

# How to Start The Life of Your Dreams!

## Life's FUNdaMENTAL! 60 Things That You Must Know!

Deni Griffiths ☺

Feel free to give a copy of this report to your family and friends.

To Kym, who got me started, thank you.

To my wonderful husband, Lee and my fantastic kids, Keiran & Jamie, thank you for your support while I wrote this book.

To my mum, Esme, thank you for your encouragement, input and ideas which were greatly treasured.

To my aunt, Lexi, who egged me on.... Cheers!

*Achieve and believe!*

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How to start the life of your dreams! Life's FUNdaMENTAL!



Hi! My name is Deni, short for Denise.

After accidentally starting my family while still a teenager, I guess you could say that I'm not worldly traveled.

Over the years of my adult life though, I have had two beautiful children, developed and touselled a relationship with my husband, been in successful businesses, done plenty of stupid things, lived on 2 minute noodles one minute, and ate at fancy restaurants the

next.

Money wise, potentially I would have easily wasted opportunities to acquire a few hundred thousand dollars, and wasted thousands of dollars in general. I have been through ups and downs and bounced back.

I love my life! All of it's good points and even the bad. Lessons are being taught continually as I learn from my mistakes, my parent's mistakes and of those around me.

Out of all the lessons I have learnt, and with all the fun I have, I believe in one driving point:

***Life is what you make it.***

***You have the power to guide your thoughts on what you think and believe.***

***Your actions are a direct result of what you think and believe.***

***Your actions are what gives you results.***

***So...If you keep doing the same thing, how can you expect a different result?***

Originally, I wrote down some notes to help a friend of mine, and the words kept on flowing. "Wow!" I thought. "This is pretty cool stuff, and easy for anyone to follow, to change their life."

Then I realised that I wasn't following my own instructions, and felt that a workbook style journal would make my life a lot easier.

Now I use this book myself. By using this workbook, I am helping to ensure that my days are productive, which helps me to succeed in fulfilling my goals.

Work in your dream life journal daily, and see where you take yourself. It will be a new positive direction. Be amazed at your power and all of your achievements!

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## **Welcome to your new life.**

Life's *FUNdaMENTAL*! We need to put the fun back into life, and look after our mental well being.

I have to warn you though. People love to know “how” to do things. That’s only step one. Step two is taking action. Understand that action means results.

To achieve anything, whether it is happiness, work results, great children, relationships, even wealth eventually, you need to create a positive mindset.

## **Is your body screaming out to you for help?**

It may be either in a physical sense, an emotional one, or even a combination of both. Understand that your conscious and subconscious decisions about you and your life play a large role in your physical and emotional health.

In fact, there is quite a lot of study into the direct link between illnesses such as cancers, and people harbouring personal grief, guilt and negativity in general.

Maybe you feel like things will never be right? Things keep going wrong? It’s possible that you have created yourself a negative cycle on a subconscious level. We need to turn the negative cycle in your life into a positive cycle.

The easy part is realising this. The hard part is taking action. It’s really important that you make these changes now. Don’t let things keep going as they are.

**Here’s a little secret** that I found in Mike Dillard’s book about Magnetic Sponsoring. (For more info, follow [MLM](#) link on my website)

It is intriguingly obvious, yet I’d never previously given it the attention it deserves. The choices that you have made in your life have lead you to were you are right now.

Imagine this. The thoughts that you have are actual actions. Whatever you think of regularly will give you blueprints on your future decisions. These thoughts are about your ideas, emotions and beliefs creating your attitude. So your attitude assists your decisions, which leads to your results. Now the question is, are you happy with your results?

Do you want the choices you make to improve your life? Do you want the ability to be in a strong position to roll with the punches?

There are so many little things that help me, and I want to share these with you. Don’t be overwhelmed or feel like it’s a big chore list. Look at it as stepping stones on a path to your fantastic new life.

These days, I don’t have to think so hard about trying to achieve these goals, as most of them are an embedded way of life, and without much effort, the same will happen for you.

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### **What is involved within your life?**

There is a lot of stuff going on, even when you aren't doing anything.

Let's look at an average domestic situation's considerations. Getting up and ready for work, and/or getting kids ready for school, breakfast, iron, clean, prepare, transportation, washing up, cleaning the house, preparing dinner, watering the plants, doing the washing, helping with homework, paying the bills, food shopping, folding the washing, being a partner, being a parent and exercising. Etc, etc.

Phew! The list was just going to go on and on! It's no wonder that things in your life could get missed. There are only 24 hours in a day. It is easy to just let one day merge into the next.

### **Make time.**

Prioritise your time. Invest in your own life. The little things you change now will mean big changes in the near future.

You need to also make sure that you have time for yourself, your partner and children, if you have a partner and/or children too. By spending quality time with other important people in your life, you start creating a positive cycle.

### **Consider what you would like to achieve.**

Think about the characteristics you admire in other people. Are these people happy, successful, friendly, confident and assertive? Do these people know how to have fun?

Success doesn't necessarily mean that you have loads of material things. This may only mean that you have a lot of debt. I will talk more about debt later on.

The biggest thing about these ideas is that they will only work for people who are willing to help themselves. At the end of the day, the only person who will help you is you. Some things may feel right, and other things may not. So just take from my thoughts what feels right for you.

### **What if you put your name in the hat lotto?**

Unfortunately, I can't tell you were I heard this suggestion, however, I love it!! What if, every single person on the planet, put their name in a great big hat. Shake the hat around. Now pick out someone else's name from out of the hat. This is now your life.

What are the odd's that you will pick up a better life and opportunity, that what you have now? Quite slim actually.

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### **Do people find life, in death?**

Okay, I realise that I am going out on quite a limb here. Obviously death is a subject that makes a lot of people feel uncomfortable. However, here is my curious observation.

Think of how often you have read or seen an inspiring story about someone who has nearly died, or who were terminally ill, and they changed their priorities about what life is really about?

You will also see this happen to people when someone they admired, dies. Remember the tragic day that we lost Steve Irwin, Crocodile Hunter, in September, 2006?

So many around the world paused and thought about their own lives, and admired how he indulged and followed in his passions.

What did you do when you heard the unfortunate news? Most of us adjusted something in our lives, either temporarily, or permanently, to create a positive outcome.

People everywhere brought themselves to action. They supported his conservation foundation, visited and enjoyed nature, spent more quality time with their kids, had fun, planned a family holiday or may have even applied for a better job.

My suggestion is to decide to take positive action now. Don't wait to be jolted into taking action. By using this dream life journal, you have already started to take positive action.

### **What would your eulogy say?**

If you were to pass over today, your loved ones would discuss your attitude to life and your achievements. Of course they would already say a lot of great things about you.

However, imagine if you could delay this day, and really make a go of the life that you want? Achieve the outcomes that you deeply desire. If you knew that you had a second chance, I believe that you would find the drive and passion pretty quick.

### **No room for excuses.**

Okay, if you want to change your life for the better, stop your excuses. There is always someone worse off than you. Become inspired to make changes to improve your life, and create a positive domino effect. Grab control of your life.

### **Dreams are fantasies.**

To dream of a better life isn't enough. Dreams are like wishing. Fantasies, even.

### **You must believe.**

Believe and be driven. Focus on your goals. Know that your goals are your focus, and believe that you will achieve these goals.

The power of belief is incredible. We wouldn't attempt to do most things in life, unless if we felt that we could achieve these things. Think big and believe. See your goals as matter of fact.

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**Create Balance.**

No doubt, you have heard the saying, everything in moderation. It is important that you learn to balance your life. Family time, partner time, work time and you time.

**Change your thinking.**

This is a physical action with your brain. Eliminate your negative thoughts. When you have thoughts, about anything at all, check yourself about what you are thinking.

**Make the most out of everyday in life.**

You live in a fantastic free world. Make the most of looking at your opportunities. Your life, no-one else's, will be your centerpiece. Make it a fact. Your life will evolve around you and your family, and you'll enjoy doing this. No maybes, end of discussion!

**Take pleasure in the little things that don't cost money.**

Go to the beach, to the park or do some fishing nearby if it's available. If you have kids, pack them up and take them with you. Try later in the afternoon, if it's hot.

Enjoy doing activities with the kids and your friends at home. Join in and play with them. Activities such as playing video games and board games are cheap and fun.

Get out and play soccer, a bit of cricket, softball or even a bike ride. Do something energetic. It doesn't have to be every day but it does have to be regular.

**Learn to love yourself**

One of my biggest lessons is to learn to love... Especially love yourself. Fall in love with yourself, even! This isn't meant to be dirty or sleazy. Become the type of person that you would want to fall in love with.

For those of you with partners who don't know you exist anymore, it's likely that your partner will sit-up and take an interest when you start to take an interest in yourself.

When you love yourself, you will be amazed by your level of self confidence and energy. This has an immediate flow on effect with building your relationships and defining boundaries of what is acceptable and what isn't.

What else do you have that you love about yourself? Build on these positives. Write down a list of features about yourself that you love. Don't be shy. What are your talents? What do you like to see in other people, that you also see in yourself?

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### **Start with your smile.**

I bet you have a great smile. Use it frequently. However, it must be genuine. When you smile at someone, it could actually turn their life around.

A genuine smile reaches your eyes, and can be seen in body language. Consequently, when you fake a smile, most people are very much aware of this, so it almost becomes pointless.

Sometimes when I'm walking past someone, I'll give them a great big smile. They smile back. They get buzzed, then I get buzzed at making them buzz. Easy, free, and it works.

Every single time that you answer the phone, smile genuinely, even if you know it's probably someone annoying at the other end!! Greet them in a voice that sounds light, confident and happy. When you start your conversation with the happy confidence, it is easier to resolve anything that you don't like in the conversation, including telling people that you aren't interested in their deals of a life time they are trying to sell you.

### **Be genuine.**

Unless you really do care about how someone is, be careful that you aren't asking "How are you?" when you aren't interested in the answer.

If you are greeting someone in a business situation, greet the customer with "Hi Bob. How can I help you?" instead. This breaks the ice and you get straight to the point.

When you run into someone, in a light confident voice try "Hi / Morning Jim" and use your smile. Hold back on "How are you?". If you would like the conversation to go further, think about something that's relevant to them, or recent times. E.g.: "What did you get up to on the weekend / holidays?" or "How is your wife enjoying her new job?"?

Want a shorter conversation? Ask a closed answer question such as "Did you have a good weekend?" which will generally give you a shorter answer.

Avoid discussing weather and the news. The weather is boring and the news is usually about other people's misfortunes.

### **Create Boundaries.**

This is a doozy piece of advice. Consider what is acceptable behaviour from yourself, and from other's including family and friends.

Maybe your old boundaries have become tighter or more flexible than previously.

This is the line theory. Draw an imaginary line for acceptable behaviour. Then you move that line a little bit, to accommodate a circumstance. Another situation occurs, and you move the line of what is acceptable again, and so on.

### **Indulge your senses.**

Regularly, inspire yourself. Play your favourite music, light incense, read motivational or wealth building material. You may as well enjoy as many aspects of life, where possible.

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### **Dress for success.**

Remember back when you were in love, or you knew you would run into someone cute? Remember how you would take a bit more care with your appearance incase you ran into that someone? Keep that in mind for when you know you are going to be dealing with other people.

You don't have to get dressed up to the nines, however, you may want to reassess your wardrobe, make sure your hair is clean, look after your nails and teeth etc. Before you go out, clean your teeth and put on antiperspirant deodorant.

Your appearance will make you feel great and that will help to reflect in your relationships.

If your wardrobe is lacking a little bit, pop into your local op shop. Op shops are big business these days and usually have a fantastic range. You get great clothes, mostly between \$5 and \$10.

My husband has heaps of brand name shirts that would normally cost between \$50 and \$60 each He only ever pays \$3 to \$7 for them. I bought myself a pair of designer jeans, which would've normally sold for \$110 for just \$9. How awesome is that?

Over a period of time, maybe years, you look back and find that your original boundaries have moved considerably. In some areas of life, this may be great, and in other areas, you may have to revise those boundaries.

### **Get yourself a theme song.**

This piece of advice comes from watching an episode of Alley McBeal, and I find it to be incredibly helpful.

Recently, I had to work for a few months making sandwiches in a hectic environment. There seriously wasn't any 'rest for the wicked'. Whenever a great song would play on the radio, I would perk up immediately.

I use all sorts of songs to help lift me. Generally I listen to party and rock songs for cleaning and walking, and easy listening for relaxing and chilling out.

### **Create a space at home for yourself.**

Keep it looking fabulous. If you don't have a lot of room, use your bed / bedroom. Keep your bed made. Put your rubbish in the bin and clear away your dishes. This is your sanctuary. Get yourself a little indoor plant. If plants aren't your thing, try a cactus.

Those of you who have access to flowers growing nearby, make sure you grab a few from time to time.

### **Laughter really is a great medicine.**

When I laugh, I usually end up with tears running down my cheeks. Enjoy laughter. Allocate a few dollars for a couple cheap movies every now and then that are just plain fun or funny.



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### **Soak up information.**

Read books on creating wealth, investing, and changing who you are. It will seem strange at first but don't give up.

I would have to say one of the best books that I have ever read, for everything in life, from dealing with customers and employees, to dealing with your mother-in-law, would be Dale Carnegie's "How to Win Friends and Influence People." Believe me, the tactics that I learnt in that book has saved my butt and put me in the winning straight endless times.

Hmmm I know reading is probably risky as sometimes it's hard to do anything else once you start, however, go ahead and do it.

Books can be expensive, so you may want to get a library card and hire out, or check to see what your local op shop has to offer.

They are integral to your education however, and I feel that if you will take action, then purchasing a book every now and then is definitely important. Just stick to a schedule, with reading, and don't let it take over your daily life.

Naturally, read anything that is going to be persuasive to you improving your life, and achieving what you want. I love reading a good novel as much as most of you do, however, I do not recommend reading novels or fiction right now, purely for the reason, that the time spent reading needs to be productive to your education.

This is the book that changed my life. [What I Didn't Learn at School But Wish That I Had](#), by Jamie McIntyre. Guess what? It is available for free. I got the paperback version for myself, which only cost postage, however, you can download the free ebook at this [link](#).

### **Turn off the television.**

Who really needs to know about bad news every single day? Maybe try listening to the news on the radio occasionally. 5 minutes a day is better than 30 or 60 minutes.

Don't have the TV on just for the sake of it. Take time out from TV. When you notice that the TV is on, see if anyone at home really is interested in the program, or if they are just sitting there for something to do.

Try eliminating TV from a certain time slot two to three times a week. Particularly, turn the TV off and eat dinner together at the table.

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### **Write positive letters to people.**

Family and friends that you haven't spoken to in a long time would love to hear from you. Even just a short note. Don't mention bad things, – write a few lines that are positive.

If you have children, write about what grade the kids are in school now and something that your children enjoy doing. Ask your kids if they want to write a note to someone too? It doesn't have to be long. A drawing would be well appreciated.

Then SEND IT! Don't forget. Equally important, don't expect anything back. The fun is in the giving, and the surprise if you do actually receive mail back!

It is quite interesting to hear statements about how communication in the email and SMS era is a lot stronger, than in the past.

If you have access to a computer, write a generic family / personal email to send to your family and friends. If you have access to digital photo's, include a couple.

Talk about how you went fishing, or if your family has been playing soccer, or anything else significant and insignificant.

### **Writing about negative feelings**

If you want to write down your negative feelings and thoughts about something or someone, it's a good idea, however, get rid of it. Don't ever give it to anyone, or write it in your journal. Make sure that no one else will accidentally read your notes.

Obviously, it goes without saying, that if your bad thoughts are due to issues with violence or abuse, seek help immediately. Make the call. Do you need counseling, guidance, or even Police intervention?

Situations and people change. If you keep the bad stuff you have written, it's a bad idea. You don't want to keep reading these notes over and over. This won't improve your situation. All that will do, is keep you bitter and angry. Being bitter and angry, doesn't make your life better. In fact, it will spiral you into many bad situations.

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