

Introduction

Your Life List Journal

How This eBook is Organized

Part I: Create Your Life List – Decide What You Want

Chapter One: Be The Hero of Your Life

Take the Role of Creator of Your Life

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Exercise 4: Chip Away at Anything that Doesn't Belong with questions

Exercise 5: Divide Your Life Into Categories

Exercise 6: Ten Year Vision

Exercise 7: The Flip Side

Exercise 8: Let All of Your Voices Out

Exercise 9: The Ideal Day

Exercise 10: Your Obituary

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Wayne Gretzky – Visualizing the Stanley Cup

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Focus on Changing or Creating One Habit at a Time

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Make It Small and Simple

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