



CHANGE YOUR LIFE

Today is just the beginning



YOUR GUIDE TO MAKING 2013 YOUR BEST YEAR YET

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“Don’t ask yourself what the world needs, ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who are alive.”

– Howard Thurman



Welcome!

“The consequences of today are determined by the actions of the past. To change your future, alter your decisions today.” – Anonymous

Welcome to Change Your Life, your guide for helping you make this year your best year yet!



I'm so glad that you have taken action and decided to grab this course.

Unfortunately, most people in this world seemingly drift through life without any clear direction or purpose in where they want to go and what they want to achieve.

Most people fall into the trap of letting society guide them down a particular path that may or may not be aligned to what they actually want to do.

The fact that you're here now, reading this already tells me that you're one of the few individuals who actually knows that the life you live is within your hands.

You have shown this by already taking action, grabbing this course and starting to read it. This course is all about action. Small steps can lead to huge change.

If you have one take-away from this course, always remember the "3 C's":

*"It's about the **choices** you make and the **chances** you take that creates great **change** in your life."*

Why Change Your Life?

One thing I want to ask you up-front is *why do you want to change your life? What is the burning platform? What does the change in your life look like?*

There is a reason that you're here right now. Perhaps it's due to some difficult circumstances in your life that you're currently trying to overcome. Or perhaps it's that you are simply searching for the tools and resources to help you stay on track to reach your goals. Whatever it is, I want you to think about the core reason that you are here right now, going through this course.

This will help you to get your mind into the right head-space for tackling the areas that are most important to you.

Throughout this course, keep asking yourself this question. Make sure that the goals you set and the action plans you make will help you progress towards where you want to go. But don't worry, there's a whole topic dedicated to helping you determine where you want to go. I will keep reminding you of this as you progress, just to make it easier for you.

How to Use This Course

When going through the modules and topics of the Change Your Life course, I suggest breaking it down into 'bite-sized' chunks over a period of time and not try rushing through it all in a day or two.

With 21 modules over 5 topics, this is a lot to cover.

To ensure you get the most out of each module, reflect on your life appropriately, understand what matters most to you and develop goals and action plans that are relevant, it's important that you give each module considerable *thinking time*.

This course will take about 3 to 4 weeks to go through. It is best used when you complete one module per day. At the end of each topic (roughly 4-5 modules in each) I suggest you also take a day to reflect on what you have covered so far in the course. Repetition and consistently going over your information will help embed the information into your conscious and lead to sustained change in thinking and behaviour.

This is your book. It's your life book to say the least. Once you have completed this course you will have a book filled with your own notes about yourself, your passions, your goals, your actions and more. It is something to keep close-by that you can refer to and update regularly.

Final Thoughts

When it comes to change, most people 'set and forget' their goals. Remember, you have the choice to take action and do the things you want to do.

This course will help you in doing this by guiding you, supporting you and providing the tools necessary for you to stay on track and achieve your goals. That's my half of the equation and my promise to you.

The other half of the equation is you. This course is your course. Honestly, you will get out of it what you put into it. It comes down to taking action and diligently implementing the strategies and actions that you develop for yourself.

This course *will* change your life.

I'm excited 😊

Are you ready?

Let's get into it!

A handwritten signature in blue ink that reads "B. Baker". The signature is written in a cursive, flowing style.

Brendan

P.S. By the way, if you ever have any questions on this course or if you have any feedback, please do not hesitate to contact me directly at

brendan@startofhappiness.com

Contents

*“If you don’t design your own life plan, chances are you’ll fall into someone else’s plan. And guess what they have planned for you?
Not much.” – Jim Rohn*

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- Wheel of Life
- Understanding Your Values
- Eliciting Your Values

10

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Where Am I
Now?

Reflections on 2012

“Reflection enables us to evaluate experience, learn from mistakes, repeat successes, revise and plan”

– Sherry Swain



This course is packed full of awesome tools, guides and resources to help you make 2013 the year that you change your life. However, before we jump straight into exactly what you will be doing for the year of 2013, it's beneficial to take some time out and reflect on the *year that was*.

Have you ever practiced reflection? And SERIOUSLY practiced reflection? We reflect everyday through sharing stories with family and friends and through remembering activities we have done in our past, however we rarely take the time out to SERIOUSLY practice reflection. When we make it a conscious effort to reflect, we experience a number of benefits.

The Benefits of Consciously Reflecting on Life

- Reflection can transform your experience into genuine learning. It can help you gain a more complete understanding of your values, your goals and what you believe in.
- Reflection can help you connect the activities you have done in your life to outcomes achieved, helping you determine whether you are making the right decisions or not.
- Reflection can help you develop higher-level thinking and problem-solving ability, something that you are going to be needing for the rest of this course and to make 2013 the year you change your life.
- Reflection raises your self-awareness, helping you understand more about yourself and your reactions to the world.
- Reflection can relax you, helping you become calmer and help you think more clearly and deeply.
- Reflection can help develop your questioning attitude and enable you to see things from a new perspective.

- Reflection can help you identify areas for change and improvement.
- Reflection can help you apply what you have learned from one situation to another, also enabling you to react more positively and constructively to new challenges.
- Reflection can help you remain committed to your goals, your vision and your purpose, something you will be needing throughout the year and also the rest of your life.
- Ultimately, reflection enables us to evaluate experience, learn from mistakes, repeat successes, revise and plan.

Reflection is a form of meta-cognition or “thinking about thinking”. You need to be able to understand your actions, your behaviours and how you think, in order to be able to set an appropriate vision and goal for 2013.

Spending time and reflecting on your goals, your progress and your life is an essential habit to get into to ensure absolute success. This habit will ensure you are continually learning, continually focused and continually progressing towards your goals. You are going to be able to start practicing this now by reflecting on the year that was.

“It is not sufficient simply to have an experience in order to learn. Without reflecting upon this experience it may quickly be forgotten, or its learning potential lost. It is from the feelings and thoughts emerging from this reflection that generalisations or concepts can be generated. And it is generalisations that allow new situations to be tackled effectively.”

Gibbs, G. (1988) Learning by Doing: A Guide to Teaching and Learning Methods London, UK: Further Education Unit.

Action

Ensure you are in a comfortable space and away from any distractions. Potentially you may even want to get outside, away from your home, away from your work, and find a place where you can completely set your mind free and reflect.

Read through the below and answer the questions in the templates provided.

Close your eyes and cast your mind back to New Years Day of 2012. You have now experienced 366 days in 2012 (leap year!). Reflecting on the year, answer the below questions openly, thoughtfully and honestly.

My Reflections on 2012

What have been the **10 best experiences** I have had? **Why** were these my best experiences and how did they make me *feel*?

<i>Experience</i>	<i>Why</i>	<i>How did it make me feel?</i>

Who else was involved in the above experiences? Is there a common theme?

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*Looking back on the year of 2012, what was my **biggest achievement** or accomplishment and why?*

How did I feel when I achieved the above? Who else was involved and who supported me?

If I was to do this (or something similar) again in 2013, what would I do differently?

*What are 10 things that I am very **grateful** for that have been in my life in 2012?*

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

*What were my **New Years Resolutions** at the start of 2012?*

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Was I successful in achieving them? Why or why not?

What would I do differently in 2013 if I had similar resolutions?

Who has been my biggest support in 2012 and why?

How can I show my appreciation for this support and ensure this support continues into 2013 and beyond?

*Thinking of my **career/uni/college/work**, what have been my major achievements this year?*

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How has the above helped me progress towards where I want to go with my life and career?

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What are three things I would do differently in 2013 to help me progress towards where I want to go in my career?

1.
2.
3.

What has made me **upset, stressed, anxious or fearful** during 2012? Why?

How did I overcome this feeling? What can I do differently in 2013 to minimise these feelings?

Who or what has **inspired me** during 2012 and why?

Who or what has **challenged me** during 2012 and why?

Who or what has **held me back and prohibited me** from achieving my goals in 2012?

What was the most **time-wasting** habit or activity I did during 2012? What can I do differently in 2013 to minimise or eliminate this?

How have I grown **emotionally** during 2012?

How have I grown **spiritually** during 2012?

How have I grown **financially** during 2012?

How have I grown **physically** during 2012?

What **hidden strength** did I uncover during 2012?

What are **three words** that can sum-up or describe my year of 2012?

What are the 3 most significant things I have learned in 2012?

1.
2.
3.

What would I do differently in 2013 and why?

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Next Steps

Congratulations!

You have just completed the first part of the Change Your Life course.

Now that you have gone through the exercise of reflecting on 2012, you should have a better understanding of what you are proud of, what makes you happy, who is your support network, what is holding you back and where your strengths lie.

You will now also have a better understanding of what you can do differently in 2013 to help you progress towards where it is that you want to go in your life.

Use the information you have captured here to help you plan for way for 2013 and beyond.

Now that you have developed the skill of reflecting, I highly recommend that at the end of each module you reflect on what you have learned so far in the course. Consistently reflecting over and referring back to the information you have covered in this course will help embed the information and create the successful habit of reflection.

Now, let's take a look at where you are spending your time and energy and the balance in your life by completing your Wheel of Life.

About Brendan

Brendan Baker is an entrepreneur, success coach and starter of happiness. He is a qualified teacher and business trainer, training organisations on leadership development, performance improvement, career planning and wellbeing.



Brendan is also the founder of Australia's largest social group for people in their 20's, with over 1,600 members meeting at least fortnightly for outdoor fun and adventure.

Brendan has learned first-hand that the strategies and tools used in corporations and organisations can be applied to individuals in daily life. To bridge the gap, Brendan has created [The Start of Happiness](#), a movement dedicated to helping individuals find absolute happiness, reach peak performance and achieve ultimate success doing the work they love.

You can visit Brendan and gain access to his free guides and tools at www.startofhappiness.com

Website: <http://www.startofhappiness.com>

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Have a Question, Want to Leave Feedback or Would Like Some Coaching?

If you have a question or would like to provide some feedback on the course, I would love to hear from you!

If you're serious about making some successful changes and would like some 1on1 coaching, I am here to help.

Feel free to email me directly at brendan@startofhappiness.com



Brendan Baker

Become an Affiliate

Did you know that you can become an affiliate for the Change Your Life course?

By being an affiliate you are supporting the movement of helping others reach their full potential while also earning an income.

If you found this course beneficial and would like to partner with me in helping others live better lives, I would love to have you as part of the team.

You can find out more details about our affiliate program at:

<http://www.startofhappiness.com/affiliates>