



CHANGE

your life

FROM
2.0 TO
2.1

FRED CLAS

You 2.0: A Guide to Reinventing Your Life

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INTRODUCTION

With a few poor decisions, your life may veer off-track. One thing leads to another, and suddenly you realize you're unable to live the life you wanted for yourself.

While it can seem daunting to reinvent your life, a few good decisions, a plan, and some time are all it takes to dramatically change things for the better.

A great life rarely happens by accident. It has to be created with intent and effort. Just as a beautiful sandcastle doesn't spontaneously rise from the beach, a beautiful life requires the same intention and energy.

Consider what happens to a sandcastle over time. Even a gentle breeze will eventually cause enough disarray to destroy it. Your life is very similar. Without attention, it tends to become more chaotic and disorderly.

Many of us live our lives randomly. We lack a real direction or vision for what we want. We watch things come and go from our lives. If something enters our life that looks good, we grab it. Sometimes, we're just trading current challenges for what appears to be a lesser challenge. But we can choose to find or create something that's different and better.

Living by chance isn't the optimal way to live.

Perhaps changing hasn't been easy for you in the past. Most of us are creatures of habit. There are internal forces that make change difficult.

However, following a process can make it easier to change. You'll find a process in this report that will make it easier to start on a positive path to change.

A great life can be yours, if you're willing to do the work!

"Stop wasting your time looking for the key to happiness...
the door is open and unlocked... just walk through it."

- Steve Maraboli

ASSESS YOUR LIFE

You might know that you're unhappy, but it's important to figure out how to start fixing that. If you're like most people, you have limited resources, most notably time, money, and willpower. It's difficult to change everything at once and still expect to experience success, so take it one step at a time.

To create the greatest positive impact, it's important to identify the areas of your life that you most want to change. This step is critical.

Most people will quickly identify “money” as the issue. While there's no denying the impact of financial stress on one's ability to be happy, sometimes that isn't the area in greatest need of attention. If you can pay your bills, money probably isn't what's holding you back from happiness. There's usually something more pivotal that needs to be addressed.

Think about these areas of your life:

1. Health. How do you feel? Are you keeping your weight down and exercising regularly? Have you been to the doctor lately? How are your teeth? When was the last time you visited the dentist?
 - It's challenging to enjoy any part of your life if your health is poor. Minor health ailments have a habit of becoming worse over time, especially if they go untreated.

2. Financial. How comfortable are you financially? Can you pay your bills each month and still have enough left over to save and invest the way you'd like?
 - At what age will you be able to retire? What sources of income will fund your retirement? Have you set up a retirement account or taken advantage of one offered through your place of employment?
 - Consider your spending. You may have an income that allows you to live comfortably, but poor spending habits could be causing debt or money challenges.
3. Professional and Career. Do you get a sense of fulfillment from your professional life? Are you on a positive career path? Do you enjoy getting up for work each day? Most of us spend a lot of our waking hours at work. Enjoying these hours is vital to your happiness.
4. Family. How are your relationships with your children and other family members? Do you have the family life you desire?
5. Intimate Relationships. If you're lacking a romantic partner, would you like one? If you have one, how is your relationship with your significant other? Think about how much turmoil you can introduce into your life by being with a person who isn't good for you. It could ultimately lead to heartache, divorce, and financial devastation.

6. **Social Life.** Do you have the social life you want? How many friends do you have? How many friends would you like to have? Do you get out of the house on a regular basis and get together with people you enjoy spending time with?
7. **Adventure and Personal Development.** Are you growing and developing on a personal level? What exciting activities are you doing in your free time? Have you gone skydiving, started those piano lessons, or learned to speak French? Where would you like to travel?
 - These may be the fun and interesting things you would do if you had the time and money.

Now that you've thought about the various components of your life, consider which area needs the most attention. Focusing on that area is important. Most people lack focus altogether or target an area that isn't necessary.

Try this process to target the areas you want to change:

1. **Think about an average day in your life.** What do you think about when you first wake up? Do you wish you could stay in bed all day? Are you excited about going to work? How do you feel physically?
 - Mentally look at a day in your life and examine it. What's great and what could be better? Consider a weekday, weekend day, and one of the big holidays. You might even try taking

notes on those days. List your obstacles and anything you might want to change.

2. Rate each area of your life on a scale of 1-10. A “1” is horrible, and a “10” couldn’t be better. Be honest with yourself in your ratings.
3. Imagine what each area would have to look like to become a “10.” How would you feel if that area of your life were close to perfect? Think about the difference between the baseline condition and your imaginary “10” experience.
4. Ask yourself which area would enhance your overall life the most. In most cases, it’s more valuable to bring a “3” up to a “6” rather than try to get a “7” to a “10.”
 - Despite what you might believe, you’re more likely to be miserable due to an inability to pay your bills rather than because you live in a house instead of a mansion. Your disappointments are because your relationship is rocky (or non-existent) and it isn’t because you aren’t dating a guy that looks like Brad Pitt.
 - You can certainly work on all aspects of your life, but focus your attention on the lower rated areas. You can work on the other areas later.
5. Pick the area of your life that will create the biggest impact on your happiness. If you’re invested in making this change, you might as well get the most out of it.

At this point in your life, you've probably been stuck for a while, and it will probably take a fair amount of time and effort to get "unstuck." But, most of us have a limited amount of "extra" time, so picking an area of focus will help ensure that your time is spent wisely. It will also prevent you from attempting to fix too many things all at once.

"Never give up living because of little mistakes, no matter how far you go in the wrong direction, there's always a chance to turn your life around."

- Kemmy Nola

Take a look at this list of the 20 worst beliefs:

1. Patience is a virtue.
2. I just want to be comfortable.
3. Money won't make you happy.
4. It's the journey, not the destination that matters.
5. I don't have time.
6. I will do it when I get to it.
7. That's impossible.

8. Time heals.
9. I can't do that.
10. Thank God it's Friday.
11. I can't wait for the weekend to get here.
12. I hate Mondays.
13. Debt is bad.
14. I need to save more money.
15. It's not my fault.
16. I will be happy when...
17. I am too old (or too young)
18. It is what it is.
19. I don't like to read.
20. That's not my job.

Design Your Perfect Day

Another way to get some great ideas for your goal is to design your perfect day from start to finish.

Begin with the first moment you wake up. How are you waking up? What time is it? Who is with you? What do you want to do first?

Then, plan out the rest of your day with a similar level of detail. What would you have for breakfast? Would you have a chef? Where would you be eating it? With whom would you be eating?

Are you going to drive to work? What are you wearing? What kind of car is it? What type of job do you have?

By the time you get to the end of planning your perfect day, you'll have a pretty good idea of what steps to take as you move toward that life.

Thinking about your perfect day can be a powerful way to frame what you want. Most of us are too busy deciding what's unwanted in our lives. Sometimes the path to change and knowing what you want isn't obvious. But keep in mind that you usually have more than two options for most things.

Design your perfect day and you'll soon be living it!

"It is neither wealth nor splendor; but rather tranquility and occupation which give you happiness."

- Thomas Jefferson

CLEAN HOUSE

One great way to quickly enhance your life is to clean your “proverbial house.” This means getting rid of the dead weight in your life. We all have people, habits, and other things that hold us back. You won’t believe how much better you’ll feel after you get those burdens out of your life. Negativity can make it difficult to focus and be happy.

This process will help you eliminate negativity:

1. Make a list of the people who have a negative impact on your life. We all have a friend, coworker, neighbor, family member, or other person that makes life harder for us. It could be someone that constantly takes, but rarely gives. It might just be a negative person who provides little emotional support for you regarding your goals and happiness.
 - Think of ways to modify this relationship. Maybe you need to discuss how you’re feeling. Or perhaps it’s time for you to do a better job of sticking up for yourself.
 - If necessary, do what you can to eliminate this person from your life or at least minimize their involvement.
2. Get rid of the unnecessary things in your life. Do you have a picture on your wall that you’re tired of? Toss it, sell it, or give it away. Go through all of your possessions. If you aren’t in love with it or have little use for it, get rid of it.

3. Make a list of all of the things hanging over your head. These are the things that are annoying or that weigh on you. Maybe the lock on the front door of your house sticks. Perhaps you're putting off doing your taxes, cleaning the garage, or getting your oil changed. Is it time to think about changing jobs? Do you have unpaid bills and no savings?

- Simply make a list of all of the little things that are constantly on your mind.
- Resolve to start taking care of them one by one. You can work from biggest to smallest, easiest to most difficult, or pick them randomly. You'll be shocked at how much better you'll feel without these things weighing you down.

Cleaning house is simply removing negative things from your life. These things create more emotional turmoil and fatigue than you realize. Get rid of them and notice how much better you feel!

"We are used to cleaning the outside house, but the most important house to clean is yourself - your own house - which we never do."

- Marina Abramovic

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