

T. Harv Eke's

5-PART CHECKLIST
THAT WILL
CHANGE YOUR LIFE
IN 5 MINUTES



Have you ever noticed that for most people, how they want their life to be and how it is are **VERY** far apart?

They don't have the **money** they want, they don't have the **relationships** they want, they aren't as **healthy** and **fit** as they would like to be, their **business** or **career** is certainly not booming, they don't feel overly **fulfilled** and worst of all they may not feel that good about **themselves**.

It's true that sometimes one or more of these individual areas of life goes well but for most people ALL of these important elements never seem to be great at the same time.

In short, "life" never gets to a level 10...at least not for very long. There's always a problem area. There are always one or more areas of life that could use some drastic improvement.

So why is this? *Why do 90% of people not have the life they really want?*

Simple. They don't have the knowledge, skills and a step-by-step system with which to create and build that life.

The fact is, most of people are just **not good** at the process of designing and creating their life.

They never learned how.

Did you?

Did you ever go to life design school?

Probably not.

That's why today we're sharing a brand new, 5-part checklist to help you **create your ultimate life**.

T. Har Eke's 5-PART CHECKLIST

PART
ONE



1. WHAT DO YOU REALLY WANT?

Clarity leads to power and power gives you the ability to do or act.

The number one reason most people **don't get** what they want is because they **don't know** what they want

So what do YOU really want?

The first key word here is “**you**” – what’s right for you? **Not** necessarily what your **parents** wanted or what **your family or friends** want for you, and **not** necessarily what society and the **media tells** you **should** want, but what do you really want your life to be like in your **heart** and in your **soul**?

Everyone is **unique...**

For example, not everyone is cut out to be a **billionaire** or even a **multi millionaire**. You may or may not want to be one. Not everyone wants to **travel the world** – some people just enjoy consistency and staying put enjoying their friends and family.

So what works best for YOU?

The **second** key part to this is to really come from what you want **today** – based on who you are at this particular stage of your life. Not necessarily what you wanted 20 or 10 or 5 or even 1 year ago. Remember, everything is energy. All energy travels in frequencies and vibrations and all energy is in a constant state of change. Therefore, life is in a constant state of change and **you** are in a **constant state of change**.

So what you want today may not be what was right for you in the past. There's a good chance your **new dreams** may be different than your old ones if you're really **honest** with yourself. This is a **perfect time** to **re-evaluate** who you are today and what you want today.

Either way, it's important you are as **specific** as possible in your wants.

So here are some **examples**:

For **money**, maybe what you want is to earn **\$150,000/year net income** from your **business** or **job**, or for **health** you want to **lose 15 pounds**, or for **relationships** you want to **spend more play time with your kids**.

After you finish figuring out what you really want, move onto the next question.

T. Har Eke 's 5-PART CHECKLIST

PART
TWO



2. WHY DO YOU WANT THIS?

If the first reason most people don't get what they want is because they don't know what they want, then the second reason most people don't get what they want is that **they don't know why they want it.**

Your why is your **reason**, your why is your **motivation**, your why is your **emotion** behind your what and without that emotion there is no energy to make the changes necessary to achieve what you want.

Once you determine your true "why", the next question will be much easier to answer...

T. Har Eke 's 5-PART CHECKLIST

PART
THREE



3. WHY DON'T YOU ALREADY HAVE IT?

This question is super **important** because how you do anything is how you do everything.

Let me explain.

First, because if we don't address and handle why we don't already have something, chances are we will continue to not have it for the very same reason.

Why? Because for most they **never** address the **root problem** or the real **blockage** of what's really going on for them. The fact is, most people spend their time trying to solve the **problem that isn't instead of the problem that is** so knowing the answer to your "why not" gets you to the problem that is and from there you hopefully can do something about it.

Here's an example:

Say you want to earn \$200,000 a year, but for the last 10 years you were only earning \$50,000.

So **why don't** you have the \$200,000 year now?

Well, you say, "My job only pays about \$50,000 and that's the most I can make in it." Meaning you can say you want to earn \$200,000 but if things stay the same it's just not gonna happen, is it?

In this case you are not in the position to earn \$200,000 a year...meaning you're in the wrong vehicle and you need a new and different vehicle (either a new job or you might need to start your own business).

The other reason your why not is critical is because there's also a good chance that your why not for this may be the exact same why not for a lot of other things in your life.

In the example above, this person is probably very security minded and risk averse. Why else would they stay in a position for 10 years that simply does not pay what they say they want?

Again, how you do anything is how you do everything so my guess is this why not - of being risk averse - will show up in a lot of other places including their investment choices, their relationships and so on.

Now that you've determined your what, why, and why not...you're ready for some planning!

T. Har Eke '13 5-PART CHECKLIST

PART
FOUR



4. HOW ARE YOU GOING TO GET IT?

Obviously to get from where you are to where you want to go you will need a new strategy or a new plan to get it. Otherwise you'll just habitually continue on the **old plan** and what you want most likely won't happen because as the saying goes...

If you keep doing what you've always done, you'll keep getting what you've always got.

Your strategy is your **how...** as in how are you going to do this? So we are looking for a specific plan here, but not yet detailed actions.

Here is an example: let's say someone says they want to earn more money in their own business and they also want more free time for themselves.

Is this possible? The answer is yes...if they "leverage". So for this person, their big strategy is going to be to focus on really **systemizing** their business so it can run without them that will allow that person to both expand their business as well as eventually create more time for themselves.

It also **doesn't** have to be **perfect** – just a starting point will do – keep it **simple**.

Now, this is where it gets fun! Out of your 3 wants you listed above - pick just ONE - the one that is most meaningful to you - and create a STRATEGY for how you'll get it.

So once we have a plan or a route, it's time to **take action**.

T. Har Eke's 5-PART CHECKLIST

PART

FIVE



5. WHAT'S YOUR FIRST ACTION?

This is where most people and most plans fall apart. It's fine to say you want to take a trip to Brazil and it's great to research and plan the entire thing, but at some point you actually have to book and pay for your plane ticket.

Action is critical.

The biggest problem with most people not living the life they want is they **think** a lot more than they **do**. Thinking is mental, doing is physical. Do you want **mental money** or **physical money**? If it's physical money...simple: **think less, do more**.

As I say in my book, "One step in the right direction is worth 100 years of thinking about it." Right now we are only interested in **one single action**. A journey of a thousand miles begins with the first step - not the second or the fifth - only the first.

Why is the first step so critical? Because of something I call the "**Power of Momentum**". Newton's Law says a body in **motion** will tend to remain in **motion** and a body at **rest** will tend to remain at **rest** meaning until we take that first step we have a tendency to remain at rest.

Once you are able to take one single step (the first action) everything changes because now the law is working for you instead of against you and now you have the power and energy of momentum on your side.

Let's give you an example – let's suppose you said your plan was to **focus** on systemizing your business so it can eventually work without you. This plan will entail many actions – one might be to hire a new manager, but is that your very first step?

No, that's actually the result of many steps before that because there are a lot of things you have to do to hire a new manager.

So what might a very first step be?

Maybe to make a list of all the tasks and duties you are currently doing in your business that you could train a new manager to eventually take over. Doing that will give you a clue as to what you really need as well as who you really need for starters.

So that's it, nothing more. Just one list of tasks that you could give to someone new.

That might take you 5 minutes - that's perfect.

Why? Because it's doable and if it's doable you will do it and if you do it you will have the power and energy of momentum on your side!

Congrats! You've now completed the 5-part checklist, but...

HERE'S THE THING...

Even though you now have a guideline that thousands of my students have used to completely transform their life, the truth is that there is a good chance you won't take the time and energy to fully do this yourself.

Why?

Because we are creatures of habit. And you are simply not in the habit of doing this...yet.

After working with almost 2 million students all around the world, there's one thing that I notice over and over again...

If you could have done it on your own, you already would have done it on your own.

...And in this case, you would already be living your ultimate life.

My friends, you can read all the books you want. Attend all the seminars you want. Watch all the webinars you want, but getting knowledge and skills is only one part of the puzzle to success.

That's why in my experience...even though I've told you some of the main ingredients you need to build your ultimate life...there's a good chance you will not be able to do it on your own...

...Which is why I created a FREE online web class called The Ultimate Life Makeover System, where I will personally guide you through a more unique and advanced system to truly design and create your level 10 life.

And you can register right now for free by clicking on the link right below here:

<https://www.harvekeronline.com/ulm/invite/vb/green/>

I hope you got LOTS of value out of this checklist and it has helped you become more motivated to live the life you truly want.

Don't forget that results come from taking ACTION in the real world so reserve your (free) seat with me on my next class and let's start making your dreams become a reality.

For Your Freedom,

A handwritten signature in black ink, reading "T. Harveker". The signature is written in a cursive, flowing style with a large initial "T" and a long, sweeping underline.