go when there are so many outside influences and circumstances? Most of us have given up being and feeling like we're at the helm of our life. We're overwhelmed with information and activity. We bounce from project to project and react to one person after another. Most of us barely have time to catch our breath, never mind create a life of our own design, the life of our dreams. This

## IGNITE YOUR LIFE!

is exactly how most of us are living in what we call the “civilized Western world.”

And you might be thinking that it’s a completely selfish point of view to think only of yourself and your life. So, consider the following: Firstly, there’s no rule dictating that creating the life you love is only about you. Surely there are important people in many areas of your life who would be included in that life. Secondly, one of the most common ways that we know we love our life is the degree to which we contribute to others. How can you contribute to others unless you first have some degree of clarity about yourself, who you are, what you stand for, and what lights you up? When you give yourself permission to get clear, especially about what lights you up, you become a beacon of light in the world and a gift to every single person whose life you touch.

Perhaps you’ve been waiting until “someday when...” to go after your dreams—when circumstances permit, when it’s a better time, when you have more time, when the stars are aligned with Neptune, and so on. This is life on hold, treading water, keeping your head just above the waterline—a life of putting things off and, in the process, sucking all the vitality out of them until in your mind they become so unattainable or distant, they sometimes fade and even vanish.

As you’ve probably guessed by now, this is no way to Ignite Your Life!

The quickest way out of the “putting things off” syndrome is to start right now. Be in the now, and let go of everything that hasn’t served you up until now—your limiting beliefs,

## LOVE YOUR LIFE

everything that you're labeling "past failures," in other words, everything that keeps you focused on the past.

By being in the now and accepting yourself right where you are and where you're not, you create the freedom to grow, to change, and to dream. Embrace your "now."

For what reason would you accept anything but an amazing, incredible life? And only you get to say what's amazing and incredible for you. Since there is only one "you" in all of your marvelous uniqueness, there's no point in comparing yourself to anyone else—feeling better than or less than others is a waste of time and energy. They aren't you, and you certainly aren't them.

Start to imagine what completely loving your life would look like, feel like, and be like to be living it.

Notice whether you're going to your logical mind and are already trying to figure out how to Ignite Your Life by analyzing the one you have been living. As Albert Einstein so wisely said, "You can't solve a problem with the same level of thinking that created the problem."

You tend to attract and create only that which you can imagine. In other words, whatever you believe is true. Have you noticed that if you don't believe something is possible, it tends to show up that way? In fact, often you will gather empirical data, like a squirrel gathering nuts, to prove that you were right. So, if you want to attract more, then you need to expand you and your imagination—in other words, what you believe is possible, especially for yourself.

It's time for you to begin the journey toward living the life you love, and loving the life you live.

## IGNITE YOUR LIFE!

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### **Action Steps:**

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We're going to go through some questions to help you identify role models.

- Who do you know who loves their life? Make a list of people you think enjoy their life:

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- Who do you know who has no limits and no self-inflicted boundaries? Make a list of people who you see as unlimited and possibility thinkers:

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## LOVE YOUR LIFE

- Who do you know who has done amazing things with their life, no matter what circumstances or life events happened? Make a list of people who have overcome and achieved in their life:

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# 2

## BE THE BEST YOU

*“The whole point of being alive is to evolve into the complete person you were intended to be.”*

—Oprah Winfrey

Since you're the source of everything in your life, let's explore this idea of being the best you. When you show up playing and giving 100 percent, that's when you're likely to be the proudest of yourself and be leading a happy, ignited life. Let's take a look at your relationship with yourself, how you see yourself, and how you treat yourself.

### ROLES

Think of the many roles that you play and the various hats that you wear. Here are some examples:

- Husband or wife
- Boyfriend or girlfriend
- Father or mother
- Grandfather or grandmother

## IGNITE YOUR LIFE!

- Brother or sister
- Son or daughter
- Uncle or aunt
- Cousin
- Extended family member
- Godparent
- Contributor
- Innovator
- Business owner
- Boss
- Manager
- Team leader
- Employee
- Provider
- Homemaker
- Friend
- Teacher
- Student
- Coach
- Coachee
- Motivator
- Mentor
- Caregiver
- Volunteer

## BE THE BEST YOU

How do you show up in each of your roles? Are you being and giving your best? How could you be doing more to be the best \_\_\_\_\_ (boss, parent, caregiver, etc.)?

### **SELF-IMAGE**

What is your self-image? How do you see yourself? Is it what your parents told you about yourself? Or your family, friends, or colleagues?

Are you happy with how you see yourself? Are you satisfied with every aspect? Or are there some areas you would like to improve? If so, what are those areas, and what specifically would you like to improve?

Do you love yourself? Do you accept yourself just the way you are and just the way you aren't? Or are you hard on yourself?

How do you see and treat yourself?

### **PHYSICAL**

If you're like most people, you're leading a very busy life. One of the key areas that's often overlooked and suffers is physical health. It's all too easy to be too busy, to not have the time, to be too tired to not take care of your health. However, the irony is that this needs to come first, in order to create the energy to be able to handle everything else.

How important do you make physical health in your life, on a scale of 0–10 (0 = low, 10 = high)?

How would you describe your physical health? Is it excellent, couldn't be better? Or is there room for improvement? If so, how?

## IGNITE YOUR LIFE!

How would you describe how you take care of yourself? This could include exercise and nutrition, as well as other factors, from getting enough rest to being good to yourself.

What could you be doing to improve your physical health?

## EMOTIONAL

Emotions play a very important role in our overall well-being. The pathway to optimal health is creating balance between our physical body and our emotional state.

What stress do you have in your life? Within your family, at work? What about when your car or your computer isn't working properly? How do you handle stress? What do you do to reduce and release it?

Here are some ideas:

- Talk to a friend
- Meditate
- Practice yoga
- Sleep eight hours a night
- Use hypnosis
- Eat healthy
- Listen to calming music

One way of defining emotional health is the ability to express all emotions appropriately. In other words, you're clear about your emotions and are able to be authentic (true to yourself) and express yourself fully and appropriately.

## BE THE BEST YOU

Where in your life aren't you clear about how you feel? Where are you not fully expressed? And how could you express yourself appropriately—in other words, so that there is the highest outcome possible for all concerned? This is ***not*** to create extreme upset, get fired, or just plain be right in the matter!

### SPIRITUAL

In the day-to-day business of life, it's all too easy to overlook the spiritual area. For some people, this means religious practice. If, for you, being the best you in this area is committing to going to your church, synagogue, or mosque regularly and on major holidays, and then doing so, so be it.

For others, your spirituality might be expressed more in the metaphysical realm—by going within through meditation, seeking that which connects all of us to one another in order to find deeper meaning.

Perhaps you're called to express your spirit by getting more involved in your community through outreach into the community and beyond, doing good work.

A healthy spirit means so many different things to different people. From a broader perspective, it's a sense of wholeness, a sense of knowingness, a sense of something far greater than what we can see and touch.

How do you live and express your spirituality?

Are you happy with where it is, or would you like it to be deeper? If so, what would that look like?

## IGNITE YOUR LIFE!

### CELEBRATING LIFE

It's impossible to be the best you and not be having any fun. It's imperative to enjoy life to the fullest and to look for every opportunity to celebrate in order to truly be the best you. It's a hollow victory to be a superstar in your business or career, to be in top physical condition and in great health, to have great relationships, and to feel great about yourself, and yet not enjoy your life.

It's all about enjoying the journey, not just the destination. In what we call the "civilized Western world," we often race from one project or achievement to the next, barely catching our breath before we scurry on to the next one. It's vital to give yourself pause to celebrate the moments and then move on.

Be outrageous! Have fun "just because." It's not necessarily about how much time you take to celebrate. This can be done in moments if you say so. Sometimes just stepping away from your desk for five or ten minutes to go outside and take in the sunshine and blue sky or whatever is around you can transform your day. Taking a moment to share a tender kiss with your loved one brings a spring to your step. And pausing to hug your children and tell them how much you love them touches everyone's heart and changes all of you forever.

How much are you enjoying your life?

Where in your life is there room for more fun and celebration?

What could you celebrate today?

## BE THE BEST YOU

### MAKING A DIFFERENCE

We often have the most significant experiences of being our best when we're contributing to other people, giving of our time and/or money to a great cause, a person, or a group in need. You almost always get so much more than you give. It's a fine thing to achieve more in life, to earn more, to acquire more stuff. However, for most of us, how we really get to feel proud of ourselves is when we experience this thing called 'making a difference in the world.'

How are you making a difference in your community and in the world?

How do you feel about it?

Also, notice how you're designing your life. Is it alone or do you have team around you? Are you usually a loner or a team player? If you're a loner, you might want to try letting others support you as a team. With others you'll see that the results are exponential. As T. Harv Eker so insightfully says, "How you do anything is how you do everything."

Are you really involved, moderately so, or barely?

There are no right or wrong, good or bad answers, only the opportunity to observe how you take on making a difference in the world.

Could you be doing more?

That could mean giving more time and effort. It could also mean finding ways to make the time you're already contributing more valuable.

Could you be giving more of yourself?

## IGNITE YOUR LIFE!

For almost twenty years, I was involved in many projects to help the homeless in Los Angeles. One of those was an on-going program to provide food to hundreds and hundreds on a regular basis. All of the volunteers did a marvelous job setting up and serving the food. Their commitment and dedication were dazzling and unquestionable. However, many could not look the people they were serving in the eye, and few of the volunteers knew the people they were serving by name, even though most of them came back week after week.

This is not to judge—just to present the idea that there’s always an opportunity if you’re looking for it to learn more about yourself, what motivates you, and what holds you back. For example:

- obligation
- all the “shoulds” in your life
- looking good
- status
- visibility
- recognition
- peer pressure
- expectation of something in return
- unconditional giving
- love
- passion
- caring

## BE THE BEST YOU

This is the opportunity for you to look at where you are. Wherever that is, you're well on your way to being the best you. It's all about the journey, not just the destination, and we're all somewhere along our journey in each of these areas.

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### Action Steps:

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Now it's for you to decide where you want to make some changes.

- What do you love about yourself? What don't you love about yourself? What do you want to change? Make a list of your answers:

I love:

I don't love:

I want to change:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

- What do others love about you? What don't others love about you? What do you want to change? Write down your answers.

Others love:

Others don't  
love:

I want to change:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## IGNITE YOUR LIFE!

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- Check off areas where you want to make changes:
  - ◆ Roles
  - ◆ Self-Image
  - ◆ Physical
  - ◆ Emotional
  - ◆ Spiritual
  - ◆ Celebrating Life
  - ◆ Making a Difference
  - ◆ Other: \_\_\_\_\_

# 3

## ACCEPT YOURSELF

*“Have the daring to accept yourself as a bundle of possibilities and undertake the game of making the most of your best.”*

—Harry Emerson Fosdick

To create any change in your life, it starts with awareness.

There’s no such thing as a problem. Everything is circumstance, unless we get out our label maker, print out a label, and stick it on as if it’s real and permanent. Everything is an opportunity. And there are two basic ways to react: to resist it and fight it, or to accept it so that you can move forward.

Non-acceptance of self is victimhood. You are a victim of yourself, your own judgment of yourself. Most of us are harder on ourselves than anybody else and, through our own internal dialogue (which is usually less than inspiring), we talk ourselves into victimhood.

The resistance is the problem. And resistance is equal to suffering. And as most of us know only too well, “what we resist persists.”

## IGNITE YOUR LIFE!

In order to move from here to anywhere, it starts with getting clear about where you are and accepting it—being at peace with it and embracing it versus judging it, wishing it were different, and beating yourself up about it. Accept what you don't accept about yourself.

Everything is an opportunity if you say so.

It's the emotion that we attach to things that keeps us stuck. Repeated emotions turn into beliefs. For example, you're beating yourself up because of the extra weight you're carrying and that voice inside your head is saying over and over again, "I'll never be thin."

Everything that we have and everything that we are in our lives is ultimately about creation. On some level, we have played a role in it being the way it is. So wherever you have emotion around an area in your life—for example, frustration—take a look at what you have either done or not done to contribute to it. This is how you ultimately achieve acceptance and take your power back.

So, let's say you're frustrated about your weight or the way you look. Changing it first starts with accepting yourself right where you are, embracing every extra ounce that you're carrying since you had something to do with it being there! From this place of acceptance, you will now be able to free yourself up from paralysis (both emotional and physical) and start to build a plan around how you will release whatever the desired amount is to get to your ideal weight. You will find the journey so much easier and more enjoyable if you embrace yourself and bring yourself along for the ride.

## ACCEPT YOURSELF

The four steps to self-acceptance are:

1. Become aware
2. Accept what is
3. Create a plan
4. Stay open

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### Action Steps:

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- Pick the top area in your life where you're not happy and content. Write down what it is and, in 20 words or less, describe how you feel about it.

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- What have you done that has contributed to it? Or what have you not done or avoided doing that has contributed to it?

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## IGNITE YOUR LIFE!

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- What will it take to accept yourself right where you are? Write down your answer.

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- What three action steps will you take right now? Write down your answer.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# 4

## HOW DO YOU GET YOURSELF STUCK?

*“Most of the barriers to your success are man-made. And most often, you’re the man who made them.”*

—Frank Tiger

You’re probably reading this book because you’re stuck somewhere in your life! The very fact that you made the effort to seek out this book, choose it, and invest in it speaks volumes about who you are: you’re yearning to do something about it, committed to growing and learning, taking on new approaches, and definitely wanting to achieve in your life.

You’re also probably extremely smart. As a coach, I naturally attract super-smart people. So, by the Law of Attraction, the odds are high that you’re extremely smart. On the one hand, there’s a huge amount to acknowledge: your knowledge, your experience, and your accomplishments—that’s everything you already know and have already done. On the other hand, there’s the flip side of that very same coin. When you’re so smart, when you have

## IGNITE YOUR LIFE!

so much knowledge, experience and so many accomplishments, you can do a great job of getting yourself mightily stuck—for example, talking yourself in and out of taking action, thinking yourself into paralysis, and overwhelming yourself with everything that might go wrong.

Notice what barriers you have erected that are getting in the way of achieving success. By taking a powerful inventory of ways that you're getting in your own way, you can identify how to deal with them, get around them, and eliminate them, then accelerate your journey toward success.

As we get to the list of just *some* of the ways that you get yourself stuck, keep these two tips in mind:

1. Remember, you have to be extremely smart to come up with them!
2. Remember to keep breathing!

## WAYS TO GET YOURSELF STUCK

As you read through the list, put an 'x' against each one that makes you go "OUCH" and put an 'x' against each one that makes you "GIGGLE."

Ouch	Giggle	Ways to Get Yourself Stuck
<input type="checkbox"/>	<input type="checkbox"/>	Lack of planning
<input type="checkbox"/>	<input type="checkbox"/>	Lack of organization
<input type="checkbox"/>	<input type="checkbox"/>	Lack of a system and process
<input type="checkbox"/>	<input type="checkbox"/>	Having no direction
<input type="checkbox"/>	<input type="checkbox"/>	Having no destination

## HOW DO YOU GET YOURSELF STUCK?

<input type="checkbox"/>	<input type="checkbox"/>	Having no vision
<input type="checkbox"/>	<input type="checkbox"/>	Having no plan
<input type="checkbox"/>	<input type="checkbox"/>	Having no goals
<input type="checkbox"/>	<input type="checkbox"/>	Relying on memory
<input type="checkbox"/>	<input type="checkbox"/>	Keeping everything in your head
<input type="checkbox"/>	<input type="checkbox"/>	Not writing everything down
<input type="checkbox"/>	<input type="checkbox"/>	All talk and no action
<input type="checkbox"/>	<input type="checkbox"/>	Preparing to prepare
<input type="checkbox"/>	<input type="checkbox"/>	Planning to plan
<input type="checkbox"/>	<input type="checkbox"/>	Meeting about meetings
<input type="checkbox"/>	<input type="checkbox"/>	Not prioritizing
<input type="checkbox"/>	<input type="checkbox"/>	Taking care of everyone else
<input type="checkbox"/>	<input type="checkbox"/>	Taking care of everything except the most important and/or urgent
<input type="checkbox"/>	<input type="checkbox"/>	Over-committing
<input type="checkbox"/>	<input type="checkbox"/>	Multi-tasking
<input type="checkbox"/>	<input type="checkbox"/>	Doing too many things at the same time
<input type="checkbox"/>	<input type="checkbox"/>	Taking on too many projects
<input type="checkbox"/>	<input type="checkbox"/>	Taking on too much at one time
<input type="checkbox"/>	<input type="checkbox"/>	Getting distracted (by people, e-mail, telephones, etc.)
<input type="checkbox"/>	<input type="checkbox"/>	Not making it important enough
<input type="checkbox"/>	<input type="checkbox"/>	Setting unrealistic timelines and deadlines

## IGNITE YOUR LIFE!

<input type="checkbox"/>	<input type="checkbox"/>	Underestimating how long everything will take
<input type="checkbox"/>	<input type="checkbox"/>	Over-scheduling
<input type="checkbox"/>	<input type="checkbox"/>	Not scheduling everything
<input type="checkbox"/>	<input type="checkbox"/>	Not scheduling anything
<input type="checkbox"/>	<input type="checkbox"/>	Being too smart
<input type="checkbox"/>	<input type="checkbox"/>	Saying “I know that”
<input type="checkbox"/>	<input type="checkbox"/>	Knowing how it is
<input type="checkbox"/>	<input type="checkbox"/>	Not knowing what to do, how to do it, etc.
<input type="checkbox"/>	<input type="checkbox"/>	Yes but...
<input type="checkbox"/>	<input type="checkbox"/>	That won't work because...
<input type="checkbox"/>	<input type="checkbox"/>	I can't because...
<input type="checkbox"/>	<input type="checkbox"/>	Nobody can do it as well as I can
<input type="checkbox"/>	<input type="checkbox"/>	Being hard on yourself
<input type="checkbox"/>	<input type="checkbox"/>	Over-thinking
<input type="checkbox"/>	<input type="checkbox"/>	Over-complicating
<input type="checkbox"/>	<input type="checkbox"/>	Being a perfectionist
<input type="checkbox"/>	<input type="checkbox"/>	Needing it to be perfect or not done at all
<input type="checkbox"/>	<input type="checkbox"/>	Needing to be right
<input type="checkbox"/>	<input type="checkbox"/>	Fear of being wrong
<input type="checkbox"/>	<input type="checkbox"/>	Having an attachment to the outcome
<input type="checkbox"/>	<input type="checkbox"/>	Not asking for help

## HOW DO YOU GET YOURSELF STUCK?

<input type="checkbox"/>	<input type="checkbox"/>	By the time I explain it to someone else I could do it myself
<input type="checkbox"/>	<input type="checkbox"/>	It's quicker to do it myself
<input type="checkbox"/>	<input type="checkbox"/>	Needing to do it all at once or not at all
<input type="checkbox"/>	<input type="checkbox"/>	Going it alone
<input type="checkbox"/>	<input type="checkbox"/>	Being strong
<input type="checkbox"/>	<input type="checkbox"/>	Being independent
<input type="checkbox"/>	<input type="checkbox"/>	Isolating yourself
<input type="checkbox"/>	<input type="checkbox"/>	Not believing in yourself
<input type="checkbox"/>	<input type="checkbox"/>	Believing it's impossible
<input type="checkbox"/>	<input type="checkbox"/>	Believing it will never work
<input type="checkbox"/>	<input type="checkbox"/>	Negative self-talk
<input type="checkbox"/>	<input type="checkbox"/>	Negative thinking—I can't
<input type="checkbox"/>	<input type="checkbox"/>	Limiting beliefs—I'm too dumb; I'm too short; I'm unlucky in love
<input type="checkbox"/>	<input type="checkbox"/>	Listening to too many people
<input type="checkbox"/>	<input type="checkbox"/>	Having trouble saying no
<input type="checkbox"/>	<input type="checkbox"/>	Worrying about what others will think or say
<input type="checkbox"/>	<input type="checkbox"/>	Talking yourself in and out of it
<input type="checkbox"/>	<input type="checkbox"/>	Allowing yourself to be stopped by criticism
<input type="checkbox"/>	<input type="checkbox"/>	Not asking for feedback
<input type="checkbox"/>	<input type="checkbox"/>	Getting too many opinions

## IGNITE YOUR LIFE!

<input type="checkbox"/>	<input type="checkbox"/>	Listening to criticism
<input type="checkbox"/>	<input type="checkbox"/>	Listening to others
<input type="checkbox"/>	<input type="checkbox"/>	Not listening to others
<input type="checkbox"/>	<input type="checkbox"/>	Listening to the limiting beliefs of others
<input type="checkbox"/>	<input type="checkbox"/>	Avoiding
<input type="checkbox"/>	<input type="checkbox"/>	Delaying
<input type="checkbox"/>	<input type="checkbox"/>	Procrastinating
<input type="checkbox"/>	<input type="checkbox"/>	Putting it off
<input type="checkbox"/>	<input type="checkbox"/>	Paralysis
<input type="checkbox"/>	<input type="checkbox"/>	Being a victim
<input type="checkbox"/>	<input type="checkbox"/>	Blaming everything and everyone else
<input type="checkbox"/>	<input type="checkbox"/>	Impatience
<input type="checkbox"/>	<input type="checkbox"/>	Putting yourself second
<input type="checkbox"/>	<input type="checkbox"/>	Getting emotional (upset, angry, frustrated)
<input type="checkbox"/>	<input type="checkbox"/>	Getting overwhelmed
<input type="checkbox"/>	<input type="checkbox"/>	Focusing on the problem vs. the solution
<input type="checkbox"/>	<input type="checkbox"/>	Imagining the worst
<input type="checkbox"/>	<input type="checkbox"/>	Expecting the worst
<input type="checkbox"/>	<input type="checkbox"/>	Not taking a risk
<input type="checkbox"/>	<input type="checkbox"/>	Coping
<input type="checkbox"/>	<input type="checkbox"/>	Suffering

## HOW DO YOU GET YOURSELF STUCK?

<input type="checkbox"/>	<input type="checkbox"/>	Settling
<input type="checkbox"/>	<input type="checkbox"/>	Surviving
<input type="checkbox"/>	<input type="checkbox"/>	Resignation
<input type="checkbox"/>	<input type="checkbox"/>	Losing focus
<input type="checkbox"/>	<input type="checkbox"/>	Losing courage
<input type="checkbox"/>	<input type="checkbox"/>	Giving up
<input type="checkbox"/>	<input type="checkbox"/>	Lack of commitment
<input type="checkbox"/>	<input type="checkbox"/>	Lack of clarity
<input type="checkbox"/>	<input type="checkbox"/>	Lack of focus
<input type="checkbox"/>	<input type="checkbox"/>	Lack of follow-through
<input type="checkbox"/>	<input type="checkbox"/>	Lack of consistency
<input type="checkbox"/>	<input type="checkbox"/>	Lack of stick-to-itiveness
<input type="checkbox"/>	<input type="checkbox"/>	Starting and not completing
<input type="checkbox"/>	<input type="checkbox"/>	Not “chunking it down” to bite-size, manageable pieces
<input type="checkbox"/>	<input type="checkbox"/>	Going in a million directions at once
<input type="checkbox"/>	<input type="checkbox"/>	Having to do it all now
<input type="checkbox"/>	<input type="checkbox"/>	Fear
<input type="checkbox"/>	<input type="checkbox"/>	Fear of rocking the boat
<input type="checkbox"/>	<input type="checkbox"/>	Fear of upsetting others
<input type="checkbox"/>	<input type="checkbox"/>	Fear of rejection
<input type="checkbox"/>	<input type="checkbox"/>	Fear of failure
<input type="checkbox"/>	<input type="checkbox"/>	Fear of not doing it right
<input type="checkbox"/>	<input type="checkbox"/>	Fear of not doing it perfectly
<input type="checkbox"/>	<input type="checkbox"/>	Fear of looking silly or stupid

## IGNITE YOUR LIFE!

<input type="checkbox"/>	<input type="checkbox"/>	Fear of not looking good
<input type="checkbox"/>	<input type="checkbox"/>	Fear of standing out
<input type="checkbox"/>	<input type="checkbox"/>	Fear of not making it
<input type="checkbox"/>	<input type="checkbox"/>	Fear of not being good enough
<input type="checkbox"/>	<input type="checkbox"/>	Fear of success
<input type="checkbox"/>	<input type="checkbox"/>	Having no balance in life
<input type="checkbox"/>	<input type="checkbox"/>	Not getting enough sleep or rest
<input type="checkbox"/>	<input type="checkbox"/>	Not getting enough exercise
<input type="checkbox"/>	<input type="checkbox"/>	Not taking care of yourself
<input type="checkbox"/>	<input type="checkbox"/>	Not paying attention to your health
<input type="checkbox"/>	<input type="checkbox"/>	Not having a moment to spare
<input type="checkbox"/>	<input type="checkbox"/>	No contingency time
<input type="checkbox"/>	<input type="checkbox"/>	No margin of time or energy
<input type="checkbox"/>	<input type="checkbox"/>	No reserves
<input type="checkbox"/>	<input type="checkbox"/>	Not staying focused on the present and the future
<input type="checkbox"/>	<input type="checkbox"/>	Holding onto hurt
<input type="checkbox"/>	<input type="checkbox"/>	Dwelling on past failure
<input type="checkbox"/>	<input type="checkbox"/>	Living in the past
<input type="checkbox"/>	<input type="checkbox"/>	Playing it safe
<input type="checkbox"/>	<input type="checkbox"/>	Staying under the radar—maybe they won't notice
<input type="checkbox"/>	<input type="checkbox"/>	Playing “what if...it doesn't work/fit/start/get off the ground, etc.?”
<input type="checkbox"/>	<input type="checkbox"/>	Holding back

## HOW DO YOU GET YOURSELF STUCK?

<input type="checkbox"/>	<input type="checkbox"/>	Playing small
<input type="checkbox"/>	<input type="checkbox"/>	Trying to please everybody
<input type="checkbox"/>	<input type="checkbox"/>	Losing sight of your dream
<input type="checkbox"/>	<input type="checkbox"/>	Losing your passion
<input type="checkbox"/>	<input type="checkbox"/>	Worrying
<input type="checkbox"/>	<input type="checkbox"/>	Doubt
<input type="checkbox"/>	<input type="checkbox"/>	Complaining
<input type="checkbox"/>	<input type="checkbox"/>	Blaming
<input type="checkbox"/>	<input type="checkbox"/>	Losing focus
<input type="checkbox"/>	<input type="checkbox"/>	Explaining, justifying, and defending
<input type="checkbox"/>	<input type="checkbox"/>	Comparing yourself to others
<input type="checkbox"/>	<input type="checkbox"/>	Feeling less than others
<input type="checkbox"/>	<input type="checkbox"/>	Overreacting
<input type="checkbox"/>	<input type="checkbox"/>	Making mountains out of molehills
<input type="checkbox"/>	<input type="checkbox"/>	Not managing yourself
<input type="checkbox"/>	<input type="checkbox"/>	Moving too fast
<input type="checkbox"/>	<input type="checkbox"/>	Moving too slowly
<input type="checkbox"/>	<input type="checkbox"/>	Waiting until you feel like it
<input type="checkbox"/>	<input type="checkbox"/>	Waiting until the perfect moment
<input type="checkbox"/>	<input type="checkbox"/>	Waiting to get motivated and inspired
<input type="checkbox"/>	<input type="checkbox"/>	Waiting until the moon is aligned with Neptune
<input type="checkbox"/>	<input type="checkbox"/>	Wishful thinking

## IGNITE YOUR LIFE!

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### Action Steps:

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- Look at the ways *you* get *yourself* stuck. Write down your top ten OUCHES and your top ten GIGGLES. Use the above list and feel free to add your own.

My Top 10 OUCHES	My Top 10 GIGGLES
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____

- Now we're going to prioritize what makes you wince or giggle the most. Put your list in order, with your biggest OUCH and GIGGLE in the No. 1 spot.

## HOW DO YOU GET YOURSELF STUCK?

### My Top 10 OUCHES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### My Top 10 GIGGLES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

- Write down the top 3 from each of those lists so we can focus on those.

### My Top 3 OUCHES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### My Top 3 GIGGLES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## IGNITE YOUR LIFE!

- For each OUCH and GIGGLE, answer the following questions:

What one thing do you need to do differently right now to get unstuck?

For example, if one of your choices is to do with over-scheduling, what will it take to change it? What are you willing to do differently, say no to, schedule differently?

OUCH 1	_____	GIGGLE 1	_____
OUCH 2	_____	GIGGLE 2	_____
OUCH 3	_____	GIGGLE 3	_____

What do you need to change about yourself today to get unstuck?

If you select “waiting until you feel like it,” what will it take to push through that and do it now?

If it’s “getting distracted,” what are you getting distracted by? What will it take to manage that distraction?

OUCH 1	_____	GIGGLE 1	_____
OUCH 2	_____	GIGGLE 2	_____
OUCH 3	_____	GIGGLE 3	_____

# 5

## YOUR LIFE BALANCE PUZZLE

*“Be aware of wonder. Live a balanced life—learn some and think some and draw and paint and sing and dance and play and work every day some.”*

—Robert Fulghum

Imagine that your life is like a jigsaw puzzle, made up of key elements. These include:

- Business/Career
- Money
- Romance
- Family
- Friends
- Home
- Fun and Leisure
- Health and Well-Being
- Personal Growth (Spirituality / Learning)

## IGNITE YOUR LIFE!

- Gifting Time and/or Money (Making a Difference / Community)

Let's clarify each area.

### **BUSINESS/CAREER**

This is what you do in the world, either through your own business or your job. This is how you fill your working hours. This is how you answer that so-often-asked question: “What do you do?”

### **MONEY**

This is how you feel about how you're doing in this area of your life. It's not about how much money, real estate, or investments you have. To illustrate this, there are multi-millionaires walking the planet who will never have enough, will never feel content, and conversely, there are people on minimum wage who are completely fulfilled.

### **ROMANCE**

This is that special relationship in your life—the relationship with your significant other, your life partner, or your spouse. This is the area of your life where you express, share, and experience love with someone special.

### **FAMILY**

This is the group of people either you were born into or you acquired along the way by one means or another. They are often the ones you are closest to and who are at times the most crazy-

## YOUR LIFE BALANCE PUZZLE

making. They may know you only too well, or maybe think they do. They can offer the greatest opportunity to learn, and then you choose to be either like them or exactly the opposite!

### **FRIENDS**

These are the people you choose to share your life with, either on a light, casual, social level or on a deeper, perhaps longer-term level. For some, these may be the people you play with; for others, they are the ones you know you can count on at any time. You may have tons of friends, or you may be able to count your friends on one hand.

### **HOME**

This is the place where you live—whether you own, rent, or share it, this is where you call home. It's the roof over your head, your battlefield or your refuge, as the case may be.

### **FUN AND LEISURE**

This is anything you deem fun and relaxing—from skydiving to meditating, from getting together with great friends to taking a wonderful nap. For those who are completely driven, you may have forgotten what fun is and how to relax. Don't worry, it's like riding a bicycle—it will quickly come back to you!

### **HEALTH AND WELL-BEING**

This is the area of your physical health. This might also include how you take care of yourself in various ways—for example, exercise, diet and nutrition, rest, etc.

## IGNITE YOUR LIFE!

### **PERSONAL GROWTH (SPIRITUALITY / LEARNING)**

This means different things to different people. For some, learning can come from life experience. For others, it is more in the area of spirituality. It can mean growing through seminars or reading. And it can also include working with a coach!

### **GIFTING TIME AND/OR MONEY (MAKING A DIFFERENCE / COMMUNITY)**

This is the altruistic, gifting area of your life. This is how you choose to make a difference in the world. It can be about gifting money by donating to your favorite charity. Or it can be about gifting your time by volunteering. And it can also be about creating an organization and enrolling the support of others in their gifting of time and/or money. This could also include how you feel about your level of involvement with your immediate, local, national, and/or world community.

As you read this, you're probably experiencing more success in certain areas of your life than others. You are most likely happier with the progress you're making in certain areas of your life and would like things to be very different in other areas.

Let's start by taking a look at how you feel about your life. Is it calm and serene, with every area in perfect balance? How often do you experience it as overwhelmingly busy as you bounce from one thing to the next? There's so much to do, so many people to take care of, you can barely catch your breath and never have enough time for it all. You find yourself almost in survival mode, reacting to whatever presents itself as the most

## YOUR LIFE BALANCE PUZZLE

urgent, and race from one project or person to the next. Does this sound familiar?

Before you get overwhelmed and paralyzed with the potential magnitude of it all, let's break it down into the key areas in your life—your **Life Balance Puzzle**. As you read this, refer to the **Life Balance Puzzle** graphic on **Page 48** and go to [www.IgniteYourLifeBook.com](http://www.IgniteYourLifeBook.com) for your free PDF version to download and print out.

### **YOUR LIFE BALANCE PUZZLE:**

In your **Life Balance Puzzle**, you'll see that there are ten key areas in your life, each with ten puzzle pieces.

Focus on each area one at a time. Take a moment and think about how you feel about each area in the present moment—not how you wish it had been ten years ago, last month, or last week, nor what you hope it's going to be ten days, ten weeks, or ten years from now, just in the present moment.

Remember, there are no right or wrong, good or bad, or “perfect” answers about how you feel about the various areas of your life. How you rate each area merely reflects how you feel right now. It's just a number, and if you so choose, it will create an opportunity for you to cause change in your life. Imagine what your life will be like then...!

Focus on how you feel about each area. For example, in the area of Money, remember it's not about how much money, real estate, or investments you have. It's about how you feel about where you are right now in this area.

## IGNITE YOUR LIFE!

Be honest. This is your tool to get clarity about where you are, where you're stuck, and where you would like to get to. There is no one to impress. This is between you and yourself. The more honest you are about how you feel about each area in your life in the present moment, the quicker you'll discover how to get to where you want to be.

Keep your top 3 OUCHES and your top 3 GIGGLES in mind. You already know what they are and what you need to do differently and change. So use them to easily create your **Life Balance Puzzle**.

Take the **Life Balance Puzzle** on like a game. Enjoy the process! Let go of feeling bad and regretting what you haven't done in the past. If you're still reading, you're clearly up to the challenge of achieving in your life, building on where you already are, and reaching new levels of achievement and fulfillment.

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### Action Steps:

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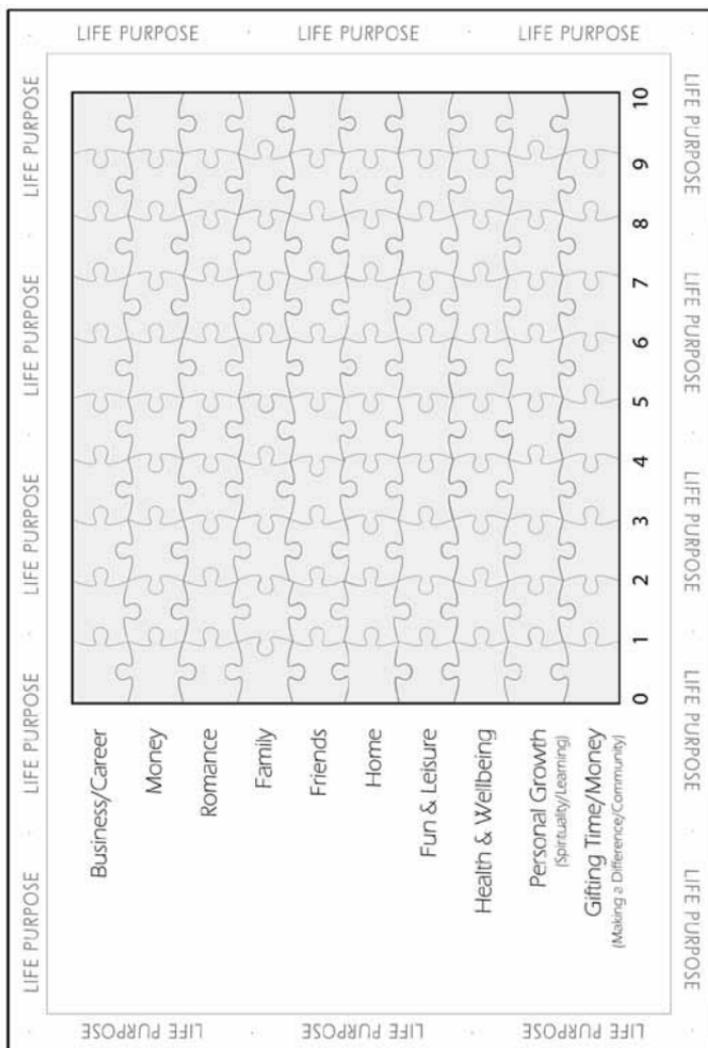
- Rate each area in your **Life Balance Puzzle** on a scale of 1–10, 1 being lowest (couldn't be worse) and 10 being highest (couldn't be better). Circle the number that applies to you.
  - ◆ Remember not to judge how you feel about the number that you give each area. It's just a number, and it gives you clarity about where you're at right now. This is just a benchmark.

## YOUR LIFE BALANCE PUZZLE

Business/Career	1	2	3	4	5	6	7	8	9	10
Money	1	2	3	4	5	6	7	8	9	10
Romance	1	2	3	4	5	6	7	8	9	10
Family	1	2	3	4	5	6	7	8	9	10
Friends	1	2	3	4	5	6	7	8	9	10
Home	1	2	3	4	5	6	7	8	9	10
Fun and Leisure	1	2	3	4	5	6	7	8	9	10
Health and Well-Being	1	2	3	4	5	6	7	8	9	10
Personal Growth	1	2	3	4	5	6	7	8	9	10
Gifting time and/or Money	1	2	3	4	5	6	7	8	9	10

## IGNITE YOUR LIFE!

### Life Balance Puzzle



- Fill in the puzzle pieces.
- For example, if you rated your Business as 5, fill in 5 puzzle pieces. If you rated your Health as 7, fill in 7 puzzle pieces, and so on. Make it fun by using colored pens, colored pencils, or crayons!