

# *Your Journey Of Being*

The Step By Step Guide To  
Designing A Life You Love  
And Living At Your Peak!

Tom Anderson



# Learn How To Turn Your Journey Of Being Into Your J.O.B. For Life!

Do you want to wake up and feel more passion and purpose in your life? Life design expert Tom Anderson teaches you exactly how to identify what you want for your life and shows you how to design your life around your inner most desires. More like **three books in one**, Your Journey Of Being walks you step by step on your journey toward your ideal life.

Starting with **The ABC's of Success**, Tom will show you how to build a solid foundation for creating your life. You will identify who you really are and answer the questions that help you get into momentum.

Continuing on, you will learn how to overcome the 4 most common blocks to achieving your goals. **The Next Level** will give you the mental strength it takes to keep going when you face challenges along the way.

Finally, in **Reaching The Peak** you'll discover exactly what it takes to live a purposeful life and what makes you unstoppable in your pursuit of your goals and dreams. **Tom will show you, step by step, how to design the exact life you want to live, based around what is uniquely important to you!** You will begin living life at a whole new level when you finish this book.

No matter what you want to achieve, Tom will show you exactly how. Life designing is a simple to master, revolutionary goal achievement method that will keep you on track to living the exact life you want to live, by design! Motivating, effective, thought provoking and unlike any other goal setting or personal development book you've ever read.

**Your Journey Of Being may be the last self help book you ever purchase and the one you turn to again and again for wisdom, practical tools and inspiration that will help you live the life you were born to live.**



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YOUR JOURNEY OF BEING

# Your Journey Of Being

Tom Anderson

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## YOUR JOURNEY OF BEING

### DEDICATION

This book is dedicated to you! You are the reason I write



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This free version contains the first section of the book. The full paperback and Kindle version can be purchased on [Amazon](#)

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## ACKNOWLEDGMENTS

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## Welcome

Does your life have a design? If you don't know, I'll give you the answer. Yes, it does! However, is it your design or someone else's? You may be fulfilling the purpose of someone else's design of how they want their life to look. You have to know the purpose of your life so you can design your life around that purpose. But how do you design your life if you don't know your purpose? Within the pages of this book, we are going to explore some unique ideas to help you identify your purpose, inspire you, ignite your passion and design the exact life you want to live! My goal, is for you to know every moment of every day how to live your most desired life!

Have you ever looked around and realized that everything in the world has a design? Take a minute, everything you see serves a purpose. When you think about the process of design, here are the stages. Identify a need. Figure out what purpose will be served through the unique design. Rough out a plan by identifying what will be necessary in order to match the need with the design. Refine, refine, refine until your design is exactly what you want it to be in order to fulfill the purpose. That's my job, to help you discover your purpose and passionately live that life, by design!

TOM ANDERSON

Welcome to the ABC's Of Success. You are on your journey to having and being anything you want in your life. I'm so excited for you right now because I know what lies ahead. I know what is going to be introduced to you on this journey. I created this journey for you and I really want you to experience it the way that it was designed. The way that you get the most out of your experience is to not just read this book but use the workbook style pages that are provided. Use the information and do the work because when you read this book and do the work you will be inspired, you will create, you will be alive again in a way that you've never been alive before.

I don't know where you are right now, you may be wildly successful already, and that's great. I want you to be even more successful. You might just be in a place where you have no idea what you want for your life and, if that's you, I'm sorry that you're in that place right now but I'm not going to allow you to stay there because you matter to me. Your success matters to me. What you want matters to me and I hope it matters to you.

You see, if I don't help you get what you want than I'm not doing my job. If you're not on your way to living the life that you really want to live, after you're done with this book, I'm not doing my job. I hope that you take this book seriously. Have fun, but take it seriously, because I did. I had a lot of fun writing this book for you. I had a lot of fun designing it, creating it, writing it, and then sharing it with you. I did it for you. I also took it seriously, because your life matters. You only get one shot at this, so I want to teach you how to live life to the fullest.

The reason I wrote this book is because I want you to experience life at your peak. I want you to experience what I experience because life at its highest levels is an amazing life. I know that you might not have everything you want in your life right now. You might not have the external things that more money can buy. I also understand that you might not be as happy as you want to be in your life right now. In fact, you may be missing many of the internal feelings you desire.

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I understand that and you know what, I was there, I've been through this, and I promise you that you now have a book that is unlike any other book that you have ever read in your life. I hope that you get a thousand times the value that you paid for this book. I hope you get a million times the value you paid for this book. I hope you get anything you want, because that is my job. That's my envisionment for you. That's what I want for your life, I want you to live that life with me so let's do it together.

I'm going to show you what my journey was and I'm going to show you where I was and how I got to where I am today. The first thing I want to do is tell you a little bit of my story. I want you to understand that I didn't always live this life of pure joy and excitement. I didn't always live at the peak of what's possible for my life. I had to learn it and it took me a long time. I failed and I struggled and I failed again and I struggled again and I just kept going and I kept learning and I kept trusting that I was on the right track.

I knew where I wanted to be in my life and I finally got there. Once I reached the point in my life that I said, "This is it. I've lived it, I've experienced it, I know how to get there and now I can show other people." That's when I wrote this book. So let's take this journey together. I want to start with my story so continue reading and understand that I've been where you are and I can tell you, the top of the mountain is a beautiful place to live.

TOM ANDERSON

## My Story

I can remember the day clearly. It was a sunny, beautiful day with clear skies and I was just waking up. I was tired, uninspired and felt no real sense of passion or purpose. At this time in my life I was a bartender as my line of work. I really enjoyed the work and being around people who I could talk with, laugh with and even help at times.

However, on this particular day I woke up with this feeling of emptiness and unhappiness. Now, my life was a good one. I had a family, a wife, two kids, and a job. I had, what most people would consider a good life. Don't get me wrong, I was thankful for what I had and thankful for the blessings that were in my life. Nonetheless, I still felt this emptiness inside. I laid in bed wondering what was missing from my life. From the outside looking in my life looked like I wanted it to look. I loved being a father, I was doing okay financially, and at that time my life was where I thought it should be. So why was I feeling this emptiness?

I realized that I was viewing my life and creating my life from the outside

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in. I realized that I wanted to have a family and I wanted to have children and I wanted to have a comfortable life. I had in fact created the exact life I had envisioned for myself. It was at that moment that I realized what I hadn't done. I never created my life from the inside out. I created my life from the idea that if I wanted to have the family and the children and the house and a comfortable life that I would need to do what it took to get those things. I had successfully created the life I thought I should have.

Now, I did what most people do. I went to school, I was employed, and I made good money, I got married and I had children. What I wanted, I had created. So if I had the life that I wanted and I had done what I needed to do to make it happen, why was I still feeling like something was missing? It was that moment in my life that I realized exactly what I had done. I had created my life, I designed it, I did everything I needed to do to make it happen, but I did it in the exact opposite order that I was supposed to do it in. I had created my life from the outside in and I should've been creating it from the inside out.

On the surface I was a happy guy. I was smiling, I was pretty fulfilled, and I looked like I was a guy who had everything a guy could ask for, a guy who was living a good life. On the inside however, there was still a void, a really empty void. I wasn't being who I knew I could be. I wasn't living my life for myself. Of course, I needed to be responsible and provide for my family, that goes without saying. So in many ways I had the responsibility to live my life in a certain way so that I could be responsible for providing for those people that relied on me and I welcomed that responsibility.

I loved providing for my family. I still, to this day love every moment of having a family, it remains my most important job in the world. Being a dad is my favorite job, yet I had forgotten the most important aspect of my life. I had forgotten this was my life. It wasn't the life that I was living just to support my family. Sure, I had a family and I was a father but I was also me, and I wasn't being me. I kind of forgot that this was the one chance

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that I get on this earth to be what I want to be, to create the life I want to create, and then leave it behind for the people that are here when I'm gone.

When I finally realized that, I got disgusted. When I realized that I was living my life just to fill the needs of other people, that really bothered me. Again, don't mistake what I'm saying here for a selfish act or a self-centered way of thinking. I realized that I wasn't living my life by my own choosing based on what I wanted as a core inner drive. If I wasn't doing that than I wasn't really being everything I could be. I wasn't providing everything I could provide for my family and for the people around me, and I certainly wasn't providing it for myself. I now know that in order to provide properly and give everything I had to my family, to the people I love, and those around me I needed to live my life from the inside out. The problem was I had no idea what I wanted for my life! I had no idea what made me uniquely me and what would provide me with that sense of fulfillment that I was longing for. What was it?

So with that new understanding of my life, with that new realization, I began to search for who I wanted to be. I went back to doing what I felt I was good at as a career. You see, I am and always have been a creator, I am a very creative thinker. I went to college as an industrial design major. That was the study of product and idea development and other various forms of creativity and design. When I began my search for who I was, I did what I do best. I began creating new ideas for products that I thought would help the world and what I thought the world really needed.

Like most creative types, as soon as I started to generate new ideas, I was energized! I found a new sense of passion and excitement in my life because I was creating again. I began developing new ideas and for the first time in many years my mind was full of inspired energy. I felt alive again and I was creating products, designing marketing plans, and developing emerging business ideas that I was going to bring to market. I was one hundred percent confident that this was my life's purpose and what I was

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