

**36**  
DAYS  
EXTRAORDINARY  
**LIFE**  
.....  
BY STEVE BAZEMORE  
.....

*A guide to waking up, enjoying life and finding your calling*

# 36 Days to an Extraordinary Life

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## 36 Days to an Extraordinary Life

“In an instant, my life flashed before my eyes”

Frail looking and in high spirits, I walked into the doctor’s office for the dreaded colonoscopy, thinking, they’d find something to fix my situation. I had shrunk down from an athletic 167 pounds to a measly 127 at last count; shorts half falling off my skinny frame. You see, for the months that preceded, I’d hoped for the best sought out a few medical opinions but had gotten no real resolution other than a couple of guesses that I had bowel issues or an infection of some sort. “A little medicine and time and we’re all good” I thought. I walked across the cold floor, laid myself up on the table for what I imagined to a display for all to see shortly.

“Wake up, Steve. We have to go to the hospital.” Groggy and still thinking I was or maybe hoping I was dreaming. “They found a tumor” were the next words out of my wife’s mouth. I wasn’t quite with it. I did finally awaken from my drugged stupor and by that time, I was sitting in the waiting room at St Francis Medical Center. As it turns out, the “bug” I had been fighting for past few months was a tumor, a pretty nasty, softball-sized messenger of chaos.

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“You’re losing ground to this thing every day”, the surgeon told me. By week’s end, I was in for surgery to remove this new-found tumor that had been playing havoc on my system. Little did I know, this would really only be the beginning of a trying 8-month battle with Burkitt’s lymphoma. A lymphoma “rarely” seen in people of my age (so they said) but “we caught it early” so, “you’re lucky.” “Lucky my ass” I thought in the moment.

I immediately went into problem solving mode, “I have cancer”, “how do we treat it?....ok, when do we get started.” It was only in the painful hours of recovery that followed my initial surgery that I realized, “holy shit, this might be it.” This may actually be the end to my ‘fairy tale’ life. I am thankful for everything this life has given to me. I’ve accomplished a lot of good things in the eyes of most; I have a beautiful and loving wife, two amazing kids, a good job and really want for nothing. 30 years in, my life story wasn’t bad. A lower-middle class kid that worked his way through Chemical Engineering school eventually getting an MBA. I was lucky to marry my high-school sweetheart... have a boy, a girl, 2 dogs, and a roof over our heads...

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“You have exactly **one life** in which to do everything you’ll every do. **Act accordingly**”

-Colin Wright

But, is that really it? Was there more I could’ve done...more I should’ve been? “If only I had more time,” I thought. “There’s so much more I would have done.” I can’t say that I have any regrets about the path my life had taken. I’m happy in the choices I’ve made along the way. But, maybe there are some missed opportunities, some what-ifs that never were explored.

I became determined to beat cancer and after that, “I’d make my mark”. I approached the next 8 months like it was a job, trudging through the treatment cycles; 1 week in hospital, 1-week home confinement, 1 week living like a normal human (sort of) and repeat. I logged 56 days in the hospital, 8 spinal taps, gallons medicine, blood and platelets pumped into my body and wham, it was over. My scans were clean. It was over, now what?

Years later, here I sit. What became of that promise to “make my mark” after I beat cancer? Cancer had opened my eyes and given me perspective into what was really important in life but, that perspective came with a surprising downside. It is now painfully evident how many individuals are out in the world just going through the motions. And, I was one of them. Waking up, taking a shower, going to work, coming home, eating dinner, going to sleep and repeating day after day.

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BE

**EXTRAORDINARY**

Each day like the previous on and on and on. Even with all my “what’s important in life perspective”, I was no different. I had, in effect, hit the snooze button on God’s wake up call. In fairness to myself, I’ve done a lot in the past 6 years to change things for the better. I’ve changed jobs to build flexibility into life and spend more time with my family. I’ve been more focused on being a good father to my children and tried (sometimes unsuccessfully) to be a more loving and supportive husband. That’s good stuff, right? But, that’s just the point - it is Good. It’s incremental improvement. But, I don’t want good, incrementally improving life. I want an extraordinary life. I want to leave a monster legacy.

I think, on some level all human beings want a great life. They want their brief time on this Earth to be remembered. They want people to show up to their funerals and rave of all that they meant to the world. If you want the same, keep reading.

I am embarking, finally, on my life’s work, to build and help others build extraordinary lives and leave behind unique legacy they would be proud of. As of this moment, there are 5 Fundamental Beliefs that guide my work and form the basis for my interactions as a coach and leader.

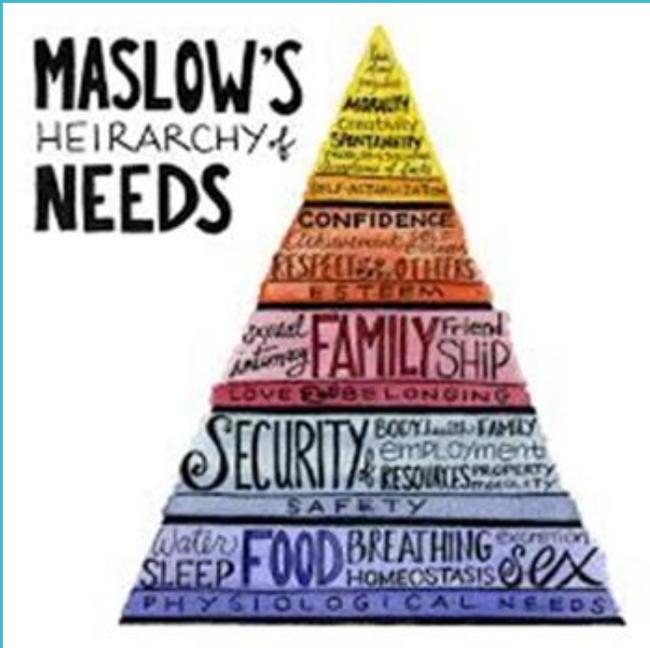
# 36 Days to an Extraordinary Life

## **#1: Every Human Being on Earth deserves an extraordinary life**

I firmly believe that every man and woman on this earth can live a full and extraordinary life. My version of what defines an Extraordinary life may differ from yours. That's the beauty of it. If we all, in turn, take hold of our entitlement and live extraordinary lives, those great contributions uniquely made by each one of us will add together and have a compounding positive impact on the world and society. We'll talk about that 'unique contribution' part in point #2. What matters most to you in life? What does your life look like when you have the best possible situation in each of the areas that matter most? It may seem a bit like a fairy tale at first but, having a vision of that possible future state allows you to frame up where you are and emotionally charges you towards creating the vision for your extraordinary life.

You **Deserve**  
the  
**Extraordinary**

# 36 Days to an Extraordinary Life



*You already have it pretty good*

If you are reading this than it is likely you live somewhere in the Western world and were born into a relatively affluent and democratic system. Count yourself lucky. The relative affluence we enjoy in the modern world allows us to be able to think about higher level questions of purpose and passion rather than spending every waking moment wondering where our next meal came from or how we will keep our families safe.

As you consider the next steps in building a greater life, be thankful for where you are, what you have and the choice to pursue an extraordinary life. We are privileged to start our lives pretty high up Maslow's hierarchy of needs.

Gratitude forms a positive foundation on which we can build. The realization that you are doing pretty well forms the basis for happiness in the present moment.

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**HUSTLE**  
*Thoughtfully*

*No one is going to hand it to you*

The word entitled bothers me a bit. Entitled individuals walk around as if life owes them something, all your wants and needs presented to you on a silver platter without having to put in the effort. If you want an extraordinary life, you don't just wake up one day and bang, everything is great and just as you'd like it. You don't get the job of your dreams by sitting and waiting for an offer. You can't have lasting relationships without putting in the work to understand people and meet them where they are. Life is hard. Building an extraordinary life is harder and you have to be willing and able to put in the effort.

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## #2: Every Human Possesses Greatness within them

I like to think I am pretty good at a lot of things. I am fairly athletic for a 36-year-old man. I can play a little guitar. I can paint (mostly animals). I did well in Engineering school and I even write a little bit (work in progress). But understand, there is a significant difference from being good at something or the best. What is it that you are or can be the best in the world at? While that may seem like a lofty goal, I have a core belief that each and every one of us has that one thing. Many of us will live out their entire lives without realizing or finding what that one thing is. Some of us are lucky and find it early in life. For some select folks, their one thing is in an area that is hard to ignore and is visible to the world. Usain Bolt is the fastest man in the world – observable fact. Michael Jordan was the best basketball player in the world – observable fact. We can watch Bolt run. We can watch highlights of Michael Jordan playing basketball. But, if you are the greatest personal development coach in the world, the standard is a bit fuzzier. There isn't a clear scoreboard or highlight reel to review and assess. While for many of us, our greatness may be more nuanced but, I promise you, it is there. Finding your great skill starts with Self Awareness.

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## MYERS BRIGGS PERSONALITY TYPE CHEAT SHEET

INTERACTION WITH WORLD	ABSORPTION OF INFORMATION	DECISION-MAKING	ORGANIZATION
<b>I</b> <b>INTROVERTS</b> Often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.	<b>N</b> <b>INTUITIVES</b> Prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.	<b>F</b> <b>FEELERS</b> Tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.	<b>J</b> <b>JUDGERS</b> Tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.
<b>E</b> <b>EXTROVERTS</b> Are energized people, enjoy a variety of tasks, a quick pace, and are good at multitasking.	<b>S</b> <b>SENSORS</b> Are realistic people who like to focus on the facts and details, and apply common sense and past experience to come up with practical solutions to problems.	<b>T</b> <b>THINKERS</b> Tend to make decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.	<b>P</b> <b>PERCEIVERS</b> Prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.

## THE 16 PERSONALITY TYPES

IDEALIST				GUARDIAN			
<b>INFP</b> Healer Introverted iNtuitive Feeling Perceiver Fi Ne Si Te	<b>ENFP</b> Champion Extraverted iNtuitive Feeling Perceiver Ne Fi Te Si	<b>ISTJ</b> Inspector Introverted Sensing Thinking Judger Si Te Fi Ne	<b>ESTJ</b> Supervisor Extraverted Sensing Thinking Judger Te Si Ne Fi				
<b>INFJ</b> Counselor Introverted iNtuitive Feeling Judger Ni Fe Ti Se	<b>ENFJ</b> Teacher Extraverted iNtuitive Feeling Judger Fe Ni Se Ti	<b>ISFJ</b> Protector Introverted Sensing Feeling Judger Si Fe Ti Ne	<b>ESFJ</b> Provider Extraverted Sensing Feeling Judger Fe Si Ne Ti				
RATIONAL				ARTISAN			
<b>INTJ</b> Mastermind Introverted iNtuitive Thinking Judger Ni Te Fi Se	<b>ENTJ</b> Fieldmarshal Extraverted iNtuitive Thinking Judger Te Ni Se Fi	<b>ISTP</b> Crafter Introverted Sensing Thinking Judger Ti Se Ni Fe	<b>ESTP</b> Promoter Extraverted Sensing Thinking Perceiver Se Ti Fe Ni				
<b>INTP</b> Architect Introverted iNtuitive Thinking Perceiver Ti Ne Fi Se	<b>ENTP</b> Inventor Extraverted iNtuitive Thinking Perceiver Ne Ti Fe Si	<b>ISFP</b> Composer Introverted Sensing Feeling Perceiver Fi Se Ni Te	<b>ESFP</b> Performer Extraverted Sensing Feeling Perceiver Se Fi Te Ni				

Source: <http://www.keirsey.com>, <https://www.16personalities.com>, <http://www.typology.com>, <http://www.truity.com>  
Personality Type (Jung on the Hudson Book Series) by Lenore Thomson

Yes, everyone is unique. Do you know who you really are? Think long and hard about that question. I know that for me, I was quick to say “yes” but, after some thought I realized that my perspective on that answer was entirely formed by the experiences I have had and what other people told me. Get deep into your core and understand the fundamental wiring and motivations you were born with. I have used the Myers-Briggs MTBI framework to understand and drive self-awareness. While every person is completely unique, the MBTI breaks the population into the 16 broad buckets below and can feed you insights around what motivates you, the environments that will light you up and the type of work that will pull you in.

I am an INFP. Sometimes referred to as a “Mediator” or “Counselor”, INFP personalities are idealists, always looking for the hint of good in even the worst of people and events and searching for ways to make things better.

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“You can have everything in life you want if you will just help enough other people get what they want”

-Zig Ziglar

Excerpt from my profile:

While they can be perceived as calm, reserved, or even shy, INFPs have an inner flame and passion that can truly shine. Commonly, INFPs find themselves happy in roles as coaches or writers.

Shockingly, I didn't gain insight into my own personality preferences until I was 35. I had searched for what might click. Typically, some parts of jobs felt great while others felt tedious. This should've been an indication I hadn't found my true match. With the self-awareness of what I am naturally wired to enjoy, I'm able to dive in and select a path matching my preferences creating a virtuous circle.

Finding your great skill is a beginning. Greatness is fulfilled in the deployment of that great skill in the broadest, most impactful way possible. Who are the people you can deploy your skill in service of? That audience creates the field of play for deploying your greatness. Notice I did not say anything about selling a product and I did not use the words “target market”. It is all about service. So, who are you serving? Because they are your path to getting what you want, attaining greatness in your field and building a lasting legacy. Don't waste it - Deploy your great skill to the maximum extent.

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## #3: The decision to change is yours and yours alone

These days, if your social media looks like mine, you are bombarded by people preaching “Hustle”. I am not knocking it but, hustle alone doesn’t send the complete message. Lasting change requires deliberate actions in the direction of your destination, your vision. I have seen many and even fallen into this trap myself of ‘hustling’ and so busy they can’t think straight. And, if I look at what they are doing, it is a bunch of surface busy-work, checking things off the ever so important to-do list. How many of the actions are deliberate steps forward to your vision? Deliberate steps to help you identify or build your greatest skill. Deliberate steps to identify how you can use that skill to serve others. Sadly, for so many, very little of that “busy” 40-hour work week has anything to do with answering those questions. The choice is yours. You can continue in that spin cycle of activity and come out battered and wrinkled or you can choose to cut the crap and focus your energies on deliberate hustle towards your vision. I choose the latter.

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That's not to say that making the change to pursue your vision and cut the crap is easy. It is far from easy. There are so many daily 'issues' and 'urgent' matters that demand our attention throughout the day. We all have varied roles in life. We are husbands, wives, fathers, mothers, brothers and sisters. We have jobs, volunteer interests and hobbies we would like to pursue. But, of all of that, what are the most valuable roles associated with driving our legacy forward? That's the place where your maximum effort should be deployed.

## **#4 Extraordinary lives are not had, they are built**

When's the last time you just showed up to a big meeting or presentation without building slides to support your discussion or at least thinking through your arguments or even practicing them? How'd it go? Was it an extraordinarily good outcome? Probably not. It takes more than showing up to be extraordinary. I've been in that 'just showing up' mode before and while things might turn out okay, the experience or result isn't extraordinary. To build an extraordinary life, I believe you have to build the foundation, articulate the vision you have for your life and then put in the work to make it real.

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## 4 Pillars Graphic

I like to think about life as having 4 critical pillars. First, having Health ensures you are able to perform and enjoy every other aspect of life. Without your health, it's very difficult to cultivate the others. Next, your Relationships define the kind of person you are. Who are you deeply connected to? Do you have love in your life? Third, I believe every human was put on earth to Contribute something to make it better. Lastly, I believe that as humans, we have an innate need to Explore, learn and expand our own perspectives and horizons.

### *Health*

Troubled health pulls us down Maslow's hierarchy of needs and prevent us from meeting our basic physiological needs. Without health, it's nearly impossible to create the mindspace and energy to provide for our own security, tend to relationships or pursue a better version of ourselves. Above all else, it is our duty to ourselves and all those we hope to impact to maintain our health at the highest level possible.

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## *Your contribution to the world*

We each have a duty to give something back to this world before we leave. Do you know what it is you will leave behind? Is this how you want to be remembered?

## *Relationships*

Cultivating great relationships takes work and are a product of understanding what you can give to those around you. Having the love of family and friends helps fills the need to belong and be connected to something bigger than yourself.

## *Exploration*

Man was born with the desire to explore. We are curious beings. Your brain comes alive when you explore. New pathways and connections are built. And in those experiences, lasting memories are built. Learning and growth happens in those moments.

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“If you’re gonna make a change, you’re gonna have to operate from a new belief that says life happens not *to* me but *for* me”

-Tony Robbins

## #5 Happiness is in the journey

I used to think that happiness was something you achieved. That you needed to reach a set of milestones and have a certain level of financial security to be happy. Sure, having solid financial footing may enable you to do things you otherwise wouldn't be able to do but that money in itself doesn't create happiness. Tony Robbins says “you choose your state.” I completely agree. Do you choose happiness or do you choose to complain, sulk and be complacent? If you are a human on earth today, things happen around you that create a sense of fear, anger and hopelessness. Did those things happen to you? Or, did they happen for you? I like to think, as Tony has said, life happens for you. As your path unfolds, each experience is an opportunity to learn, to choose, to pivot and embrace now.

Choosing Happiness isn't easy. It requires that we get beyond the situation and look to all we are grateful for in our lives. Cherish what you have and are versus wishing for something different. Every second is an opportunity to choose your path.

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## *My Commitment*

There's a significant difference between living in the land self-improvement mumbo jumbo and bringing lasting change and improvement to life. I'm not in this to sell you BS. I don't want you read my blog, get a quick hit of positivity and walk away. I want to engage people, bring them into a community where we can challenge each other to a greater level of performance, achievement and happiness. I want our community to be sought out as a place you come to build practical skills that will verifiably improve lives. I want to go deep – understand your motivations, your goals, build transformation plans and hold you accountable to lasting change. I want to create a movement.

Day by day, I am on a quest to build the best life I can and leave behind a legacy that will last well beyond my own days. I hope you join me on this journey, follow along in my own successes and failures using them as examples to follow or at least learn from. One day, I want millions of people to identify with our community and be able to say their lives were made better by the community we're building. I want an extraordinary life. And I think you do too. This is my calling. What's yours?

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## The 36 Days Process begins with Choice

### Day 0: Choose!

First things first, a choice has to be made. A choice to make a change or not. Many try to skip this step and go out and 'fix' what is broken but they do so from a superficial place. They are responding to outside influencers and feedback from the world that is telling them they should be different, telling them they should be better in this way or that. They should be more fit, make more money, be better people, etc. Change, when motivated by these outside factors, is destined to fall short of your potential. True change, the kind that is lasting and fulfilling comes from within. It comes from a decision to approach life differently in some way and identifies with a deep why. What is your why? What is it in your gut that is motivating you to change? Leave your pride aside when thinking through this question. Just dive in for that one thing that's driving you. For some, the why could be rooted in a need to leave a legacy (as it is for me) or it could be about showing your children a better life or frankly, for some, it might actually be about the money. Whatever it is, it is the unique driver of why you want to become a better you. Thoughts have probably come to mind already on what your why is but let's dive in.

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## Day 1-5: Create Success Habits

### *Establish a solid practice*

The key to sustaining change is establishing new habits that support the outcomes and vision you've laid out. In the days that follow, you will examine yourself, look at the outcomes you want in your life and establish a set of actions that will get you there. Within this process, it's critical that we not only talk about the "things" that need to happen but also focus on the behaviors you will need to display to create the day-to-day interactions necessary.

### *How we will create Habits*

Research says, it takes about 6 weeks to establish a habit. Anyone ever been to the gym in early January? It's packed right. All the New Year's resolution folks are in there getting their sweat on. How many of those same folks do you see when the calendar approaches the end of February? Not many, right? Here's the thing. If you observe those that are still there post February, they have succeeded at creating a new habit. Those that fell off before, had the same great intentions but weren't able to translate that into habit. So, what was the difference?

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A habit evolves when there is presence of a queue, then you take action and that action is reinforced over and over. Think about teaching a dog to sit. We say "sit" (the queue), they sit (action) and you give them a treat (reinforcement). Even though we humans are more complicated, the process works much the same. For the purpose of your 36 Days journey, we will need to establish or identify a specific set of existing queues, actions and reinforcement mechanisms and tie them to the outcomes you wish to achieve.

### *Value of Journaling*

Journaling is not just for teenage girls. A journal is critical reinforcement mechanism. In my own fitness journey, I keep a log of every workout that I can look back on and reflect on the awesome progress I've made and sometimes, when I see no progress from month to month on a particular exercise, the log serves as a little kick in the pants to turn up the intensity. I also keep a daily journal where I log a few things that went well the previous day, one thing I'd like to see go better and a few things I am thankful for. This journal serves the purpose of forcing me to reflect on the positive progress made so far (I tend to be negative Nelly about my own journey) and shed light on all the great things already in my life to build constant happiness.

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## *Challenge Assignments*

Challenge Assignments are specific daily tasks you will assign yourself in places where you've got to create new success habits. For these assignments, we will select a queue, a specific action to get you outside your comfort zone and design a reinforcement to fit the level of challenge. These challenge assignments can be small and simple. For instance, I knew that, I needed to develop a strong ability to network so, I scheduled a specific 30 min block each week (the queue) where I would organize 1-2 networking conversations. I had a defined playbook on how to conduct a fulfilling networking conversation (the action) and I found that the energy boost I got from the dialogue was enough to sustain my focus.

**Day 1-5:** Get yourself a notebook and start journaling. Keep it simple. As I mentioned, for one of my journals, I write 3-4 sentences max. We will use this every day and your first 5 days of journaling will be important input to your self-assessment coming on Day 6.

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## Day 6: Assess Yourself

### *Understand your role(s)*

Many of us can't realistically just wonder off to do exactly what we want to do right now without a care in the world. We must consider those we are taking along this journey with us. While they don't have to be supporters, we do have to consider how they will influence us along the way. Take a few minutes and jot down the various roles you currently have. They might include your role as a husband and father, your role at work and/or your role in the community. List them in order of importance to you. Also, list out for each role the key stakeholders you have in that interaction. Below are some examples:

Husband: My wife

Father: My Children

Coach: My Clients, Formal and Informal

Employee: My Manager, the Associates I impact

Now, what does success look like in each of these roles. Think about how your key stakeholders in the role would define success and write that down next to each. If you don't know, you may have to ask.

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## *Understand your preferences, skills and abilities*

Do you know who you are? Most would quickly answer that question with “Of Course I do” and then quickly go into a diatribe of their life history and what they’ve done, what they care about, etc. But, to find an answer, a singular answer that will motivate and drive your life forward, the question become quite a bit more complicated. Take a minute to jot down a few of your likes and dislikes. Is there a pattern? If you are like me, you want more insight. I mentioned before the MBTI assessment. This assessment will give you valuable insight into how you prefer things to be at work and in relationships and will form the basis for building a Vision authentic to you and you alone.

**Day 6:** Complete the role exercise and take the MTBI assessment (a free lite but great version can be found at <https://www.16personalities.com/free-personality-test>)

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## What's your Calling

*Where are you now?*

Earlier, we outlined the four pillars of life; Health, Contribution, Relationships and Exploration. Now, we will take a look at how you are doing in each area. We will keep it simple. Reflect on each category and select, 1-5, with 5 being “extraordinary” and 1 being “poor”.

	1	2	3	4	5	Rationale
Health						
Contribution						
Relationships						
Exploration						

*A special note on Contribution*

Have you found your one true calling? I love to use the word calling as it conjures up a sense of higher purpose but, it's not as unattainable as many might think. It boils down to 4 simple factors.

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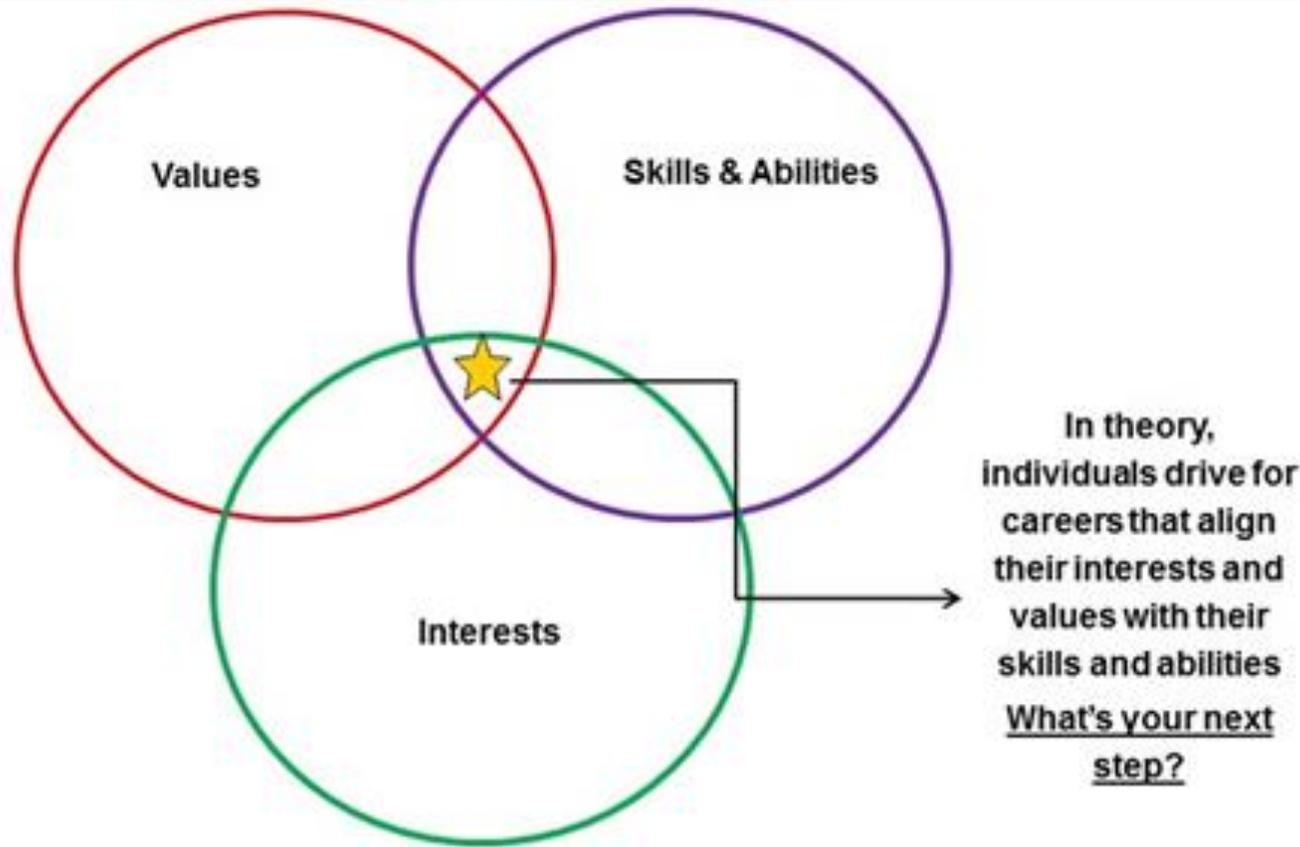
## 1. Your role/job actually aligns with your interests

In theory, this is the most obvious of factors, but how many people out there do you know (possibly including yourself) that are working in roles that just don't interest them or roles that kind of align with their interests. To really ignite your passion, your day job has to be more than just a little aligned with what you care about. The bulk of your time on the job needs to be within the sweet-spot of your interests and passion in order to create long-term satisfaction.

## 2. You have the skills to succeed

No amount of interest and passion in the world is going to make you good at spreadsheets, but if being good at spreadsheets is a required skill within the role that aligns so perfectly with your interests; guess what, you need to get good at spreadsheets.

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3. The purpose of your work aligns with your values

If you work for yourself, this might be a bit more straightforward. But, if you work for someone else, consider how well the organization's values match up to your own values.

4. Someone is willing to pay for your work

Let's face it, if you love your work but you can't earn enough to provide for your family, your long term engagement might suffer a bit.

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## Day 7: Create a Vision

The reflection and assessment up to this point has been all to prepare you to build your Vision. Chances are, having done a personal audit, you've got some great ideas of where to head next but, don't shortcut the process. Leverage the self-assessment information and journaling up to this point. As you define your Vision, think BIG. I will highlight two tools in this section I have leveraged to think about and develop my own Vision. As you do the same, question yourself along the way to check for limiting beliefs. Be on the lookout for these. They typically start with statements like "I can't", "I shouldn't" or "I would never". Instead ask yourself, "Why not me? Why not now?"

*What Icons do you identify with?*

I find it useful to look for those that have achieved what I dream of accomplishing. I refer to these folks as Icons. This individual could be someone you know, someone in the media or even a storybook character. The point here is to examine the lives of these icons through the lens of the role assessment you did earlier. What does their life look like with respect to that role? What is it that they are doing differently from the rest of us? What evidence is there of the success they have achieved in that role? This examination starts to bring into focus what your life might look like if you achieve similar results.



Why not **NOW?**

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## *Vision Boards*

A picture is worth a thousand words. It certainly is. Vision Boards are a tool that can be leveraged to keep your goals and vision right in front of you. It can be a simple 8.5 x 11 sheet of paper or a full wall mural. Whatever size fits your need works here. Picturing the future through the eyes of your icon in the previous section is going to come into play. What things did you envision? Where and how did you live? What was important to you? What had you accomplished? Use those mental visuals to go on the search for images that represent these visions and place them on your vision board. As you do this, jot down the habits you will need to exhibit to enable your vision. These are your Enabling Habits.

I've included a visual of my current Vision Board as a sample. I really have to get a better profile picture...

## **Day 7: Construct your Vision Board and list Enabling Habits**



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“If you are gonna take a step forward, make it a big one”

-Me

## Days 8-35: Take Substantial Action

It's not a coincidence that 27 of the 36 days are focused specifically on action. Our New Year's resolution gym goers likely made it through the steps to this point. Action is where many missed the mark. Please note the word substantial. We aren't talking here about incremental tweaks to your day. While easy to act upon in the short term, incremental improvements rarely lead to transformational progress. Remember, we are building extraordinary lives. Extraordinary results require extraordinary action. You must break out of your current mold, blow up existing patterns that stand in your way to pave the way for the new patterns – new patterns that will drive the outcomes in life you envision.

1. Using a format like the one on the next page, list out the Enabling Habits first and then list out all of the “projects” you could complete to move you closer to your vision. For instance, I had images on my Vision Board that indicated writing as a big part of my Vision so, no surprise, that image led to an Enabling Habit of “Daily Writing Practice” and projects like build a blog, write a book, etc. I'd also ask you to jot down which role this project or enabling habit aligns with (remember – Husband/Wife, Father/Mother, etc.)

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2. What does success look like? Document the outcome you are trying to achieve in as hard a metric as you possibly can. From my build a blog example, “build a blog and publish every Monday, Wednesday and Friday”. For now, keep the metrics to controllable ones. What I can control is the frequency and quality of my blogs and how they are distributed. I cannot necessarily control how many people read them.
3. Next, list the set of actions required to demonstrate that enabling habit or complete that project. Note: It’s likely that your plan is getting pretty wordy at this point. That’s ok, stick with it.
4. Accountability is key. Earlier we discussed the need to reinforce actions for them to take hold as habits. In this step, I want you to thoughtfully consider what mechanism you will use to hold yourself accountable or reinforce that new habit. This could take the form of getting a coach that can be your accountability partner. You could promise yourself a specific reward if you are able to complete the effort or demonstrate the habit for a given time period. Many have taken to penalties where if you fail, you will donate money to a charity or organization you despise. Whatever you select here, it has to have meaning to YOU and be substantial enough to match the level of effort required to complete the project or shift the habit.

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Enabling Habit/ Project	Role	Outcome	Action Steps	Accountability Action

5. At this point in time, you likely have a very long list of activities you could focus on. Research has finally proving that there is no such thing as multitasking and now is the time to focus on what is most essential right now. For each role you play, I want you to select the ONE thing you will focus on for the next 30 days or so. It's easy for me to say and it will be harder for you to do. Don't underestimate the criticality of selecting ONE.

### Day 8: Document the overall Plan

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**EXECUTION**  
is  
**EVERYTHING**

## Day 9-35 – Execute

Execution is everything. Like our New Year's gym goers, we will need to execute at a consistent level during these 26 days. During this time, we will establish a daily practice that will reinforce the path forward, challenge us to think bigger and drive away complacency.

### **The Daily Practice**

#### *Breathe*

Before you jump into the rest of your daily practice, take a few minutes to just sit and breathe. Take a few deep breaths, clear your mind. For me, this a quick reset to my brain clearing the thought-clutter and allowing me to bring focus to my daily practice.

#### *Journal*

Your journal is the foundation for tracking your progress. In it, you should be writing daily about your progress and how that progress makes you feel. Highlight each day what you were grateful for in the previous day or current moment. Highlight those things that went especially well the previous day and what maybe did not. Jot down your thoughts on your priority for the current day to drive intention.

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“We are we repeatedly do. Excellence, then, is not an act, but a habit”

-Aristotle

### *Friday Reviews*

On Friday's, pull out your plan from Day 8. How are you doing versus the outcomes you'd laid out. Are you ahead or behind on your project? Use reflection and detail out the plan for the week ahead that will get you back on track or sustain the great momentum you already have.

### *Move*

It's critical to build in time for movement sometime during the day. Whether it's getting out for a walk or it's an intense weightlifting session, getting out of your head and into your body cultivates present-state awareness. You may already have some sort of exercise built into your plan resulting from a need to improve your health. If not, slot this movement time into your daily practice

### *Perfection isn't necessary*

Kids get sick. An unexpected deadline pops up at work. You get a flat tire. This is life and the unpredictable happens sometime. This will happen and it will throw you off your plan at times. That is just fine. If you are hitting your planned actions 80% of the time, you are doing fantastic. Leverage your journaling, daily intention setting and Friday Reviews to reset the plan, adjust and move forward.

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## Day 36 – Reflect & Review

The last day is a time to review your journal and revise your plan. What have you completed? What still needs work. Pull out your information from Day 8 and plan for the next 36 days. If you've made it this far following all that I've laid out, you've begun the process of building an extraordinary life a personal habit. Congratulations.

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# Your Move

### The next step is yours

I hope you found this information thought provoking, useful and most all, practical. The internet is full of articles telling you how you should be and what you should do. We are preached at from all angles about how we should live our lives. My goal in this 36 days is to give you a framework that you can use to choose your own path...not the one everyone thinks you should be one but, the one that is authentic to who you are, connects you to your passion and enables you to build an extraordinary life.

You can let me know how you are doing by connecting with me in any of the socials (Facebook, Twitter, Instagram). I look forward to hearing more about your journeys and progress in your 36 Days to an Extraordinary Life.