

Pocket Guide:

8 Secrets to Creating What You Want

by Christopher Kent (Adapted from his book *Staying Off the Wheel of Misfortune*)

“You don’t get things in life because you want them so badly; you get them because you imagine yourself already having them.”

Secret 1: Figure out what you want and be specific about all of it.

Secret 2: Think of an enjoyable journey with a great goal at the end of it, not just about what you want to end up with.

Secret 3: Declare your intention to reach your goal to 1 or 2 people you trust.

Secret 4: Come up with a plan of action, but remember to be flexible.

Secret 5: Spell out specific actions you’ll take to move toward your goal, and specify where and when you’ll take them.

Secret 6: Plan for obstacles you’re likely to encounter, and how you’ll respond to them.

Secret 7: Take one small step toward getting what you want every day.

Secret 8: Set aside a few minutes every day to sit quietly and imagine yourself in the situation you want to be in.

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