

CHEAT SHEET



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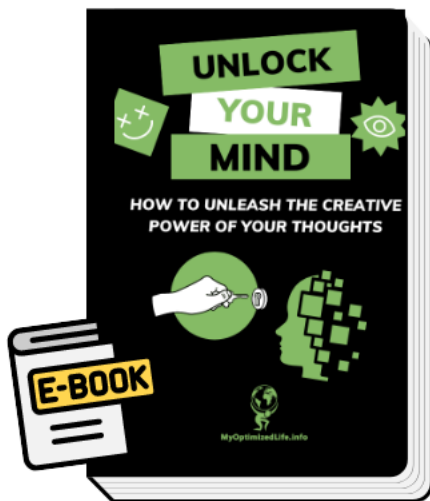
THE ART OF FULFILLMENT

How to awaken the champion
that is hiding inside of you

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How to Unleash the Creative Power of Your Thoughts...

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THE ART OF FULFILLMENT



INTRODUCTION

WHAT IS PERSONAL FULFILLMENT?

THE BENEFITS OF A FULFILLING LIFE

DEVELOPING A FULFILLMENT MINDSET

HOW TO CHECK YOUR CURRENT LEVEL OF FULFILLMENT

HOW TO IDENTIFY WHAT YOU REALLY WANT

HOW TO SET INSPIRING GOALS

PROVEN WAYS TO ACHIEVE FULFILLMENT

RECOMMENDED TOOLS TO ACHIEVE FULFILLMENT

FULFILLMENT BEST PRACTICES

CONCLUSION

STEP 1: UNDERSTAND WHAT PERSONAL FULFILLMENT IS

- The achievement of life goals important to the individual
- Don't pursue other people's ideas of fulfillment
- Be clear about what you want
- A sense of achievement
- Quality of the time you spend
- What you focus on
- The excitement in your life
- Your life has meaning
- You experience completeness
- You are confident about your future
- You regularly experience joy
- A combination of present experiences
- You are in control
- Fulfilling experiences are normally challenging



STEP 2: THE BENEFITS OF A FULFILLING LIFE

- Your quality of life improves
- You will be passionate about life
- You will experience more happiness
- You will boost your self-confidence
- You will stop dwelling in the past
- You will be confident about the future
- You will have a positive outlook
- You will feel rewarded
- You can make a difference



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STEP 3: DEVELOPING A FULFILLMENT MINDSET



- An attitude of gratitude
- Control your thoughts
- Focus
- A positive mindset
- Give to others
- Step out of your comfort zone
- Live in the present
- Every problem is an opportunity
- Forget about perfectionism

STEP 4: CHECK YOUR CURRENT LEVEL OF FULFILLMENT

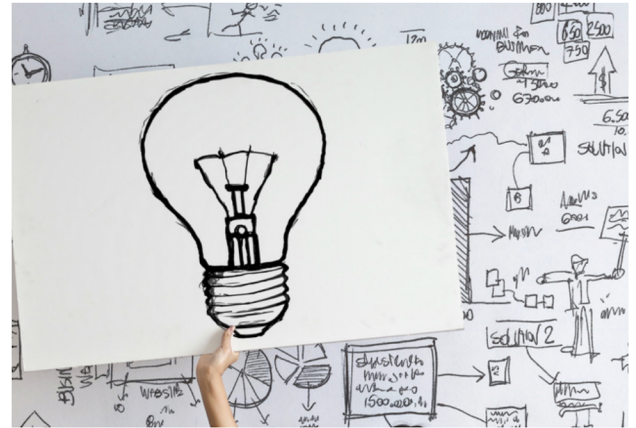
- Important to assess where you are
- How do you react when things go wrong?
- Are you a giver or a receiver?
- Do you help others?
- Does your life have meaning?
- Do you compare yourself to others?
- Are you grateful?
- What does your future hold?
- Negative thoughts about your past or future
- Your reaction to stress
- Changing your life for the better



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STEP 5: IDENTIFY WHAT YOU REALLY WANT

- Most people don't know what they want
- It is not difficult to identify what you want
- Use the "key question" technique
- Assess all of your ideas
- Your life will now have meaning



STEP 6: HOW TO SET INSPIRING GOALS



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- Add an emotional driver to each goal
- Choose your 3 most powerful ideas
- Use the SMART goal setting process
- Write your goals down
- Create a plan for your goals
- Remind yourself of your goals

STEP 7: PROVEN WAYS TO ACHIEVE FULFILLMENT

- Take control of your life
- Live a meaningful life
- Celebrate your achievements
- Always look for positives
- Be true to your values
- Be committed to personal growth
- Express gratitude every day
- Enjoy the things that you do
- Avoid negativity as much as you can

STEP 8: 3 EFFECTIVE TOOLS FOR ACHIEVING FULFILLMENT

- Two tools are free and the other inexpensive
- Start and maintain a journal
- Learn and practice mindfulness meditation
- Learn and practice visualisation



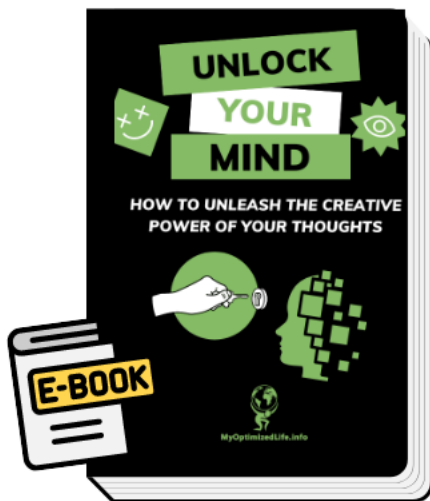
STEP 9: PERSONAL FULFILLMENT BEST PRACTICES

- Understand what personal fulfillment is
- Understand the benefits of a fulfilling life
- Develop a fulfillment mindset
- Check your current level of fulfillment
- Identify what you really want
- Set inspiring goals
- Use proven ways to achieve fulfillment
- Use powerful tools to achieve fulfillment

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