

LIVING YOUR BEST YEAR EVER

BELONGING TO

DATED

FROM _____ TO _____

ADDITIONAL SUCCESS TRAINING BY DARREN HARDY

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LIVING YOUR BEST YEAR EVER

A Proven System for Achieving
BIG GOALS

BY DARREN HARDY

New York Times Bestselling Author
& World-Renowned Success Mentor



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“

DREAM NO SMALL
DREAMS FOR THEY HAVE
NO POWER TO MOVE THE
HEARTS OF MEN.”

— JOHANN WOLFGANG VON GOETHE

PREFACE

Hello friend. I know you.

I may not know you personally, but I know about you. I know you want to do something great with your life. I know you want to have more, achieve more, and become more than most settle for. I know you have unrealized dreams, greater aspirations, and a desire to do something significant.

I know this because you have this book in your hands. You and I are alike. We are achievers. Some people are afraid of the concepts in this book. They don't want to do more. They are content, satisfied, and settled. They are afraid of having big goals and they are scared of stepping out of the comfort of sameness and mediocrity. But that's not you.

YOU are the one I designed this program for.

THE TOP 3 PERCENT

By choosing to participate in this program, you have separated yourself from almost everyone else—or at least from 97 percent of the population that doesn't give thoughtful contemplation to their life's desires, nor chart a proper course to take their life in that direction.

Most people are more diligent about making their grocery lists or planning a vacation than they are about designing their lives. Most people—97 percent of them—couldn't be bothered. That is why it is so easy to get ahead in life—to stand out and Be The Exception.

That means you. Congratulations!

Is it that easy to step ahead of everyone you work with, compete against, live around, associate with, and meet on the street? The answer is yes!

IF IT'S SO EASY, WHY DOESN'T EVERYONE DO IT?

In this program, I will show you how to achieve in a few months what it takes others an entire lifetime to achieve. If you've got the ambition and passion to radically redesign your future, then this is the program for you.

Whenever I am asked the number one skill I would attribute to any unusual success I have had, I am quick to answer: my ability to set, stick to, and achieve big goals.

“

THE GOAL OF THIS
HUMAN ADVENTURE IS
TO SEE WHAT ALL WE
CAN BECOME WITH ALL
WE HAVE BEEN GIVEN.”

—JIM ROHN

I learned the principles of goal setting when I was only 18 years old. I set an outrageous goal to earn a six-figure income (while still attending college) before my 19th birthday. I hit that goal. Then I set a goal to earn a million dollars a year in only five years. I hit that goal. Then I set a goal to be worth several million dollars and have my company generating more than \$50 million in revenue only three years later (age 27). I hit that goal! Needless to say, I am a big believer in the study and practice of setting goals.

There is a reason why goal setting doesn't work for most people. Goal achieving is not merely the act of writing down a list of wishes as if it were a Christmas list, with the hope you will wake up one morning with your goals neatly stacked under the tree. That is not how it works.

There is a precise process for not only discerning what you really want and what is most important to you, but also developing a specific plan of action that will keep you motivated and accountable long enough to see those goals and dreams come to fruition.

HOW SHOULD I KNOW?

Over the past 25 years of my life, I have voraciously studied, practiced, tweaked, and refined the process of designing each year with the goal to make it even better than the last one, making each one best year ever. I know it works and now I'm sharing it with you.

You hold in your hands that formula—the very best I have learned and proven to work for achieving big, audacious, and wildly ambitious goals. Follow this program and you too will have the formula to achieve your own great dreams, desires, and outrageously exciting goals.

Welcome. Life will never be the same after you turn the page and get to work with me.

Cheers to your best year ever!

Your Success Mentor,

A handwritten signature in black ink, appearing to read 'D Hardy', with a large, stylized flourish at the end.

Darren Hardy

INTRODUCTION

During World War II, enemies torpedoed a Navy cruiser carrying more than 1,100 crew members. As the ship sank into the frigid water, the crew floundered in the sea for five days. They were starving, drowning, and being attacked by sharks.

The ocean current pulled nine men away, splintering them from the rest of the ranks. A young officer among the nine saw the small group beginning to lose their will. He asked them about their families and lives back home. He asked them to describe what they were going to do when they got back. He asked them what they wanted to accomplish and what difference they wanted to make. He asked them to envision how scared their spouses and children were; how their parents must feel not knowing if they were alive. He asked them to fight to stay alive—not only for themselves, but for their loved ones back home.

Finally, a passing plane spotted the men in the water. Two-thirds of the 1,100 crew members perished. However, all nine inspired by that young officer lived. This story helps to illustrate the importance of vision.

“Where there is no vision, the people perish.”

-Proverbs 29:18

What is the vision for your life? It needs to be bigger than yourself. What are you willing to fight for? Who are you willing to fight for? Who are you willing to live for?

In this program, I will help you answer some life-changing questions: What is your grander purpose in life? What really motivates and ignites your passion? What will keep that passion burning long enough for you to achieve your wildest and most outrageous goals?

Do you remember all the big dreams you had when you were younger—dreams so exciting you could barely wait to grow up so you could pursue those grand dreams?

You had those dreams for a reason—your inner potential was casting a vision of what is possible for you. Somewhere along the travels, trials, and tribulations of life, you may have forgotten your dreams, become distracted, or had someone else convince you they weren't possible.

I want to help you rekindle those dreams and show you they're not only possible, but also attainable. We'll build the path that will lead you directly and expeditiously to them.

TIME TO SOAR

There's a story about a large, majestic mountainside where a fragile eagle's nest rested. The eagle's nest contained four large eagle eggs. One day an earthquake rocked the mountain causing one of the eggs to tumble down the mountain to a chicken farm located in the valley below. By instinct, the chickens knew they must protect and care for the egg, so an old hen volunteered to nurture the large egg.

One day the egg hatched and a beautiful eagle was born. The eagle was raised to be a chicken and believed he was nothing more than that.

Though the eagle loved his home and family, his spirit cried out for more. One day while playing a game on the farm with some of his chicken friends, the eagle looked to the skies above and noticed a group of mighty eagles soaring overhead. "Oh," the eagle cried, "I wish I could soar like those birds." His chicken friends roared with laughter, "You cannot soar with those birds! You are a chicken and chickens do not soar." The eagle continued staring—at what was his real family up above—dreaming that he could be with them. Each time the eagle let his dream be known, he was told it couldn't be done.

The eagle, after a while, stopped dreaming and continued to live his life like a chicken. Finally, after a long life as a chicken, the eagle died—a chicken.

What's the moral of the story? If you listen to the chickens around you, you'll live and die like them—a chicken.

Inside you is that eagle. How do I know? You wouldn't have picked up this book if something inside you didn't call out to you. This is your call to soar. You are an eagle. It is time to follow YOUR dreams and not the words of chickens.

NOW is your time. Now is YOUR time to soar.

I'm a believer that things happen for a reason and there aren't any "accidents." This is your opportunity. This is your time. This is your chance. But it is up to YOU to get the hint and answer the call.

Are you living the life you envisioned for yourself? Are you where you thought you would be by now? Did you think you would be richer and healthier? Have a better intimate relationship and more friends? Experience more joy and have more peace of mind than you do now?

YOUR TURNING POINT

You've probably heard the definition of insanity as described by Albert Einstein—doing

the same things over and over and expecting different results. If you want this year to be different than last year, then NOW is the time to do something different.

Here's what's exciting: no matter what your past has been, your future is spotless. You can recreate yourself anew starting right now.

Humans are unique. We are the only species who can completely change the course of our lives. Ants can't. Alligators can't. Lions can't. Only humans can. If a goose wanted to fly west instead of south for the winter, it couldn't. Animals are directed entirely by impulses written into their genetic code. But we are different. If you don't like the story of your life thus far, you can tear up that script and write a completely new one.

Ask anyone who has achieved great success in life—they all had a defining turning point. A time when they made a clear and resolute decision that from that moment forward, their life would never be the same. They drew a figurative line in the sand and separated the patterns of their past from their new vision of themselves and the life they were committed to leading. Some make that turning point at age 15, some not until they're 50. Some do it several times throughout their lives. Some never at all.

My challenge to you is this—make NOW your turning point.

This year, this month, this day, this moment—what you have accomplished so far is only a fraction of what's truly possible for you. You are far more powerful, capable, and gifted than you allow yourself to be. The only thing separating you from the grandest vision of your life is courage. Muster the courage to declare that right now—this is your turning point.

Make a decision. When the clock strikes midnight next year, you'll be able to look back at this moment as your pivotal turning point for the dream life you will be enjoying.

HOW TO USE THIS SYSTEM

Each step of this program will be a new layer of the cake. It's essential you complete each step of the process before moving to the next. If you add frosting before the cake is done, it will get messy. So will your plan.

Let me warn you. You might be excited and committed to designing your best year ever now, but life will soon get in the way. You'll need to consciously force yourself to keep carving out time to do this and stay committed to the weekly Achievement Management System (AMS).

Learning to achieve big goals is the master skill for success. If you don't do the work, you won't get the results. I can't tell it to you any simpler than that. Don't skip this process then complain about how your life isn't working out how you thought it would.

This is it, but you have to do the work. Stick with me. It's simple and relatively easy to do—it is certainly easier than making excuses about why you are not living up to the potential you were given and are still living in the pain of discontent.

LET THE JOURNEY BEGIN!

It's time to design and live your best year ever!

***BONUS**

To help you get started on this journey, I invite and encourage you to listen to the complimentary audio companion program available here: LivingYourBestYearEver.com/Resources

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IF YOU ARE NOT MAKING THE
PROGRESS THAT YOU WOULD
LIKE TO MAKE AND ARE
CAPABLE OF MAKING, IT IS
SIMPLY BECAUSE YOUR GOALS
ARE NOT CLEARLY DEFINED.”

-DARREN HARDY

STEP ONE

THE WHY IS MORE
IMPORTANT THAN THE HOW

As you will discover in this program, it is always more important to know the ‘why’ than the ‘how.’ Often, the ‘how’ is laborious, tedious, or even frustrating. If there is not a powerful and compelling ‘why’, then you’re not likely to persevere through the how. So before we go through the labor of designing your best year ever, let me start by explaining why you should set goals in the first place.

When I attended the funeral of another mentor of mine, Paul J. Meyer, I was reminded how full, rich and diverse a life he led. He achieved, experienced and contributed more in one lifetime than the lives of twenty people combined. Reading his obituary made me reassess the speed, quantity, and size of my goals.

If Paul were here, he would tell you the reason for the quality and quantity of his successes came down to setting and staying committed to big goals. In fact, he wrote one of the first programs on the topic: “Dynamics of Personal Goal Setting.” A couple of ideas I will share with you come from my studies and practices of that program.

THE TWO COMMON TRAITS OF SUPERACHIEVERS

People often ask me what common traits I observe as I’ve interviewed and gotten to know many of today’s super-achievers. My answer is quick because the commonalities are shared by nearly 100 percent of them. The two common traits of almost all great achievers are:

1. An unyielding commitment to constant learning
2. Clearly written goals and specific plans laid out to achieve them

So, here’s a question for you: If you knew that devoting a few hours designing your goals clearly on paper with an action plan to achieve them would significantly multiply the results, would you do it? Would it be worth it? Easy answer, but it’s easier said than done.

Let me outline the compelling advantages that having clearly designed goals gives you.

THE KILLER ADVANTAGE OF SPEED

No matter your background, education, or current level of success, if you master the skills and system I'll show you, you can instantly gain a speed advantage over everyone else around you. You can access more of the grand potential within yourself and achieve more in a year than others might accomplish in their entire lifetime. You can achieve vastly more in a shorter period than you ever imagined.

I have seen many people with average intelligence run circles around supposed geniuses. The one who learns the skills of effective goal setting and achieving will become far more wealthy, successful, and happy than geniuses who don't know what they want!

Put it this way: A genius will still get lost in a foreign country without a map. Even a numskull will arrive at the destination faster if they have a clear destination and follow a map. HAVE A MAP of where you want to go.

Here is an example of how goals give you direction and speed: There were three boys out hiking who came upon an open field. They decided to have a contest to see who could walk the straightest line.

The first two boys studied each step, carefully putting one foot in front of the other. When they looked up, they could see they had zigzagged and arched off in one direction or the other.

The third boy walked a perfectly straight line and did it with much more speed. How did he do it? He kept his eyes focused on a single tree in the distance and simply walked directly toward it.

While most people may be paying attention to what they are doing or where they are going day to day, it is only when you have goals set out on the horizon that you can directly and expeditiously advance your life in that direction.

Learning to set and stick to goals is the master skill of success. Without goals, your life is like a boat out at sea without a rudder. You drift along with the current, inevitably crashing into rocks time and time again.

Proper goal setting puts you in a speedboat and gives you a target to steer toward. You will go directly to your destination and arrive with great speed.

DISCOVERING YOUR INDOMITABLE INNER POWER

Have you tried before and failed? After your initial excitement to make a change has

faded, have you found it challenging to stay motivated long enough to see your goal realized? Not to worry. This time can be different. This time, I will help you find your unconquerable inner power, drive, and unrelenting passion. No, it's not your willpower; it's your 'Why Power.' This kind of power will drive you to move mountains, swim oceans, and walk through fire to accomplish your goals.

Let me pull an excerpt from my book *The Compound Effect: Jumpstart Your Income, Your Life, Your Success* to help illustrate this:

If I were to put a ten-inch-wide, thirty-foot-long plank on the ground and say, "If you walk the length of the plank, I'll give you twenty dollars," would you do it? Of course. It's an easy twenty bucks. But what if I took that same plank and made a rooftop "bridge" between two 100-story buildings? That same twenty dollars for walking the thirty-foot plank no longer looks desirable or even possible, does it? You'd look at me and say, "Not on your life."

However, if your child was on the opposite building and that building was on fire, would you walk the length of the plank to save him? Without question and immediately—you'd do it, twenty dollars or not.

Why is it that the first time I asked you to cross that sky-high plank, you said 'no way,' yet the second time you wouldn't hesitate? The risks and the dangers are the same. What changed? Your why changed—your reason for wanting to do it. You see, when the reason is big enough, you will be willing to perform almost any how.

FINDING YOUR FIGHT

In the Andes Mountains, two warring tribes not-so-peacefully co-existed—one lived in the lowlands and the other high in the mountains. One day, the mountain people invaded the lowlanders, plundering the village and kidnapping a baby. They vanished with the infant, taking her up to their mountain settlement.

The lowlanders pushed to action at the disappearance of one of their own. However, they didn't know how to climb the mountain or where to find the mountain people, nor did they know any of the trails that the mountain people used or how to track them in the steep terrain. Even so, they sent their best party of fighting men to climb the mountain to seek the child and bring her home.

The men tried one method of climbing after another. They tried one trail after another. After several days of effort, however, they had climbed only a few hundred feet. The

lowlander men, feeling hopeless and helpless, decided that the cause was lost and prepared to return to their village below.

As they were packing their gear for the descent, they saw the baby's mother walking toward them. They realized she was coming down the mountain they hadn't been able to climb up. They also saw that she had the baby strapped to her back. How could that be?

One man greeted her and said, "We couldn't climb this mountain. How did you do this when we, the strongest and most able men in the village, couldn't do it?"

She looked intently at them and said, "It wasn't your baby."

The power of your 'why' is what motivates you through the grueling, mundane, and laborious tasks. All of the 'hows' in life will be meaningless until your 'whys' are powerful enough. Until you've set your desire and motivation in place, you'll abandon any new path you seek to better your life.

If your 'Why Power'—your desire—isn't great enough, and if the fortitude of your commitment isn't powerful enough, then you'll end up like every other person who makes a New Year's resolution: giving up too quickly and reverting to a life of ho-hum mediocrity.

Not you. Not anymore.

The person who has a clear, compelling, and white-hot burning reason 'why' will always defeat the best of the best at doing the 'how.' We see this reality played out repeatedly. It's where greatness and extraordinary achievement comes from.

It's time we unlock your deep-seated passion and embolden you with the unstoppable power and fortitude of your 'Why Power.' This program will give you the keys to unlock it.

"He who has a why to live for can bear almost any how."

-Friedrich Nietzsche

HOW GOAL SETTING ACTUALLY WORKS

Let me reveal the 'secret' of goal-setting: You only see, experience, and attain what you look for. If you don't know what to look for, you certainly won't attain it.

By our very nature, we are goal-seeking creatures. Your brain tries to align your outer world with what you are seeing and expecting in your inner world. When you instruct your mind to look for the things you want, you will begin to see them. In fact, the object of

your desire has probably always existed all around you, but your mind and eyes weren't seeing it.

This is actually how the 'Law of Attraction' really works. It is not some mysterious esoteric voodoo as it sometimes is described; it's far more straight-forward and practical.

We are all surrounded by billions of visual, audio and physical messages each day. To keep ourselves from going insane we ignore 99.9 percent of them. You only really see, hear, or experience those you focus your mind on.

Make sense? It's not mysterious at all; it's actually quite logical. Whatever your mind is thinking on the inside is what it will pay attention to on the outside. All of a sudden, you 'see' it.

Did you ever start car shopping only to begin seeing the make and model of your prospective car everywhere? It seems the car is suddenly on every street and in every parking lot you pass. More likely, those cars have been there all along and you simply weren't paying attention to them. Thus, they didn't really 'exist' to you before.

When you define your goals, you give your brain something to focus on and look for. You give your mind a new set of eyes with which to see the people, circumstances, conversations, resources, and ideas around you. These new eyes help you go about matching up the outside with what you want on the inside—in other words, your goals. It is that simple. The difference in how you see, experience, and 'draw' ideas, people and experiences into your life after you have clearly defined your goals is profound.

Through this program, I will guide you through all the potential pitfalls to ensure you have the precise formula for achieving the boldest goals and wildest ambitions you can dream up! So, take a moment right now to look in the mirror and say goodbye to your old self. Life will never be the same starting today.

I will warn you, though. If you are going to take this journey with me, you will need to be serious. Be serious about significantly changing the trajectory of your life. Be serious about wanting to access your great, but maybe mostly dormant, potential, and set it free. Be serious about challenging old thought and behavior patterns and declaring new choices. Now is the time to establish new behaviors, build new skills and take bold, new actions to realize your great goals today!

Are you up for the challenge? If you are serious and ready to commit to this process, I promise you it will be one of the most important decisions you will ever make for your life's success. I can personally testify to this.

COMMITMENT PLEDGE

I, _____, being of sound mind and body, do hereby pledge to commit to Living My Best Year Ever. I will set bold and audacious goals to tackle big challenges and will back it up with courageous, consistent, and obsessive action. I will stay steadfast in my commitment so that my example may serve to make a positive impact on those around me.

I hereby acknowledge that I was born to be great, and it is my responsibility to nurture those seeds inside. Good is no longer good enough. I will step up, be accountable and do the hard work others don't, so my family and I can enjoy the lifestyle most won't.

I hereby commit to completing the Living Your Best Year Ever program. I will use the Achievement Management System each week to confidently and expeditiously take me toward the accomplishment of my big, audacious, and wildly ambitious goals!

Signature of Commitment

Date _____

“

DEEP INSIDE YOU IS AN
UNDENIABLE, UNTAMED
FORCE REFUSING TO BE
ORDINARY AND DESIRING
TO BE GREAT. LET IT OUT.”

-DARREN HARDY



STEP
TWO

YEAR IN REVIEW

History often repeats itself. Why you quit your first diet is likely why you'll quit your next one. The communication problems from your first marriage will likely surface in your second. The New Year's resolution you failed to complete last year will likely be your resolution this year. But how do you avoid making the same mistakes? Learn from your past successes and failures.

“Those who cannot learn from history are doomed to repeat it.”

—GEORGE SANTAYANA

WHY MOST GOAL SETTING FAILS

Here is an excerpt from my feature article in the January 2010 issue of *SUCCESS* Magazine: “Why Goal Setting Doesn't Work” on five reasons why most people fail to reach their goals.

1. Wish List and Cross Your Fingers

You cannot merely write down a list of wants on New Year's Day, stick it in a drawer for the rest of the year and wait around for your life to change.

2. Clear as Mud

Your goals have to be crystal clear. You have to give clear instructions to your brain for it to see and 'draw' into your life what you need to accomplish your goals. Just like the combination on a lock, the digits in a phone number or an ATM code, if the instructions are off by only one digit, they won't work.

3. All Talk

Proclaiming your goal is just the starting point. Now you have to actually draw a map for exactly how you are going to get there and define the resources you'll need to arrive safely.

4. Houston, We Have a Problem

You must have your own command and control system to keep on track along your journey into the unknown.

5. Lack of Reinforcements

And don't forget the support and guidance of people and resources you will need along the way.

Before marching blindly into the next year, the first and most important activity is to take a look back at the year prior.

In this section, we'll learn how to examine your past successes and failures through an important process I learned in life called "Plan, Do, Review, and Improve."

PLAN, DO, REVIEW AND IMPROVE

What were your successes and where did you come up short? What has worked? What hasn't? Which were good decisions and which were poor decisions? It's vital to learn the lessons of life quickly or you will be apt to repeat them. Here's what I can tell you: the smack in the head gets harder and tuition for the lesson gets steeper each time. So, it's better (and less painful!) to learn each lesson the first time.

The process of Plan, Do, Review, and Improve will help ensure that you benefit from the intended lesson and schedule the necessary improvements to triumph in the next round.

The process is a simple one: First, you make a **Plan** or set goals. (Not planning is a plan, too—just a bad one.) Next, you **Do** or execute. Then, you assess how you did in **Review**. In the review stage, you measure your accomplishment, counting your wins and losses. Then finally, make necessary adjustments to **Improve**.

“The definition of insanity is doing the same thing over and over again and expecting different results.”

—ALBERT EINSTEIN

Here's a quick tip: *When doing my yearly review, I keep last year's calendar, photo albums, and online photo storage service handy to help jog my memory of all the events and activities of the past year.*

We will review the entire year, so start thinking. What were the ten best things that happened to you or your family last year? Your answers could be that you purchased a home, had a child, got promoted, or started building your own business. There's no right or wrong answer—just the truth. And yes, you have ten. They may not spring to mind all at once, but think of ten great happenings in your life and write them down. Use the resources mentioned above to jog your memory.

Continue to inventory your most significant accomplishments, the lessons learned, the personal development tenets you've employed, and the smartest decisions you made last year.

Skip this step and you might not even realize you are off course until too much time has passed, too many resources have been spent, and your life is on the rocks.

YEAR IN REVIEW WORKSHEET

10 GREATEST HAPPENINGS FROM LAST YEAR:

1

2

3

4

5

6

7

8

9

10

I am most proud of these three accomplishments from last year:

1

2

3

Three greatest lessons I've learned from last year:

1

2

3

Three personal improvements I have made in the past year are:

1

2

3

If I could go back and do it again, I would do these three things differently last year:

1

2

3

The greatest influences (products, people, viewpoints, other) on me in the last year:

1

2

3

Smartest decision I made last year:

1

2

3

Most caring service I performed last year:

1

2

3

Biggest risk taken last year:

1

2

3

Most important relationship improved last year:

1

2

3

One word that best sums up and describes last year's experience:

1

Three things I need to do less of in the next year are:

1

2

3

Three things I need to do more of in the next year are:

1

2

3

Three things I need to stop doing altogether in the next year are:

1

2

3

“

DREAMS COME WITH
STRINGS ATTACHED: HARD
WORK, DETERMINATION,
PERSISTENCE, SACRIFICE,
COMPROMISE, AND
PASSION.”

—DARREN HARDY



STEP
THREE

FOUNDATION OF ABUNDANCE

There is one thought that can change your life.
This one thought can:

- Create great wealth
- Bolster your health and keep disease at bay
- Unlock your greatest potential
- Forge and fortify deep abiding love
- Inspire great joy to the point of bliss

Of all the thoughts you experience and control, there is one that can profoundly transform your life daily—Gratitude. Realizing what you already have is an essential step in creating the goals for what you want.

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”

—OPRAH WINFREY

THE CREATION PROCESS FORMULA

We get out of life what we create. Simple enough, right? We are all creative beings. We all arrive on this spinning orb the same—naked, scared, and ignorant. What becomes of our lives from that point forward is what we **create** for ourselves.

INPUT ▶ THOUGHT ▶ EXPECTATION
▶ CREATION ▶ LIFE RESULTS

So, what drives and determines what you create in your life?

In a word: **expectation**. You may have heard the saying, "Expectation manifests into creation." Thus, expectation determines what we create in our lives.

So, what then are we expecting? Why does one person have a different expectation for life than another?

It's our **thoughts** that drive our expectations. Whatever we're thinking about becomes our expectation of what will happen. Good or bad, our thoughts have a powerful effect on our lives. This is why many of the great self-improvement books have focused on the power of thought: *Think and Grow Rich*, *The Power of Positive Thinking*, *As a Man Thinketh*, *The Magic of Thinking Big*, etc.

This is why what you think about comes about.

PREVENTING THE FATAL MISTAKE

During the goal-setting process, you can actually turn this creative process against you. As you design the life you want, you will be fixated on the life you don't have. You will focus on all you don't have, what you haven't accomplished, and all that you are not yet.

While you need to have a vision for where you want to go and who you want to become, it is critical to first get centered, grounded, and affirmed with the abundance you already possess. You want your mind and creative process fixed on abundance. An abundance mindset comes from realizing and appreciating all that you already have and all that you already are.

Gratitude is the attitude that changes everything.

We can stop the natural, negative doubts deep inside our minds by redirecting them toward abundance. This simple shift can change your world and all that you create in it. An attitude of gratitude adjusts your mind to focus on the positive. Thus, you'll see, discover, and create more of the same, experiencing more abundance, prosperity, wellbeing, love, joy, and happiness.

THE TANGIBLE BENEFITS OF GRATITUDE

Health

Research has proven that practicing gratitude improves our emotional and physical wellbeing and reduces stress, worry, fear, and anxiety, as well as conditions closely associated with these emotions, such as high blood pressure, depression, heart disease, and immune system deficiencies. Gratitude can save and prolong your life.

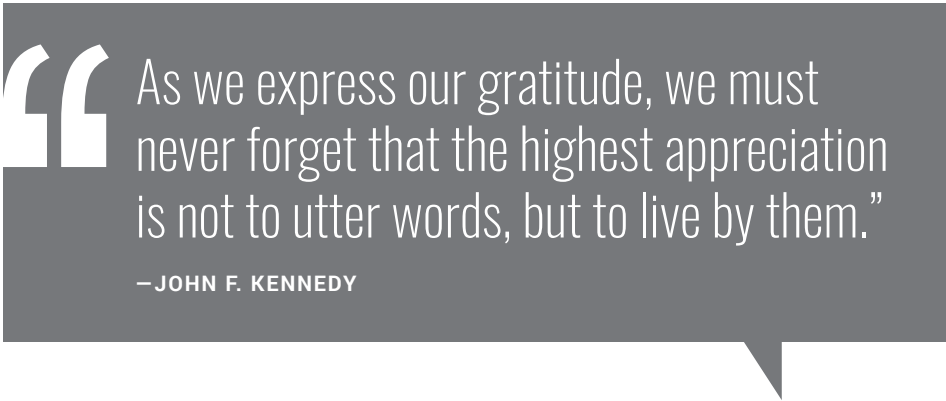
Relationships

I loved what Joel Osteen told me during my *SUCCESS* interview with him. He said our romantic partners usually fulfill only about 80 percent of our needs. Most people, however, focus on the 20 percent that's missing. Thus, they ultimately become unhappy and unfulfilled. Sadly, many people will leave their relationships to find that 20 percent in someone else. What they find is that "new" person will also fulfill only about 80 percent of their needs—they're just different needs and expectations from their last partner.

The key is to focus on the 80 percent that is right, wonderful, and beautiful about your partner and your relationship. Your positive perspective will change how you behave, interact with, and support your partner. Your partner will respond to this more positive behavior in kind. Gratitude can build and deepen your relationships.

Wealth

When you see the glass half full versus half empty, you will start to see the abundance of water all around you. When you attune your mind to abundance, you will begin to develop new ideas and see the opportunity and potential all around you. Your positive outlook will change how you walk, talk, and interact in the world. Other influential and resourceful "birds of a feather" will also see the commonality and flock to you. Gratitude can make you wealthy.



“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

—JOHN F. KENNEDY

GRATITUDE IS A CHOICE

It can become a positive habit—but only with discipline. With continued exercise, practicing gratitude will create more abundance, prosperity, wellbeing, and happiness than you ever thought possible. To create abundance, you must first acknowledge and appreciate the abundance you already have. If you operate from what you lack, you will continue to produce outcomes to match it.

To turn this around, start thinking about the vast abundance you already possess. This attitude or mindset will now attract more of it into your life. Your external life will begin to mirror your new internal one.

Review the many blessings in your life and expose areas in your life that are wealthy, abundant, and prosperous. Concentrate on the abundance you already possess, and you'll find it easier to focus on what's possible and what you can accomplish, versus what you lack and what you have failed to get thus far. With such a positive look at the past, you will be able to turn toward the future with arms wide open—ready and willing to receive all of the blessings yet to come.

“ Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

—THOMAS JEFFERSON

Remember: like attracts like. An abundance state of mind will be the proper workshop for your inner creative genius to work its magic.

GRATITUDE WORKSHEET

Three amazing people in my life are:

1

2

3

Three great things about my home and where I live are:

1

2

3

Three great things about where I work and what I do for a living are:

1

2

3

Three great gifts of unique talent and skill I have been given are:

1

2

3

Three great gifts of knowledge and experience I have developed are:

1

2

3

Three ways I have experienced "luck" in my life are:

1

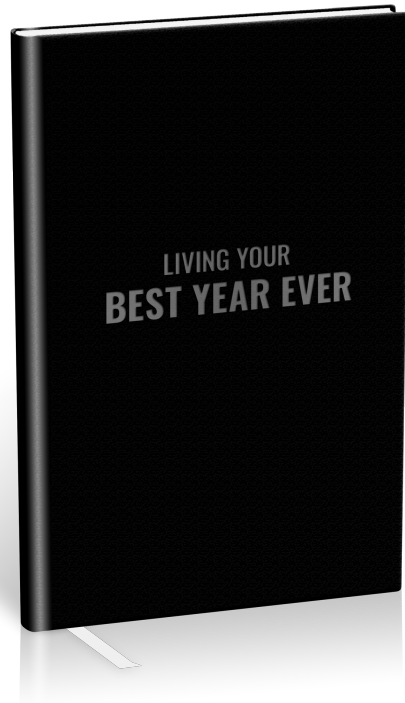
2

3

“

STOP MAKING THINGS
COMPLICATED. STOP
QUESTIONING YOUR
ABILITY. START
TRUSTING YOURSELF.”

—DARREN HARDY



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DHBusinessMasterClass.com



HERO'S JOURNEY

The marketplace landscape has radically changed over the last several years. To lead in the 21st century requires completely different skills and a new level of emotional intelligence. Designed in collaboration with the world's most admired and influential leaders of the modern age, this comprehensive development program will equip you to become the impact maker you seek to be.

HerosJourney.com



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For those who desire to be GREAT. INSANE PRODUCTIVITY is the ultimate self-mastery training that will give you the "unfair" success advantage you seek. 10X your productive results. Outperform your competition. Stress less, gain mental clarity and balance, and finally obtain whole-life success.

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HardyClub.com



THE ENTREPRENEUR FASTPASS

This is the essential training system needed to thrive as an entrepreneur. You will learn the best strategies Darren has ever collected from the most successful entrepreneurs in the world, focused on the four critical skills for entrepreneurial success: Sales, Recruiting, Leadership, and Productivity. This training course will save you from costly mistakes and significantly accelerate your success.

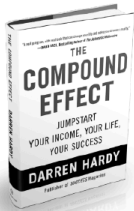
eFastpass.com



JUMPSTART

During this six-week digital training, Darren personally walks you through integrating the Operating System (OS) of the Compound Effect into your life to help you JUMPSTART your success and transform your future. This is the go-to system to easily change the CHOICES, BEHAVIOR, HABITS in accordance with the new goal you have... Or any project you want to accomplish.

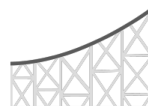
JumpStartMySuccess.com



THE COMPOUND EFFECT BOOK AND AUDIO PROGRAM— JUMPSTART YOUR INCOME, YOUR LIFE, YOUR SUCCESS

This is Darren's internationally renowned New York Times best-selling book. It is a distillation of the fundamental principles that have guided the most phenomenal achievements in business, relationships, and beyond.

TheCompoundEffect.com



THE ENTREPRENEUR ROLLER COASTER BOOK AND AUDIO PROGRAM

Sixty-six percent of small business fail. It doesn't have to be that way. The Entrepreneur Roller Coaster is the essential guidebook you need to survive the scariest and most thrilling ride of your life. It will guide you safely past mistakes most make and equip you with the essential skills you need to thrive as an entrepreneur.

RollerCoasterBook.com



LIVING YOUR BEST YEAR EVER—A PROVEN SYSTEM TO ACHIEVE BIG GOALS

This is the system Darren has used for more than 25 years to design, stick to and achieve his own big goals. Included this annual journal is a step by step, week by week Achievement Management System which will act as your GPS guidance system all year long.

DarrenHardy.com/BestYear



DARRENDAILY JOURNAL

The DarrenDaily Journal is designed to help you turn ideas into actions. Included in this journal are 260 pages for the 260 days spent together on DarrenDaily each year. It gives you a place to capture your notes and then plan your action on the key idea for that day.

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DarrenDaily On-Demand is a podcast designed to act as a companion to the DarrenDaily morning mentoring sessions. A way to re-visit, be reminded and to turn ideas into practice and practice, ultimately, into success mastery.

DarrenDailyOnDemand.com