

01_01_Your_Dream_Life

Hey. Before we dive into specifics of how you can design your ideal lifestyle, let's talk about psychology a bit for a second.

So, when you think about your dream life, when you dream something, you really want to have certain things, whether it's a really nice car, or a nice house, or something else, we often censor ourselves. We often say to ourselves, no, you know, I just can't do that; I'm just not capable of doing that. I don't have a degree. What will my parents say? What will my friends say? Will they look at me differently if I live a certain lifestyle, if I have a lot of money, or if I do something I really enjoy doing? And this fear, this censoring, often holds us back from achieving the things that we really want to achieve.

Now, I'm going to talk about mental barriers and things like that, fears, how to overcome that in the future of the course, but right now I would just ask you that once you go through the next few exercises over the next few days that you don't censor yourself. Imagine your life with no limits, with no monetary limits, no other limits. Imagine if everything was possible, what you would want to achieve. In future days, when you go through vision exercises, write that down; be specific, but don't limit yourself in any way. Don't think about what your parents might think, you will worry about that later on; we will wrestle those issues later on. Right now, it's just super important that the life that you want to live is really the one that you want to live. It shouldn't be something that someone else wanted you to do. Just because everybody else maybe might want to have a nice house, maybe that's not for you and that's okay; maybe you just want to live in a cheap house, maybe you want to go meditate in Thailand for years, maybe that's what you want to do, and that's perfectly fine. We're talking about designing your ideal lifestyle, not the lifestyle of your parents, your friends, or any other people. We're talking about your lifestyle, so don't censor yourself. Keep that in mind over the next few days.