

PROGRESS OVER PERFECTION - EXCERPT

Let's cut right to the chase. You wouldn't be here if you didn't want to achieve big things and live an exceptional life. I didn't design this book or title it for people whose main objective is to figure out how to be average. Because let's face it, the average life is not where it's at.

My goal is to take you from stressed, dissatisfied and unfulfilled, to a productive, successful go-getter that makes people envious of you.

The best example I can give you is myself. Ever since college, I had three significant goals that I wanted to achieve by 30. To write a book, to make a film, and to be rich. When I turned 30, I hadn't finished any of the many books I'd started, neither had I directed a film. But my husband and I had a 7 figure business, so I did feel like I was rich. We were in the "financial" top 5%. So I was content. But it wasn't long before my contentment shattered.

Under the weight of obligation and overwhelm, we learned a lesson that I'll never forget. I've heard it before, and I always thought it was B.S. But the truth is that having money is not equivalent to happiness. Oh. And having money and having wealth is definitely not the same. Along with money came tons of overhead, expenses, employee drama, scammers, people constantly asking for money, then Uncle Sam moving in to take his cut.

Now, having money can be a conduit to bringing experiences and resources into your life that make for happiness. But what you do to achieve that cannot make you miserable or - it kinda cancels itself out.

There are some rich, miserable assholes out there. Ass-kissers. Environment killers, and so on. So, you gotta be smart about it.

Here is the problem with setting empty goals. I'll use my previous situation as an example.

We were missing out on a fundamental understanding of how to set goals, and how to organize our lives so that our goals didn't have us for lunch. We thought a goal was having a million dollars. But like so many people in the world, we didn't realize that was not a true goal. Having money is awesome, and it's necessary, but money alone is not the goal. It's the lifestyle that money can bring to you. Before focusing on money, you have to know what kind of lifestyle you want to live and the kind of person you want to be, otherwise, you can set yourself up to be a slave to money.

It wasn't until I really got into personal development that I learned where my thinking was flawed. And the majority of the population suffers from flawed beliefs.

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Here's a big problem: Most people really have no clue what they want. We daydream a lot, but we're often so obsessed with doing what we think we should do, that we lack any clarity on what we really want.

There is a percentage of the population that don't have any goals. They're dreamers, but they're content with their lives enough to have no real ambition. They've accepted their shitty, live-for-the-weekend, always tired and complaining or pretend happy existence.

Then there are those of us that set goals that sound beautiful in theory, but don't motivate us. Then we get discouraged when as we see our lack of achievement.

That's because it's infinitely harder to achieve goals when your heart's not in it. You either have to have a passion, love or deep, hard-core motivation for achieving them, or you have to cultivate the passion and love because without it, you're doomed to fail.

That brings me to the next problem with your goals.

When you're young, your goals are predominately given to you. You're programmed to please your parents and submit to authority. As you get older and you realize how short life is, pursuing goals to appease other people becomes harder and harder to do. Time seems to fly by, and more and more we become jaded and unfulfilled when we can sense that we are not living our purpose or to our true potential. We begin to feel like failures when the truth is- a lot of the goals you set are hindered by the fact that you don't really care, aren't motivated, and they don't really belong to you.

"But I am motivated!" you say. "I want to live an incredible life."
So you set goals that you believe will bring that life to you. So why aren't things working out?

What are your goals right now? Think about them right now.
Are your goals hinged on what you believe others expect of you?

Or maybe, you're thinking people are watching, waiting for you to mess up. So you pull back on your goals, switch up to what's acceptable, realistic, and lame as hell?

Something is holding you back from performing your very best. Now is the time to exorcise those non-productive thoughts and beliefs.

Fool's Goals:

Here's an exercise you can do to evaluate your goals. Ask yourself these questions, and you'll start to uncover why you haven't been thrilled or motivated.

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Do you have goals on your list that are there because you believe it's what you're supposed to do?

Are you comparing your life to others, trying to play catch up?

Are you setting goals based on dollar signs in your head?

Are you setting goals based off of how you want to be perceived by your family, friends or society?

All of those things are Fool's Goals. Goals that look and sound good, but have no true meaning to you. Rip-offs. Bullshit. And these bullshit goals are stopping you from having the life you deserve. You can't even pursue your passions because you can't wholeheartedly commit to them because you're too busy wondering what others will think.

And you keep ending up, it seems, right where you began. Or you achieve it, and you wonder why the hell you aren't happy yet.

Now, here's the great news. I'm going to give you the formula for setting goals that will stick. Goals that make you excited and motivated to wake your ass up, thank God you're alive, and carpe the hell out of your diem.