

LIFE BY DESIGN
NOT BY DEFAULT

FUN & EXCITEMENT

A JOURNEY TO
WHAT'S NEXT

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MOTIVATION


The Fun and excitement section is my favorite part of the Wheel of Life. Fun and excitement are what make everything you do in the other nine areas of the wheel worth doing.

In life, boredom is the precursor to stagnation. In other words, fun and excitement play a key role in the growth of all other areas of your life.

I'm sure you've heard of the " carrot and stick " motivation technique. It has become a cliché in the business world that is synonymous with the psychological concept of reward and punishment.

Fun and excitement are the carrots in your life. You use it as the reward for pushing yourself forward in other aspects of your life. The " stick " part of the equation is self-discipline. Self-discipline means only giving yourself a reward when you absolutely earned it.

It is natural for us to rationalize a few slip-ups and indulge in a reward when it wasn't really earned. In the end, the only person you cheat by doing this is yourself. With that being said, you don't want to be too hard on yourself. If you are too punitive, then you stifle your growth.





MOTIVATION

Don't think of reward and punishment as a zero-sum game. Instead, think of it as a negotiation. Make deals with yourself. Let's use saving money as an example.

You could make a deal with yourself to take the money you save from cutting a daily expense and go out to your favorite restaurant. How much you'll have to spend will depend on your self-discipline.

Fun and Excitement are part of your why. Joy is life's endgame. Look back at your original score for fun and excitement now.

If you didn't score above a 7, then it is your fault. Sorry if I am being to honest here, but that's true! This is the only area of the Wheel of Life where you have total control over the outcome.

Why aren't you having fun?

A lot of my clients tell me they don't have the time or money to have fun. Well, time is not the problem if you are in control of your life, we already spoke about time management before and let's be honest we can have fun at any time, even washing your dishes if the soundtrack is making you move your butt ;)

And money? There are plenty of fun things to do, the world is here for you to explore. Let's breathe in the world we live in because there's plenty to see and experience.

MOTIVATION

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Remember the finance challenge from week 6? You could make a deal with yourself to take the money you save from cutting a daily expense and go out to your favorite restaurant. How much you'll have to spend will depend on your self-discipline.

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MOTIVATION

DESIGN MY WEEK

CHALLENGE

Examine the causes of happiness:

Take a quiet moment alone and try to find out what really makes you happy. Answer the following questions:

- Is your happiness derived mainly from your circumstances?
- How much of it is due to your state of mind and the way you experience the world?
- If happiness comes from circumstances outside yourself, check how stable or fragile they are.
- If its due to a state of mind, consider how you can further cultivate it.