

[Three Steps to Having the Life You Want](#)

Are you happy now? Do you have the things in life you want? If not, maybe it's time to reevaluate where you are and create a plan for having what you want.

The truth is, we can blame the government, modern religion, our race, sex, or any number of things for our unhappiness, but the bottom line is, if you want to find true happiness in life, then you have to take responsibility.

The answer you seek is inside, or in the mirror, whichever way you want to look at it.

Until you take responsibility for your life, you'll never find true happiness. It isn't enough to have a lot of money, or to be financially rich.

Having the life you want means balancing the three areas of your life: mind, body, and spirit.

Balance these three areas, while seeking what you want, and you are on your way.

Now, the first step to having the life you want begins with deciding what you want. Most people don't have what they want in life because they don't know what they want. Unfortunately, most people drift through life taking what they get. Do you just want to take what you get? I don't.

When deciding what you want, don't be afraid to dream big. After all, if others can have what they want, why shouldn't you?

It's important here to decide what YOU want, not what others want, or what others want for you.

Once you decide what you want, then write it down. In fact, if you don't have a journal, get one, or get a notebook. This isn't about writing about your dreams or analyzing your dreams. This is about writing down what you want from life.

When writing it down, you need to be very specific. It's not enough to say you want to be a famous writer, a millionaire, or whatever. Get specific. Set a date.

Here are some questions to ask: How much money do you want to have? What do you want to look like? Where do you want to travel? Do you want to lose weight? What do you want to look like? If you want a house, what does that house look like? Where is it located? How do you want to decorate it? What does the life you want really look like?

Once you know what you want, really see it in your mind. What does your new life look like? What does it feel like?

You can do this visualization exercise with anything you want. The more you can see what you really want, and the more emotion you can attach to it, the more likely you are to achieve it.

What you see on the inside is a reflection of what's on the outside. How you feel about yourself, the thoughts you think, determines your reality because you'll react to those thoughts. Change your thoughts, and you can change your life because what you think determines what actions you take.

Next, choose one of your goals and decide what actions you will take to achieve it. If you want to be a world class author, your next step will be to write that book.

Ask yourself: What's the first step to achieving my goal? Write your steps down. Even if you only have a few minutes each day, take one of the steps on your list and keep taking those steps until you reach your goal.

Achieving your goals requires action, but it also requires faith and discipline. Faith to believe that what you want can happen, and discipline to take the necessary actions to make your dreams become reality.

About the Author

Jinger Jarrett wants to give you a copy of "13 Secrets of World Class Champions". This 33 page ebook in PDF can show you the 13 principles you need to follow to live the life you've always dreamed of, regardless of your religion. Get it at <http://www.101christian.com>.

