



3 easy ways to get started
on your dream...

A mini-guide from The Five Percent

claire@thefivepercent.net

Introduction

So you know you want to change your life.

But how exactly do you go about doing it?

Where do you start?

Here's where this guide comes in.

It's for anyone who knows they want to make a change to their life, or who has an *idea* of their goal or dream, but... well, that's as far as you've got.

Don't panic!

I've got you covered.

Follow the steps outlined in this guide, and it will set you on a strong path to going after your goal or dream.

(hooray!)

Sounds good?

Okay, let's get started...

PS – My advice? Print out this guide so you can make notes as you go, or jot your answers down in a notepad so you can see what you discover about yourself.

1. Get REALLY clear on what you want

You can't get to where you want to be, if you don't know where *that* is.

So you need to know what it is you really want (deep down).

Here are some questions to get you started:

- You're at the end of your life, looking back.
What will you be sad not to have accomplished?
.....
.....
.....
- Whose lifestyle are you envious of?
(The person travelling round the world... the accountant with a 6-figure salary... the mum with a close relationship with her 4 kids...?)
Don't get *wrapped up* in envy, but think about what would feel most exciting **for you**.

I am envious of...

.....

.....

.....

Because...

.....

.....

.....

*[Note: If you wrote down “people who have money”, don’t stop there. **Why** are you envious of them? What would money enable you to do? Quit the job you hate, go round the world for a year, eat purely organic food...? Get **specific**.]*

- If you had a week off and money was no object, what would you do?

Why?

Use this to figure out the things that make you feel **alive**.

If I had a week off and money was no object, I would:

.....

.....

.....

2. Find someone else doing it (whatever it is you want to do)

Start with your inner circle (friends & family).

Do you know anyone doing what it is you want to do?

Yes?

Then ask if you can meet them for a coffee or have a quick phone chat with them about it.

No?

Then move further out – widen your circle.

Are there any groups in your *local area* with people who are doing what you want to do?

No?

Then widen your circle even further...

Is there anyone *online* doing what you want to do?

(And if the answer to **all** these is no, send me an email and I'll find someone for you... I guarantee there is someone, somewhere, doing what you want to do!)

It's like the "quitting smoking" analogy:

If you wanted to stop smoking, who would it be *most helpful* to hang out with:

- other smokers?
- people who have already given up smoking?

Note: I'm not saying ditch your current buddies.

Not at all!

Just add some **new** ones in.

Here's your task...

List three people or groups/organizations who are doing what you want to do.

They can be people you know, people you want to get to know in your community - or people online that you have absolutely zero contact with!

[Example: Say I wanted to run a marathon. I would think of anyone I knew who had run a marathon, to ask them for advice. If I didn't know anyone, I'd see if there were any local running groups I could join. If not, I'd go online and look for running blogs, groups and support websites. Geddit?]

Now your turn – three groups/people you've found who are already doing what it is you want to do:

1.
2.
3.

3. Don't stop before you've started

What does this mean?

It means don't let scary thoughts and stories put you off.

It can get overwhelming.

You start thinking about the things you'd have to do, and the changes you'd have to make...

and before you know it, you've convinced yourself your dream is a terrible idea.

Relax.

Take it **three steps** at a time.

Do three things that will move you closer to your goal (they can be tiny things).

Then, stop.

Celebrate the fact that you did those three things.

Now do three more.

And that's it.

When it comes to dreams, it's great to have an overall vision.

But keep your focus a few steps ahead only... or you'll get put off before you've had a chance to see how far you can really go.

Take a moment and jot down three small things you can do this week to get you moving on your dream or goal:

1.
2.
3.

Conclusion

That's it!

Three tips on getting started (and keeping going).

Of course, there are many more things you can do.

If you want more ideas, you can:

- check out my blog:
<http://www.thefivepercent.net/blog>
- if you need accountability moving forward,
you might be interested in my accountability
program:
<http://www.thefivepercent.net/accountability-program.html>
- email me with any comments, thoughts or
questions! claire@thefivepercent.net

About the author

I went from this:



(boring cubicle)

To this:



(working when I want)

I made a decision two years ago to go after a life I loved. With people I loved. Doing things I loved. And ultimately working when I wanted, on things I loved - helping other people go after their goals and dreams.

I'm still on my journey. I have a long way to go, I'm sure.

But by gosh, is it a journey!

If this sounds good to you, you can sign up to my newsletter at <http://www.thefivepercent.net/>.

I hope you found this guide useful. Now go off and have a great day! 😊

Claire