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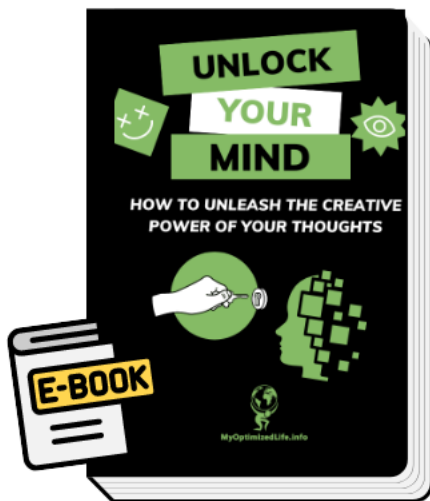
THE ART OF FULFILLMENT

How to awaken the champion
that is hiding inside of you

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TABLE OF CONTENTS

<u>Introduction.....</u>	<u>4.</u>
<u>What is Personal Fulfillment?.....</u>	<u>5.</u>
<u>The Benefits of a Fulfilling Life</u>	<u>10.</u>
<u>Developing a Fulfillment Mindset.....</u>	<u>13.</u>
<u>How to Check your Current Level of Fulfillment.....</u>	<u>17.</u>
<u>How to Identify what you Really Want.....</u>	<u>21.</u>
<u>How to Set Inspiring Goals.....</u>	<u>24.</u>
<u>Proven Ways to Achieve Fulfillment.....</u>	<u>28.</u>
<u>Recommended Tools to Achieve Fulfillment.....</u>	<u>32.</u>
<u>Fulfillment Best Practices.....</u>	<u>34.</u>
<u>Conclusion.....</u>	<u>36.</u>

INTRODUCTION



In this guide, you will learn what personal fulfillment really is and the benefits of living a fulfilling life. You will also learn how to identify your current level of fulfillment so that you know which areas you need to work on. The guide will reveal the most common traits of a fulfillment mindset that you need to develop.

Taking control of your life is very important for fulfillment. You will learn how to identify what you really want and how to set inspiring goals to achieve this. When you know what you want your life will have much more meaning which will help you significantly on your journey to fulfillment.

The guide also reveals several proven ways that you can make your life more fulfilling. These are not difficult to implement but will require time and consistent effort. You will also discover the 3 essential tools that you need to use to help you achieve fulfillment.

Everything that you need to know about achieving more fulfillment in your life is in this powerful guide. So please read every word and apply what you learn. The steps outlined in the guide require practice, patience, and persistence.

WHAT IS PERSONAL FULFILLMENT?



To achieve personal fulfillment in your life you need to know what it really is. A lot of people believe that fulfillment is the same as happiness but this is only part of it. If you ask 100 people to define fulfillment you are likely to get several different answers. So, let's start by defining what fulfillment is.

The Definition of Personal Fulfillment

If you search online then you will find a few different definitions of personal fulfillment. They are only slightly different and this is the definition that we think is the best:

“Personal fulfillment is the achievement of life goals which are important to the individual. This is in contrast to achieving goals of family, society, and other obligations that the individual has”

Let's take a look at this in more detail. There are pressures placed upon us by society, our families, and other things that often dictate how a person lives their life. They are busy conforming to society's norms and the expectations of others. This rarely provides personal fulfillment.

Most people do what they have to do to meet their obligations. They work at a job to make money. If they have a family then they do “family” things. Some people bow to the pressure of their parents and choose a path for their life that they want rather than making the choice themselves.

There is nothing wrong with working a job and earning money and doing things with your family. The problem is that in most cases, people are not fulfilled by this. They need to do something else as well as these things.

Do you have life goals? Unfortunately, the majority have no idea what they really want from their life, let alone have any goals. We will cover this in a later chapter because it is so important. Having a purpose in your life and consistently working towards this will result in personal fulfillment.

Don't Pursue other People's Ideas of Fulfillment

As most people do not know what they really want from their life, they end up pursuing someone else's idea of fulfillment. This is doomed to failure from the start. You are never going to attain fulfillment trying to achieve the fulfillment criteria that someone else has for a truly happy life.

What makes someone else fulfilled is very unlikely to be the same for you. We are all different and what you want from your life is always going to be a bit different from others. It is a big mistake to follow the dreams of others.

Be clear about what you Want

Many things can make you happy for a short time. You do not need to clearly define what makes you happy to be happy. But fulfillment is different. If you are generally happy in your life this does not mean that you are fulfilled. This is like saying that you do not need anything else in your life as you are happy at the moment.

A Sense of Achievement

You may lead a very busy life with your work and your family commitments. Every day you do different things that your work and your family demand. But are you achieving anything? OK, you get your work done and you take care of your family. How challenging are the things that you do every day? Are these things life-changing for you?

As human beings, it is natural for us to want to grow. Doing the same things every day is not growing. There is no challenge in doing the same work that you have done for years and can do with your eyes closed for example. The same applies to most of the things that you do at home.

What we are saying here is that you do most things on autopilot. Your subconscious mind is programmed with many habits that you do not have to think about. You wouldn't leave your home in the morning without brushing your teeth and you know how to do this.

It is a good thing that we do many things on autopilot because it frees up brain capacity for us to challenge ourselves. If you had to think about brushing your teeth or driving to work then this would consume a lot of energy. We are not saying there is anything wrong with the things that you do on autopilot. However, if you want fulfillment then you need to challenge yourself.

Quality of the Time you Spend

The way that you spend your time is essential to fulfillment. Our lives are made up of different experiences, and it is through these experiences that we assess how fulfilled we are. What this means is that the quality of the time you spend is the only real measure of how you live your life.

What do you Focus on?

You can have all of the time in the world but you will not achieve fulfillment if you waste your time. These days, many people are glued to their smartphones and waste most of their time scrolling through their social media feeds and responding to meaningless notifications.

What you need to be doing instead is focusing on the things that make you alive and will provide you with fulfillment. What you focus on gives meaning to the time that you have available. Your experiences in life are driven by what you choose to focus on.

The excitement in your Life

When you are on the path to the fulfillment you should experience excitement in your life every day. Every morning when you wake up, you are excited about the day ahead because you know what you want and you are eager to do what is necessary to get it.

One of the major characteristics of fulfillment is having something that makes you want to jump out of bed every morning. The opposite of fulfillment is dreading the next day and not wanting to get out of bed, especially on Monday mornings!

How do you feel when you wake up each morning? Do you feel excited about the day ahead and want to get started right away or do you feel neutral or worse miserable? When you are on the path to fulfillment you will wake up excited each day.

Your Life has Meaning

A person that achieves fulfillment in their life has a purpose. Their life has meaning, and the vision that they have about how their life should be drives them every day. Your life will only have true meaning if you are clear about what you want. Then you can create challenging goals which you work on each day that will provide meaning to your life.

You Experience Completeness

Experiencing completeness is a true sign that you are living a life of fulfillment. How do you feel at the end of each day? Do you feel proud of what you have achieved or exhausted and dreading the next day? The reason that you experience feelings of completeness is that you have focused your attention on the things that really matter to you.

You are Confident about the Future

When you think about your future how do you feel? A lot of people are terrified of the future and the uncertainty that it brings. If you are on the path to personal fulfillment then you will feel excited about the future and experience positive feelings about it.

A person that is fulfilled or on a fulfillment journey will look forward to the next day with eager anticipation. Their life has meaning and they will wake up feeling highly motivated about the day ahead. If you are fearful of your future and dread the next day arriving then you need to follow the advice in this guide and start your fulfillment journey.

You Regularly Experience Joy

We all want to experience joy and happiness as much as possible. The reality for most people is that they will only experience joy from time to time. When you are on a fulfillment journey then you will experience joy much more regularly.

People that are not fulfilled are more likely to experience boredom rather than joy. It is pretty rare for a fulfilled person to be bored. A person with no meaning in their life will often perceive time passing very slowly. The opposite is true for those that are on a journey of fulfillment.

Your quality of life is determined by the feelings that you experience. If you do not know what you really want from your life and have no goals then you are far more likely to experience boredom. You decide to be joyful or sad. These feelings will come from your thoughts and actions.

Fulfillment is a Combination of Present Experiences

The experiences that you have in the present moment go towards the development of a fulfilling life. How you choose to experience life in the present will determine how fulfilled you feel. Someone on a fulfillment journey will enjoy their life right now. They will not be influenced by their past or anxious about their future.

How fulfilling is the work that you do? Are you going to a job that you hate every day? Your ultimate aim is to earn money in a way that fulfills you. This can be a business or a job that challenges you and will provide positive experiences as you achieve more.

You are in Control

Unfortunately, most people let life control them instead of being in control of their life. These people do not take responsibility for their lives and when things do not go the way they want they blame everyone else other than themselves.

Personal fulfillment begins by accepting responsibility for your life. You are going to shape your destiny and not let others do this for you. Fulfilled people will never seek the approval of others to do the things that they want in their life.

Fulfilling Experiences are usually Challenging

The most fulfilling experiences in life usually have a challenging element to them. You are not going to achieve fulfilling experiences by doing things that are easy for you. When you are setting goals for your life they must be challenging or they will not be worth pursuing.

To overcome challenges on your journey to a fulfilling life, you will need to focus your attention on what you want to achieve. The more meaningful the achievement of the task is, the more fulfilling it will be for you when you achieve it.

In the next chapter, we will discuss the benefits of a fulfilling life...

THE BENEFITS OF A FULFILLING LIFE



Transforming your current life to a more fulfilling one is going to take consistent effort on your part. It is also going to take time. There are no miracle overnight fixes to achieve fulfillment. You need to be inspired to achieve a fulfilling life and each day your motivation levels need to be as high as possible.

As you progress on your fulfilling life journey, you will be naturally inspired to progress further. Your levels of motivation will automatically be high each day. Getting started is always the most difficult thing. Knowing the long-term benefits of fulfillment will help to inspire you and keep you going in the right direction.

Your Quality of Life Improves

When your life has meaning and you know what you want your quality of life will improve significantly. You will not be drifting along aimlessly like the vast majority of the population. Everything will fit into place on your fulfillment journey and your life experiences will be much better than before.

You will no longer have to rely on the opinions of others to make progress in your life. When you are fulfilled, you will be in control of your own destiny and will have a clear roadmap of where you want to be.

You will be Passionate about Life

Embarking on a fulfillment journey will increase your passion for life. Not only will this make you feel a lot better but it will inspire others around you as well. Passionate people are very attractive to others. You will find that you are a lot more popular than you used to be.

Your passion will be fueled by the clarity that you have about your future. You know what you want and where you are going and this will naturally drive your passion. Developing natural passion in your life will help to keep you fired up and focus your attention on the achievement of your goals.

You will Experience more Happiness

Of course, it is possible for people that are not fulfilled to experience happiness. But those that live a fulfilling life tend to experience a lot more moments of happiness. Fulfillment is the secret to a happier life. If being a lot happier in your life does not motivate you to begin your fulfillment journey then you are going to struggle.

Your happiness will come from being in control of your life and knowing what you want and going after it. Every day you will work towards your life goals and you will achieve a lot more than you ever did before.

You will Boost your Self-Confidence

Starting on a journey to personal fulfillment is a great way to boost your self-confidence. When you know what you want and you add meaning to your life, you will feel so much better about yourself and your self-confidence will naturally increase.

People with low levels of self-confidence tend to dwell in the past and become anxious about their future. An essential element to fulfillment is being in control of your life. When you are in control, you will focus on achieving your life goals and will not dwell on past mistakes or be concerned about what tomorrow will bring. This will boost your self-confidence.

You will stop Dwelling in the Past

People that are not on the path to fulfillment often dwell in the past and experience negative feelings due to past mistakes and regrets. This can result in anxiety about the future. When you live a fulfilled life, you will avoid negativity as much as possible.

When you are striving for fulfillment, you will learn from any mistakes made in the past and then move on. Everyone makes mistakes and this should never determine your future. You need to leave the past behind if you want to achieve fulfillment.

You will be Confident about the Future

People without meaning in their life are often concerned about the future. They fear change and can become very anxious about this. When these people think about their future it is very likely to trigger negative thoughts. The opposite is true for someone who is on a journey to fulfillment.

Fulfilled people know where their life is going. They know what they want and have plans in place to achieve their goals. Change does not scare them and they embrace it. When you are on your fulfillment journey, you will see the future as positive.

You will have a Positive Outlook

One of the biggest benefits of fulfillment is that you will develop a positive outlook on life. You will want to avoid negativity in your life and always look at things in a positive light. On your journey to fulfillment, you are likely to face some challenges that other people would run away from. With your strong positive outlook, you will see all problems as opportunities.

You will also increase your resilience through fulfillment. No matter what setbacks you face, you will be determined to overcome them to achieve your life goals. If a setback is a serious one then you will be much more likely to bounce back from it than someone that is not experiencing fulfillment.

You will feel Rewarded

As you progress on your fulfillment journey you will make many small gains with the actions that you take. These are all achievements that you will feel rewarded by. By deciding to pursue a life of fulfillment, you will create the potential for even more rewards.

The bottom line is that fulfillment will pay you back more than anything else will. Not only is there the possibility of greater financial rewards, but you will increase your chances of more intrinsic rewards when you choose to live a life of fulfillment.

You can make a Difference

By deciding what you want and setting goals to achieve it you can make a difference to others. As you progress on your fulfillment journey you will increase your passion and this will have a positive impact on others.

A lot of people that strive for fulfillment spend time giving to others. They share their experiences and help others in various ways. When you can contribute you will feel that you are making a difference.

In the next chapter, we will discuss developing a fulfillment mindset...

DEVELOPING A FULFILLMENT MINDSET



The first step to a life of fulfillment is developing the right mindset. Your fulfillment journey will require you to develop specific characteristics and abilities. Development of your character comes from your mindset and this is a life-long process. You need to develop the following mindset to achieve fulfillment:

An Attitude of Gratitude

Be grateful for what you have and express your gratitude daily. People that do not have a fulfilled life usually crave things that they don't have. They see their neighbor has a new car and this makes them jealous. Or they go to the mall and yearn for that purse or shoes.

Craving things that you don't have is going to foster negativity in your head. You will think that you are a failure or other nonsense and it will make you unhappy and even depressed. If you want to live a life of fulfillment then you need to be grateful for the things and the people that you have in your life right now.

We recommend that you keep a journal and each day write down 3 things that you are grateful for. These do not have to be material things. Be grateful that you are alive and can put food on the table. If you have an old car then be grateful that you have it so that you can get around. You have special people in your life so be grateful that you have them.

Control your Thoughts

Your thoughts are responsible for who you are. All of the things that you have and don't have in your life right now are down to your thoughts.

You are in control of your thoughts. We all have an “inner critic” that generates negative thoughts about us. When this happens, you need to neutralize these negative thoughts.

To neutralize a negative thought, all you need to do is to think a positive thought. So, if you experience a negative thought that says “you are a failure” counteract this with a positive thought that “you are a winner”. The concept is easy but it will require regular practice.

You must be in control of your thoughts if you want to live a life of fulfillment. There are going to be times when things do not go as planned and you need to think positively about what you are going to do. Most people when faced with a tough challenge will want to run away from it and give up. They are not in control of their thoughts.

Thoughts determine actions and moods. If someone criticizes you then the way that you react to the criticism is very important. People that are not in control of their thoughts will let their heads fill with negativity and become depressed. With thought control, you can look for anything positive in the criticism and then move on.

Focus

In an earlier chapter, we explained that what you focus your attention on will determine if you live a fulfilled life or not. You will nurture your fulfillment by focusing on the right things. You need to identify what you want from your life and set goals so that your life has meaning. Focus on the achievement of your goals and not on things that will not move you closer to fulfillment.

We live in a world of distractions. If you are always on your phone checking social media and responding to meaningless notifications you need to fix this. These things will not help you to create a fulfilling life. Gradually reduce the amount of time that you spend on social media.

A Positive Mindset

Developing a positive mindset is something that you must do to achieve fulfillment in your life. Negative people will never be fulfilled in their life. If you are prone to negativity at the moment then it is going to take some work to make the transition to a positive mindset.

You need to change the way that you look at things. If something bad happens then you must stop playing the victim. Rather than thinking or saying “why do these things always happen to me?” think instead “what is good about this situation?”

Be committed to looking for the positive in everything. When you do this, you can remain calm when all around you is in chaos. Rarely, there is not something positive to be found in every bad situation. This will probably be tough for you to do at first, but persevere with it as having a positive mindset is so important for fulfillment.

Give to Others

There is an adage that says “when you give you get back”. It is always better to give than receive. You do not have to give money or material things to others. Giving them some of your time or doing something for them is just as good.

When you are a giver, it will remind you of how “rich” you are. This doesn’t mean that you have millions in the bank. It means that your heart is rich and you want to help others. You will be contributing to the lives of others which will help you on your journey to fulfillment.

Step out of your Comfort Zone

Most people are very reluctant to step out of their comfort zone. They are fearful of making mistakes and do not try new things or push themselves to achieve something they have never done before. To succeed on your fulfillment journey, you will need to step out of your comfort zone often.

Stepping out of your comfort zone will help you to grow as a person. By taking on tough challenges you will develop new skills and increase your mental toughness. It will help to foster the belief that you can do anything and that nothing fazes you.

Live in the Present

You will never be fulfilled if you keep dwelling in the past. We have all made mistakes in the past and done things that we regret. If you dwell on these things then you will fill your head with negativity and be unable to move on with your life. Use your past as a useful reference. Learn from it and move on.

In addition to this, a lot of people become overwhelmed when they think about their future. They are concerned about the uncertainty of tomorrow and this starts a spiral of negative thinking. Learn to savor what you have now by living in the present. You will experience fulfillment by immersing yourself in the calm of the present.

Every Problem is an Opportunity

Learn to embrace failure so that you will willingly do things that you have never done before. To achieve success, you need to experience failure first. When you fail, look for the positive. What can you learn from the failure so that you will do better next time?

People that live a fulfilling life see every problem as an opportunity. Their mindset guides them to ask the question “what can I learn from this?” Don’t let your problems overwhelm you no matter how big they are. See them as opportunities for you to grow as a person.

Forget about Perfectionism

None of us are perfect and never will be. If you are a perfectionist then it will be very difficult for you to achieve fulfillment. You need to accept that a slightly lower standard than perfect is acceptable.

This doesn't mean that you are going to lower your standards. It means that you are not going to expect perfection as this does not exist.

In the next chapter, we will discuss how you can check your current level of fulfillment...

HOW TO CHECK YOUR CURRENT LEVEL OF FULFILLMENT



You need to know what level of fulfillment you are currently experiencing in your life. This will help you to make the necessary changes on your fulfillment journey. We all experience some degree of fulfillment from time to time. When you follow the advice in this guide, you will experience fulfillment every day.

This chapter contains several important questions that you need to answer honestly to assess your current level of fulfillment. It is OK if your current fulfillment level is low. That is the reason that you are reading this powerful guide, isn't it? With all of the questions, we will guide you on what to look for. Let's get started...

Your Reaction when Things go Wrong

How do you react when things do not turn out the way that you planned them? Do you tend to give up and look for something else? Or do you keep trying until you succeed? Perhaps you change your plan to ensure that you are successful? Maybe you reassure yourself by thinking that it will all turn out good in the end?

Think back to projects that you have started to change your life for the better. If something didn't turn out the way that you expected, what did you do? A lot of people would throw in the towel and give up at this point. To keep trying suggests a level of fulfillment in your life.

Are you a Giver or a Receiver?

How do you feel about giving to others? Do you like to give to others (this can be your time and expertise as well as money and material things)? Or do you prefer to receive things from others? Perhaps you like to both give to others and receive from them?

You should experience fulfillment when you give to others. Just being a taker will not lead to fulfillment. It is OK to both give to others and receive from them. People that live a fulfilled life are always happy to give to others.

Do you Help Others?

If someone asks you for your help, how do you tend to react to this? Do you tell them that you will willingly help them? Or do you tell them that you are very busy and you do not have time? Are you someone who thinks that everyone has their problems and they should sort them out themselves?

This is related to giving. If you are willing to help people no matter how busy you are, you will be experiencing a level of fulfillment. It is very satisfying to help others in their time of need. Refusing to help others is not good for your fulfillment.

Does your Life have Meaning?

Do you feel that you are living a life with meaning? Are there strong feelings within you that your life does have a purpose? Is it clear to you what you want from life? Perhaps you are not sure if your life has meaning or not? Or do you know for sure that you have no purpose in your life?

A major influence on the fulfillment level of your life will be if you have a purpose. If you are not sure if your life has meaning or you know for sure that it doesn't, you can fix this by identifying what you really want and setting goals to achieve it.

Do you Compare yourself to Others?

Do you tend to compare yourself with others a lot? Are you constantly looking for the approval of others to make important decisions in your life? Or are you confident with your own life and do things your way no matter what others say?

Constantly looking for the approval of others is something that a lot of people do. You will never experience true fulfillment if you continue to do this. If you compare yourself to others sometimes and go your own way at other times then you will experience a level of fulfillment.

Are you Grateful?

Are you grateful for the things and the people that you have in your life? Or do you always crave things that others have and you don't? Do you experience gratitude sometimes but not all of the time? Perhaps you feel that you do not have any good reasons to be grateful?

Being grateful and expressing your gratitude is an important aspect of a successful fulfillment journey. If you do not feel that you have many reasons to be grateful for anything, you have a lot of work to do. You can experience fulfillment from expressing your gratitude occasionally.

What does your Future Hold?

When you think about your future how do you feel? Do you feel confident about what the future will bring? Or does the future terrify you and make you anxious? Perhaps you think that “whatever will be, will be”? Maybe you think that the future will be far worse for you than it is today?

People that live a fulfilled life are optimistic about their future and confident that they will overcome any challenges that it brings. If you are very anxious about your future then you will need to make significant changes to achieve fulfillment. Mixed feelings about your future will probably result in experiencing temporary fulfillment.

Negative Thoughts about your Past or Future

Do you often experience thoughts about your past or your future that distract you? Are you always dwelling in the past focusing on past mistakes and regrets? When you think about your future does this generate negativity? Perhaps you are focusing on the present and ignoring your past and future?

You will experience the highest level of fulfillment by focusing on the present. Past failures and regrets are very likely to generate negativity and this is not going to make you happy. If you are unsure about your future this will probably fill your head with negativity as well.

Your Reaction to Stress

If you are feeling stressed, what do you do to relieve it? Do you drink alcohol or take drugs? Perhaps you eat junk food for comfort? Or perhaps you look for entertainment on the TV or online? Maybe you go and exercise? Is it better for you to be alone when you are feeling stressed?

There are many ways to relieve stress effectively. When you are on your fulfillment journey you will minimize your exposure to stress. If you can reduce your stress effectively now then you can experience fulfillment as a result of doing this.

Changing your Life for the Better

When you think about changing your life for the better, what thoughts do you experience? Do you think that you are in control and you will take full responsibility for changing your life for the better? Or do you think that it is all down to luck if your life improves? Perhaps you feel that you need to wait for the right opportunity to present itself?

To achieve fulfillment, you need to take control of your life. If you do this to some extent now then you will probably be experiencing fulfillment at some level. Relying on luck or a good opportunity to come your way is not going to help you to live a life of fulfillment.

In the next chapter, we will discuss how to identify what you really want...

HOW TO IDENTIFY WHAT YOU REALLY WANT



To live a life of fulfillment, you must know what you really want. If you don't know what you want from your life then you will tend to drift along aimlessly and never know when you have achieved anything worthwhile. In this chapter, we will show you how to identify what you really want from your life.

Most people do not know what they Want

Unfortunately, the vast majority of people do not know what they want. As a result of this, they do not set any goals and tend to live an unfulfilling life. If you were to ask 100 people in the street what they want from their life then most people would not be able to tell you. A few may have some ideas but nothing concrete.

Why is this the case? Well, the reason is that it takes effort and time to think about what you really want. Most people would prefer to live an aimless life than to take the time and trouble to think about what the meaning of their life is.

It is not Difficult to Identify what you want

If you think that it will be very difficult to identify what you really want then you are wrong. By using the method that we recommend below, you will find it a fairly straightforward process to get ideas flowing. It does not have to be an agonizing process.

Don't be like the vast majority and think that it is too difficult to identify what you want. The benefit of taking the time out and applying a little effort will help you immensely to live a fulfilling life. Once you start this process you will not want to stop as the ideas will keep on coming.

Use the Key Question Technique

The most effective way to identify what you really want is to ask yourself the right questions and answer them honestly. When you ask yourself the right questions, your conscious and your subconscious minds will provide answers to you.

Your subconscious mind is very powerful and works for you 24 hours a day even when you are asleep. Harness this power by asking the right questions about what you want in your life. The key question technique helps you to ask yourself the right questions to get the best answers.

Find a quiet place where you will not be disturbed and take some paper and a pen with you. Put your phone on silent and turn off your computer so you are not distracted. Now think about the different areas of your life that you would like to improve. Here are some ideas that you can use:

- Your work or business life
- Your financial life
- Your personal life
- Your health and wellbeing
- Your contribution to others

There are other life areas that you may want to consider. Whatever areas of your life you want to focus on, take a sheet of paper and write each area at the top of a new sheet. You will then be ready to ask yourself the right questions.

Let's assume that you have decided that the financial area of your life is something that you want to improve. A good question to ask yourself could be "what improvements do I want to see in my financial life?" or "what would make my financial life better?"

The idea here is that the question will stimulate your thinking and you will come up with ideas about what you want. For example, you may come up with the idea to earn more money in the next year or to save more money. When the ideas come to you then write them down immediately.

If your ideas have dried up then ask yourself the question again. You can even try rephrasing the question or asking a different one. What some people find when they use the key question technique is that ideas continue to come up when they have completed the process. Have a pen and paper handy to record these ideas. Go through all of your life categories to generate more ideas.

Assess all of your Ideas

After using the key question technique for all of the areas of your life that you want to improve, you should have several ideas written on paper. It is now time for you to assess each of these ideas to identify what you really want.

You will probably have a long list of ideas and you are not going to be able to achieve all of them at once. What you need to do here is to identify the ideas that you really want to achieve. The best way to do this is to identify how strong your feelings are about each idea.

There are going to be some ideas on your lists that would be nice for you to achieve. Others you will feel very strongly about achieving. The things that you really want in your life will be those that you feel the strongest about.

How do you know which of your ideas you have the strongest feelings about? You need to go through each of your ideas and believe that you have already achieved what you have written. Then you need to ask yourself how you feel about this and note the feelings that you experience. The strongest feelings will come from the things that you really want.

When you perform this exercise, you need to take it seriously. Imagine already having achieved the idea and make the feelings about this as strong as you can. Write down how strong your feelings are about each of your ideas. One of your ideas will likely generate the strongest feelings within you. This is exactly what you want.

After assessing all of your ideas, you need to choose those that you are going to set goals around to achieve. We will cover this in detail in the next chapter.

Your Life will now have Meaning

Congratulate yourself for identifying what you really want. Your life will now have meaning, and working towards achieving what you want will help you to experience fulfillment. The journey to achieving your goals will provide fulfillment as well as actually achieving them.

In the next chapter, we will discuss the best way to set inspiring goals...

HOW TO SET INSPIRING GOALS



Now that you have identified what you really want, it is time for you to create inspiring goals to achieve what you want. Your goals must inspire you to take action every day. The best way to ensure that your motivation levels are always high for working on your goals is to add an “emotional driver” to them.

The Emotional Driver

Just writing a list of goals is not going to achieve much for you. How many goals have you set at New Year and then failed to follow through on them? We have all done this, but why does it always seem to fail?

Saying that you want to lose weight or earn more money at a New Year’s Eve party is unlikely to be successful as there is no emotion linked to the goal. Our emotions drive us not logic. You look in the mirror and see that you are a bit overweight. The logical thing is to lose some weight. But what is the emotional reason why you want to lose weight?

Think about the emotional reason that you want to achieve your goal. Maybe you want to lose weight to be more attractive to the opposite sex? Now we are getting somewhere. Losing weight so that you can fit into your old clothes is nowhere near as powerful.

You need to ask yourself honestly the emotional reasons why you want to achieve any goal. Then create an emotional driver such as “I want to lose the weight because it will make me much more attractive to the opposite sex”. When you have written your emotional drivers, read them to yourself and assess how you feel about them. Change them if they do not inspire you enough.

Choose your 3 Most Powerful Ideas

If you have more than 3 ideas that you feel strongly about then we recommend that you whittle these down to a maximum of 3. Focus on the top three ideas on your list. It’s now time to word these ideas correctly and add emotional drivers to them.

Taking on too many goals at once is a mistake that a lot of people make. There is nothing wrong with starting with a single goal and then setting yourself additional goals after you have achieved it. When you take on too many goals you will not be able to give them all the attention that they deserve.

Spreading yourself too thinly with your goals is something that you must avoid. Otherwise, you can end up achieving none of your goals and believing that goal setting doesn’t work. Goal setting does work but you need to be realistic about it.

Use the SMART Goal Setting Process

We recommend that you follow the well-known goal-setting process called SMART which stands for:

- Specific
- Measurable
- Achievable
- Realistic
- Timed

If you set a goal that says “I want to earn more money in the next twelve months” it will be pretty useless as there is no specified amount. This could be anything from pennies to millions of dollars. Get the idea? Good.

The ability to measure your goal is also required so that you can see how well you are progressing. Sometimes this can seem difficult, but there is usually always a way you can measure something. You might think that learning or improving skills are difficult to measure but there is always a way to do this.

Let's say you have decided to improve your presentation skills. You can get someone who will be honest with you to track your progress – your boss or a friend. Measure this goal by presenting to ever-increasing numbers of people each time, or counting the number of mistakes you made. Just think of a way of measuring your progress because it's very important.

Achievable means that you have control over the outcome. To have a goal of winning the lottery jackpot in 12 months is not totally achievable. OK, you can buy lots of tickets but there is no way you can influence what numbers drop.

When it comes to realistic, you do not want to limit yourself with your goals but if you go for something impossible then it will just frustrate you. We recommend that you have at least one really big goal, it doesn't matter how crazy it seems.

Where reality does kick in is having a goal to be the world's greatest soccer player if you are 58, or want to be a world-famous opera singer if you cannot sing. There is nothing wrong with reaching for the stars as long as it is possible.

As for timing, this is easy – always set a date for the achievement of your goal. For example, "I will have earned \$100,000 by 31 October 2022" or "I will lose 30 pounds by 30 September 2022". If you do not set a timeline for each of your goals then you will never know when you are supposed to achieve them. Open-ended goals never work well.

Write your Goals Down

You want to write your goals down on paper. There is something very powerful about writing. It is OK to type your goals using a word processor, but we recommend that you have at least one hand-written copy of your goals.

We mentioned earlier that it is a good idea to keep a journal. This is the ideal place to write down your goals and your emotional drivers. You can also record your journey towards achieving your goals in your journal.

Create a Plan for your Goals

Your goals are high-level statements of what you want in your life. To achieve each of your goals, you need a plan. You want to work on your goals every day so that you build good momentum and make progress as fast as you can. So, your plan needs to include the actions that you will take each day.

Think about what will be required for you to achieve your goal. You will probably need additional information and help so one of your milestones could be learning. Maybe you need to contact specific people to achieve your goal or purchase a special diet or exercise plan.

Your plans are never going to be perfect the first time around. Be prepared to change your plans as you make more progress. The important thing is that you have a plan in place so that you can start working on your goals right now.

Remind yourself of your Goals

Keep copies of your goals with you at all times. When you get up each morning, read your goals out aloud as well as your emotional drivers. Make sure that you focus on your emotional drivers so that they conjure up the strongest feelings within you. This will inspire you and keep your motivation levels high.

In the next chapter, we will discuss proven ways to achieve fulfillment...

PROVEN WAYS TO ACHIEVE FULFILLMENT



In this chapter, we will reveal proven ways that you can use to achieve fulfillment. You need to be prepared to change your lifestyle so that these things become automatic for you. Fulfillment is not a one-off thing. It is a state that you want to develop so that you can lead a happy and successful life.

There are many examples online of how people have turned their lives around to achieve fulfillment. We urge you to look for these and understand what they did. Revel in their achievement and relate what they did to your own life.

Take Control of your Life

The last two chapters have been about identifying what you want and setting goals. This is taking control of your life. Nobody else is responsible for your fulfillment and happiness. It is all down to you. Others can make you happy and that is very important, but the bottom line is that you need to take charge and be responsible for your future.

Most people are not in control of their lives. They are too lazy to find out what they really want and set goals. Instead, they let life control them. Some of them completely rely on other people for their happiness and fulfillment. This is not the place that you want to be.

Once you begin to take control of your life you will find this very rewarding. It will be a challenge for you at first, but as you progress you will love the feeling of being in charge of your life and never want to return to being in control of yourself.

Of course, other people and other things can cause you problems. But you are in control of your thoughts and actions. How you react to setbacks in life is very important. You want to shape your destiny and not leave this to chance. So, start to take charge today by identifying what you want and setting your goals.

Live a Meaningful Life

Identifying what you really want and setting challenging goals is a big step to giving meaning to your life. There are other things that you can do as well. Unfortunately, the vast majority of people live a life that has no real purpose. As a result, they just drift along without any clear direction. They don't know what they want or where they are going.

When your life has meaning it will drive you to achieve more. You will be excited about the future and will have high levels of motivation every day to work towards your goals. As you progress towards your goals you will experience fulfillment often. Adding meaning to your life is something that you must do to achieve fulfillment.

Celebrate your Achievements

We recommend that you celebrate your achievements regularly. When you create your goals and plans there should be plenty of opportunities for you to celebrate the small and larger gains you have made. Don't wait until you have achieved your goals to celebrate. Make celebrating something that you do often.

How you celebrate your achievements is up to you. You do not have to go crazy each time you achieve something. If you have overcome a challenge and moved out of your comfort zone to get something done then you can celebrate this by taking a break and going for a walk for example. Think about the best ways for you to celebrate and vary this as much as you can.

When you celebrate your achievements, you will heighten your emotions and send the right signals to your subconscious mind. Your subconscious will start to take you seriously after a few celebrations. This is very important because you want to harness the power of your subconscious as much as you can.

Always Look for Positives

There are always going to be challenges and setbacks in your life and these are good because they will help you to grow as a person. Overcoming these setbacks can be very satisfying and provide you with feelings of fulfillment. The problem is that most people approach setbacks in life the wrong way.

For a lot of people, any bad news makes them anxious. Even the smallest problems can overwhelm people and elevate their stress. If this is the way that you react then you are not going to experience fulfillment. You need to accept that setbacks are going to occur and deal with them in the right way.

You are going to set yourself some challenging goals to achieve what you really want. This means that you will be forced out of your comfort zone quite often but we do not want you to fear this. The chances are that you will have to learn new things and acquire new skills to achieve your goals.

Whenever you attempt new things there are bound to be some challenges. When things do not turn out as you planned then always look for the positives rather than focus on the negatives. Focusing on the negatives will change your state for the worse and this can prevent you from succeeding.

Not looking for the positives when things go wrong can result in you giving up. If you want to live a fulfilling life then giving up is not an option. Believe that there is always a silver lining to every situation because this is true.

Be True to your Values

We all have values that guide us throughout our lives. If you deviate from these values then you are not going to experience fulfillment. By staying true to your values, you will stay true to yourself which will be very rewarding for you.

Feeling good about yourself is essential for achieving fulfillment. Going against your values will not make you feel good about yourself. Stick to your values and you will always feel good about yourself every day.

Be Committed to Personal Growth

You will experience a significant level of fulfillment from growing as a person. The best way to grow is to challenge yourself and do things that you have never done before. This will be uncomfortable at first if you are used to living within your comfort zone. But the rewards are worth it for sure.

The goals that you set yourself need to be challenging for you. If you set easy goals then you will not get the same feeling of accomplishment. When you challenge yourself, you will push yourself to be mentally tougher and work harder and smarter.

Forget about trying to change things that you have no control over. Focus on your personal development and help those around you. The only person that you can change is you. But you can certainly influence others with your commitment to personal growth.

As you start to see gains and more growth in your life you will love challenging yourself. You will see all problems as opportunities and solving them will be satisfying and fulfilling. Keep a journal to track your progress. Review your journal regularly and bask in the glory of the progress that you have made.

Express Gratitude every Day

You can experience a lot of joy and fulfillment by expressing gratitude. Rather than continually wanting new things and people in your life, learn to be grateful for what you have. Does this mean that you will never get new things? No, expressing gratitude will help you to manifest everything that you want in your life.

Every day, write down 3 things that you are grateful for in your life right now. Look around you. Who do you have in your life and what things do you have?

Be grateful for your health and the fact that you are living. Express your gratitude for the people in your life who love and support you. If you have a job that you dislike, be grateful that it puts food on your table.

There are so many things that you can be grateful for and choosing 3 every day and writing them down should not be difficult for you. As you think about the things you are grateful for, experience strong feelings about them that will make you feel more fulfilled.

Enjoy the things that you do

You are not going to experience fulfillment if you see everything as a chore. Change the way that you think about your daily activities and learn to love them. When you are doing things like washing the dishes or playing with your children, think of these things as you contributing.

Change your attitude from “having” to do things to “wanting” to do things. This will help you to overcome procrastination and experience more joy from everything that you do. Doing the things that you love to do will increase your levels of fulfillment.

Identify the things that you enjoy doing. These can be small things such as drinking that first cup of coffee in the morning or catching up with your family when you arrive home. Do more of these things and you will be more fulfilled in your life.

Avoid Negativity as much as you can

Other guides on the art of fulfillment will recommend that you avoid negativity altogether. We take a more realistic approach by recommending that you minimize your exposure to negativity. There are always going to be negative things and people in your environment but you can do a lot to minimize these.

Whenever you can, surround yourself with positive people. At the same time, minimize contact with negative people. Most of us have negative family members or friends so it is impossible to cut these people out of your life completely. Stop scrolling through social media looking for the bad news. Watch inspiring videos instead.

In the next chapter, we will discuss our recommended tools to help you achieve fulfillment...

RECOMMENDED TOOLS TO ACHIEVE FULFILLMENT



In this chapter, we will recommend three tools that you can use to help you to achieve fulfillment. Don't worry, we are not going to recommend anything expensive here. Two of the tools that we will recommend are free and the other is very cheap.

Start and Maintain a Journal

Let's start with the cheap tool that will help you on your journey to fulfillment. Starting and maintaining a journal to record everything on your fulfillment journey is something that we strongly recommend. You can use a simple notepad for this. We recommend that you choose a journal that you write in rather than a computer-based journal.

There is power in writing things down. Nobody knows why this is but it works. You can use your journal to write down your ideas for what you want in life and then record your goals and your emotional drivers.

Record your plans for achieving your goals in your journal as well. Break your plans down into daily tasks and use your journal as your daily "to-do" list. At the end of each day, record in your journal the progress you have made and anything else that is positive such as solving a big problem.

Once you get into the habit of recording things in your journal you will look forward to doing this. Review your journal at least once a week so that you can remind yourself of your past achievements and see how far you have progressed.

Mindfulness Meditation

In earlier chapters, we discussed the benefits of living in the moment. This helps to prevent any dwelling in the past or thinking about your future and becoming anxious about it. Learning and practicing mindfulness meditation is an effective way of grounding yourself in the moment.

There are plenty of videos and other free resources online where you can learn mindfulness meditation. Once you have learned how to practice mindfulness meditation you will only have to do this for a few minutes for the most benefit. It is a very effective way to clear the clutter in your mind and think clearly.

Visualization

Another effective tool that you can use to achieve fulfillment is visualization. Again, there are videos and other resources available for free online where you can learn how to visualize properly. It will take a bit of practice to learn visualization but the benefits are worth it.

You can use visualization to see a better life for yourself. When you set your goals, visualize that you have already achieved them and make the feelings that you experience strong. Visualization is a very powerful tool that will help you on your journey to fulfillment.

In the final chapter, we will discuss the fulfillment best practices you must follow for success...

FULFILLMENT BEST PRACTICES



1. Understand what Personal Fulfillment Is

You can't achieve personal fulfillment if you don't know what it really is. The bottom line is that personal fulfillment is the achievement of life goals that are important to you. This is different from the expectations of society. Trying to pursue other people's ideas of fulfillment is a big mistake. Identify what you want and set goals to achieve it.

Fulfillment comes from a sense of achievement and having meaning in your life. What you focus on every day is very important to achieving fulfillment. Experiencing joy regularly is something you need to aim for. Take control of your life and challenge yourself to grow as a person every day.

2. Understand the Benefits of a Fulfilling Life

It is going to require time, consistent effort, and determination to transform your current life into a more fulfilling one. To inspire you and keep your motivation levels high you need to understand the benefits of fulfillment. With fulfillment, the quality of your life will improve, you will be more passionate, and experience a greater level of happiness.

Your journey to fulfillment will boost your self-confidence and make you more confident about the future. You will stop dwelling in the past and develop a positive outlook on life. In addition to this, you will feel rewarded and that you can make a difference.

3. Develop a Fulfillment Mindset

Developing a fulfillment mindset is the first step to a fulfilling life. Have an attitude of gratitude and take control of your thoughts. Focus on the things that will create a fulfilling life and develop a positive mindset. Be willing to give to others and be prepared to step out of your comfort zone to achieve fulfillment. Live in the present moment and see all problems as opportunities.

4. Check your Current Level of Fulfillment

You will be experiencing some fulfillment in your life and you need to know where this comes from. Ask yourself specific questions to identify this and assess your current fulfillment levels. Be sure to answer all of the questions honestly so that you can accurately assess where you are at the moment and the changes that you will need to make to achieve fulfillment.

5. Identify what you Really Want

You must know what you really want from your life to achieve fulfillment. This is not difficult to do and using the key question technique is very effective. Think about the different areas of your life that you want to change and ask yourself what improvements you want. Assess all of your ideas to discover the things that you really want.

6. Set Inspiring Goals

After identifying what you really want you need to set some inspiring goals. Add a strong emotional driver to every goal that you set. Choose your 3 top ideas and use the SMART goal-setting process. Create a detailed plan for the achievement of all of your goals. Write your goals down and remind yourself of them every day for inspiration.

7. Use Proven Ways to Achieve Fulfillment

Take control of your life to achieve fulfillment. You must live a meaningful life. Celebrate your achievements regularly no matter how small they are. Always look for the positives in any bad situation. Be true to your values and committed to personal growth. Express gratitude every day. Enjoy the things that you do and minimize your exposure to negativity.

8. Use Powerful Tools to Achieve Fulfillment

Start and maintain a journal. This does not have to be expensive and you can use a simple notepad. Record your goals, plans, and daily tasks in your journal. Review your journal regularly to see how far you have progressed. Learn and practice mindfulness meditation and learn visualization so that you can visualize a better life for yourself.



CONCLUSION

Now that you know what you have to do to live a more fulfilling life it is time for you to take action. Don't just read this guide and then let it gather digital dust on your hard drive. This is your life, so follow the steps and apply what you have learned.

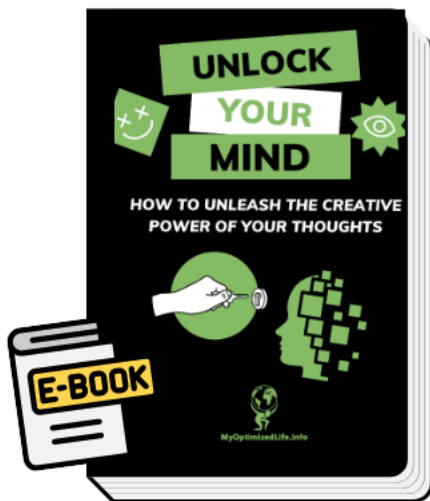
Most people never get the results that they want when they are trying to achieve fulfillment. They try to figure it all out by themselves and then give up very quickly. You know exactly what you need to do now and the steps that you need to take.

We hope that you enjoyed reading “The Art of Fulfillment” and that you found this guide informative and inspiring. Start right now by understanding the benefits of living a more fulfilled life and identifying what you really want from your life. We wish you every success with your journey to fulfillment.

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