

21 Actions.

**A QUICK GUIDE TO GET YOU
STARTED IN THE 7 KEY AREAS
OF YOUR LIFE.**

TABLE OF CONTENTS

INTRODUCTION.....	
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TAKING CHARGE OF YOUR FINANCES - AVOID BEING TAKEN FOR A RIDE.....	4
TAKING CHARGE OF YOUR HEALTH – GETTING MAXIMUM ENERGY.....	7
GETTING AHEAD IN YOUR SOCIAL LIFE - NETWORK = NETWORTH.....	10
RELATIONSHIPS AND YOU - YOU CARRY YOU WHEREVER YOU GO.....	12
MENTAL AWARENESS – BECOME SHARPER TO CUT THROUGH THE NOISE.....	14
TAKING THE LEAD IN CAREER AND BUSINESS - BE YOUR OWN BOSS.....	17
SPIRITUALITY – THE ESSENCE THAT MAKES EVERY OTHER THING MEANINGFUL	
.....	26
CONCLUSION.....	22

21 ACTIONS

INTRODUCTION

Welcome to the beginning of a new you, a new you that will break limitations and old beliefs that had you stuck in one place while watching others grow and succeed. You will find your purpose. Your vision will inspire you, and you will begin to master all areas of your life by taking ACTION!

My name is Alex Roseman, and I have immersed myself in personal development for a number of years. I was fed up with sabotaging myself financially, in my relationships and well, most areas really. This caused me unnecessary suffering on a daily basis, because my mental map of how I wanted my life to look didn't match the reality of the situation. Now you can do two things; change your mental map and accept what is, or change your reality. I had to change my reality. Before I got into working on myself, I was broke, living in a single room in a shared house with my sister, with her barking dogs (love you sis), had a pissed off attitude that was highly destructive at the time, which lead me to having no place to live at all. Once I made the decision to change internally, everything outside changed too. This didn't come without ups and downs. As you pursue this

"new life" you will be met with resistance. It's as if the Universe is testing you, to find out how much you really want this. You can get knocked down and stay down, or you can get back up and keep moving....gotta love a bit of Rocky! Either way, life isn't always a picnic in the sun. You must have challenges in life to grow; and the more you can handle, the more you can

expand and retain the things you want out of life. Most of my life I wanted to avoid as much responsibility as possible. If something was asked of me, I felt as though I was being taken advantage of, and I would defend myself for no particular reason. It was as if the World owed ME something and to ask anything of ME was taking the piss. This kind of limited belief was destructive, and it took me having a real hard look at myself to knock that craziness out of me. Now that I am aware, whenever that belief turns its rear head, I tell it to go 'do one'.

Awareness is the key to a lot of our problems. Our destructive habits were formed to protect us in some way, the issue now is we no longer need them. Now you can't just stop a habit. You must replace a habit with a new constructive habit that meets the same needs as the one you want to rid yourself of.

Example - Drinking is a great release for a lot of people; to stop the chatter in their minds and not have to face life's challenges and many other issues unique to any particular individual. If you were to see the root cause of the issue's and what needs were being met, you could then resolve them by seeking help, reading or modelling others who have done the same. You can quiet the noise in your head with mindfulness meditation, Yoga and even being so focused on a goal that you have no time for the chatter. This is what is known as being in the flow.

A really fast and effective way to getting on track and having clarity for your life is getting a coach. Bill Gates I am sure you have heard of him - the guy who owns Microsoft went on to a Ted Talks. and the first thing he said is "Get a coach" He is a billionaire and sees the power of coaches.

You may not be ready right now. Like me, start by reading books to help you coach yourself. However when I made the decision to get a coach, that is when I saw changes happen so quickly, I was pretty speechless and as a speaker that is saying a lot.

My coach helped me clear the muck and see how I can achieve what I really wanted by having laser-like focus and by serving others through my businesses, speaking, writing and training. I was clouded with misinformation involving health and energy. Then finally coming to a realisation of what attains maximum results

You have to learn how to mold your environment and surround yourself with new peers who are where you want to be and distance yourself from your old circle of friends. This takes dedication to getting the best out of yourself and feeling as if you deserve it. Having to deal with what comes up mentally as you go through each area and to not keep sabotaging yourself takes full awareness. We know this but have been taught to ignore our knowing and be lead away feeling lost and disconnected.

Whenever you are ready for a coach and want to go way beyond your comfort zone, grab a coach who is doing what he/she says.

To work with me you can visit my site www.alexroseman.com

As Lao Tzu, the ancient Chinese philosopher said -

“The journey of a thousand miles begins with one step.”

Just start! Now read on and be awesome.

1st Key Area Of Life!

TAKING CHARGE OF YOUR FINANCES

AVOID BEING TAKEN FOR A RIDE

I have attended many events and seminars around the World, and the most efficient money management system I have found is the 6 jars system. This is a system that works for anyone and works instantaneously. It was originally written about in a book called “The richest man in Babylon” by George S Clayson, and tells a story of a man’s journey to financial breakthrough employing the use of a parable as the narrative.

This concept has now been taught around the World, and is one of the core programs of the MMI - (Millionaire Mind Intensive), a program designed by a very successful and entertaining man called T Harv Eker. He has a book called "The millionaire mind" that I recommend you read or get on audible.

The concept of the 6 jars is explained thus:

- Get 6 jars (6 bank accounts).
- Divide your income into 6 jars/bank accounts.
- 55 % - Necessity Account is for your living expenses. This includes food, rent, clothes, mobile phones etc. whatever you must pay to live.
- 10 % - Financial Freedom Account is the account you must never ever touch. It is for future investments. First of all, you must build this up and start to educate yourself on how to invest. One rule for investing is to "Diversify"!
- 10 % - Long Term Saving is for the larger, nice to have purchases. This includes your holidays, furniture. (You can divide this account if there is something you are saving for specifically, but always keep to 10%)
- 10 % - Education is vital to your growth. To become the person who is capable of achieving financial success, you must first understand how. You are the most important asset, so invest wisely. You can

invest in online courses, seminars, live courses and other valued educational products.

- 10 % - Play Account has to be spent once a month on things you would not usually purchase. It is to reward yourself on your discipline on managing your money. Hey, you gotta take care of number one. Suggestions are massages, getaways (weekend), expensive dinners etc. If in a relationship, then you should both have separate play accounts and must never ask what each other is spending it on. You are both individuals and deserve to have some personal pamper time.
- 5 % - Gift Account is for giving to family, friends, birthdays, for special occasions and for any reason to be generous. You can also give your time away instead by doing something for someone else, such as charity work, community work, helping a neighbour and much more.

The 3 action steps I want you to take to gain financial freedom is:

1. *Speak with your bank and set up 6 accounts. In most cases, you can go online and set them up and change the names of the accounts appropriately.*
2. *Set up a system where money automatically gets taken from your funds, and to the accounts you have set up. If you don't have to think about doing it, then it is more likely to happen. Personally I like doing it myself as I get to see it and make it a productive habit. It's a great habit to have, managing your money!*
3. *Go through your bank accounts over the last month and put together a spreadsheet for the month (a really cool app I use is Yolt; it does all this for you to avoid the headache). Compare the food costs from each week, pull up your monthly commitments and just see where your money goes. Once you have clarity around this, you can then start to manage your money and utilise the 6 jar system more effectively.*

1. I will commit to doing _____ by _____ and my why
is _____

2. I will commit to doing _____ by _____ and my why
is _____

3. I will commit to doing_____by_____and my why
is_____

2nd Key Area Of Life!

TAKING CHARGE OF YOUR HEALTH

GETTING MAXIMUM ENERGY

Living healthily has been on the top of my value list for a very long time. It is now so ingrained in me and has a positive impact on all other aspects of my life. As I have found, what we value dictates our lives. And when you shift your values, you shift your reality.

From my research in this area, and from experimenting with various different lifestyles, I have found that a balance is essential for me.

I believe a vegan diet is the way forward, as meat and dairy products are products of animal cruelty. What's more, research has shown that the consumption and digestion of these products when they have been given extensive antibiotics over the course of their lives can lead to antibiotic-resistant bacteria in the human gut.

This is just one of the many different reasons I stopped eating meat and dairy. The more I educated myself, the more leverage there was to change my eating habits. This then shifted my focus on to fish and seafood, and to the mercury and other problems facing the declining sea life.

I believe that if you do your research and then switch to living foods such as salads, fruits, vegetables and beans, you will reprogram your body for maximum energy.

Ideally, you should be eating mainly raw and some cooked foods.

This is a big step if you are currently eating meat. The usual response from people who want to stop having dairy is, "I just can't cut out cheese". The truth however, is that there is no price too much to pay to get your health back to where it should be.

Exercising daily, even if it is just for 10 minutes is a must to living a life free from harmful diseases such as heart disease and diabetes. Exercising also

raises dopamine and serotonin levels, which are chemicals released in the brain that make you happy!

The 3 action steps to take are:

- 1. Begin with a vegan day once a week to explore the variety there is out there. 5 years ago, there were limited options. Now there are so many alternatives that you wouldn't know the difference (depending where you live of course).*
- 2. Get your gym clothes out next to your bed. Each morning, just start with putting them on, and once the gym clothes are on, you may as well go for your 10 minutes jog around the block. If you feel you can do more, then go for it.*
- 3. Find other friends who value exercise and join in on what they do. Open up your life to exercise and embrace it. This will have an effect on all areas of your life as you will have more endurance and energy. Soon, you will grow into the person whom you've always wanted to be...running marathons and climbing mountains...maybe!*

1. I will commit to doing_____by_____and my why
is_____

2. I will commit to doing_____by_____and my why
is_____

3. I will commit to doing_____by_____and my why
is_____

3rd Key Area Of Life!

GETTING AHEAD IN YOUR SOCIAL LIFE

NETWORK = NETWORTH

I've read extensively about world changers and influencers whom i've admired and one thing I have found they have in common is their choice of friends. They had friends who were also world influencers. To have a social network of people who have been where you are now, and are now where

you want to be is very important. If you are the only one succeeding in your circle of friends, you need to get new friends.

Network = Net worth

Money is energy, and if it is flowing through certain networks, you need to plug yourself into that network because once you do, that flow of energy will shift towards you. If you manage to find and connect with a network of people who are succeeding, they will in time, drag you up to their level.

It took me a long time to understand this and to feel that I was at the intellectual level possible to be around people of calibre whom I admired. But once I did the work on myself, after reading, and working on myself every day, I gained what was needed to have the confidence to integrate myself into the network I had wanted to be a part of.

This can take you a year or 2 or it can take one evening. It depends on whether or not you are putting yourself out there to interact with a new social circle that could change your life.

The 3 action steps to take are:

- 1. Ditch the peers you currently hang with if you want to step up and be where you want to be. Family is much more of a challenge of course, but this doesn't mean you can't move and create some healthy distance.*

I am not saying to disown them all together, but some sacrifices may have to be made for you to truly grow.

- 2. Find where the people are who are many steps ahead of where you would like to be. This may take some research. Be sure to ask around and use your common sense. Linkedin, facebook groups and meetup are a great place to start.*
- 3. When you find them, change your normal schedule to be around these people as much as you can. Take your work there (if appropriate), strike up a conversation and offer to work with them, for free if you have to. Be persistent. People can be negative, but after 7 attempts or so you may get the yes, or be arrested!*

1. I will commit to doing_____by_____and my why
is_____

2. I will commit to doing_____by_____and my why
is_____

3. I will commit to doing_____by_____and my why
is_____

4th Key Area Of Life!

RELATIONSHIPS AND YOU

YOU CARRY YOU WHEREVER YOU GO

Relationships with the people you love can either make you happier than you ever thought possible or make you feel like you're sitting on the moon with your back against the World.

Our loved ones highlight the very issues that need addressing from within ourselves, and when the person we need (not so much we want) comes into our lives, we begin a journey of self-discovery that gets us to the next stage far quicker than if we were on our own. Loved ones can certainly push your buttons, but this shows that there are areas that need the work, even if it doesn't feel like that at the time.

You may have been repeating the same patterns in your previous relationships and noticed you're getting the same results over and over.

The great news is that you are becoming conscious and so now you can do something about it. Cause for celebration!!!!

Once you have brought the subconscious patterns into your awareness, you can then work out what lesson you need to learn, so that you do not repeat the very mistakes you had previously made.

The 3 action steps to take are:

- 1. Write down the common patterns that you may not have consciously noticed that have come up in your past relationships and that keep repeating themselves. If you are in a relationship, what are the most common issues that create arguments?*
- 2. Once you have recognized them, what do you need to do to stop the patterns from repeating themselves? You need to work to really understand the deep layers of where these issues come from. If you need external help, you can get it from a transformational coach, a psychotherapist or other professionals who might suit you. The point is to bring the very belief you hold from your subconscious mind to awareness and reprogram that belief so you don't keep bringing destructive relationships into your life.*

3. *Write down the attributes you want from your dream partner, from looks, their nature, social surroundings to all other things that are important to you. Look at that list, and decide if you are at this point someone who can attract a partner like that. If not, what is it that you need to do to become the person to attract that partner you desire? If you are in a relationship, then I suggest you sit down together and write out important areas you feel matter to you both and each week ask your partner how could I improve the relationship from a scale of 1-10 in each area. This is so that you both know where you stand. This will also ensure that nothing has built up to cause something that may surprise you later.*

1. I will commit to doing _____ by _____ and my why
is _____

2. I will commit to doing _____ by _____ and my why
is _____

3. I will commit to doing _____ by _____ and my why
is _____

5th Key Area Of Life!

MENTAL AWARENESS

BECOME SHARPER TO CUT THROUGH THE NOISE.

What you think about comes about! It never even came to mind that what was happening in my head was going to reflect my reality. When I was growing up from my teens into my 20's, I had no particular direction. I was very reactive and defensive due to my childhood. I had created another person to protect myself from being vulnerable and allowing anyone to come close that I forgot who I was underneath.

I wasn't that different from the majority of people on this Earth. The truth is that we all have these open emotional wounds. If you were to compare it to something physical, it would look like open wounds all over our body

and soon as someone touches us, we flip out due to the pain. Do you get the idea?

To close these wounds takes looking back at those moments, seeing them from another perspective (action steps to follow) and breaking the illusion. Once you have made peace with them, your wounds will heal.

It is absolutely essential to be aware of our habits, because they control up to 95% of what we do (different studies have varied results but we know habits make up most of your waking life).

Here is a parable.

A man is riding his horse, and he is going at a breakneck speed. As the man and the horse sprint past, someone observing them shouts out, "Where are you going?" And the man on the horse says, "I don't know, ask the Horse"!

This is what happens when we don't become aware of our habits, and our habits control us. You may not like the direction your life is heading, or what you do on a daily basis. If you are either smoking, drinking, fighting or sleeping in everyday, then this is likely interfering with your future, and it is time to do something about it.

Once you become aware of your destructive habits, you can now change them. You cannot just stop a habit. It needs to be replaced with something else, ideally a constructive habit.

The 3 action steps to take are:

- 1. Start to observe your thoughts throughout the day. You are not the thoughts you think. You are the observer which you cannot observe. If you do not like the thought, be sure not to judge it but just let it go. Like a river flowing, see what floats, just don't pick it up and hold on to it. The more you do this, the more aware you become and you can start to clear the negative thoughts you hold onto and move on.*
- 2. If there is something that you feel needs help for you to clear up, like a traumatic experience, seek out a professional. I have worked with some of the best thinkers on the planet and what you can do is look back at that moment and see how it served you and them. If you see it as negative, then this is a false perception, you cannot have one without the other. It is a universal law. There is an opposite to everything. Write down the positives of a situation you believed was all bad. Break that illusion and let it go. I know practitioners who have learnt this from the World behavioural specialist, Dr John Demartini. When you are able to do this, you will see extraordinary results.*

3. *Be mindful of destructive habits. They obviously serve you in one way; otherwise you wouldn't be doing them. Find out how they serve you, then replace them with more constructive habits that also serve that purpose. Next time you smoke a cigarette, be mindful of the process of lighting it up and inhaling it. Now ask yourself, what are you getting from it? Now, what can you replace that with? Do this with all habits you find destructive. What's really helpful is overcoming your own thought pattern to stay where you are. Use the 5 second rule written by Mel Robbins; if you find it difficult to get out of bed when you hear the alarm, count down from 5 and get up. It works!!*

1. I will commit to doing_____by_____and my why
is_____

2. I will commit to doing_____by_____and my why
is_____

3. I will commit to doing_____by_____and my why
is_____

6th Key Area Of Life!

TAKING THE LEAD IN CAREER AND BUSINESS

BE YOUR OWN BOSS

Tony Robbins said to me that your business is an extension of you. How apt. If you are failing right now, then it is no one's fault but your own.

Economy downturn or whatever, we must take full responsibility for our lives and business.

If you are pursuing a career, the course of the company you're working for will be determined by the actions of your boss, which in turn will affect your career. As long as you are tethered to that company, what you see is what you get.

If you want to become financially free, you must own a business and you must further educate yourself on others success.

Read books and attend courses or do online courses.

Surround yourself with other successful business owners using the Social Network model.

- And I must ask of you how clear is your company vision?
- What inspires you and how does your life show what you are excelling in?
- What do you feel a spontaneous drive towards?
- How big is your corporate vision?
- Is it time to expand your corporate vision?
- What priorities are true to you?
- Is there anything you need to clear in order to make space for something new?

The truth is that the quality of your life depends on the quality of questions you ask yourself. If you are not liking your results, change the questions you ask yourself.

The 3 action steps to take are:

1. *Become honest with yourself and work out if what you truly value is aligned to what you do to earn money. You can determine what this is what you think about, what you spend your money on, what you surround yourself with (what you surround yourself with personally everywhere you go) and what lights you up when someone else talks about it. Once you know what it is and you can have a career or build a business around it, then you have found the Holy Grail.*

2. *If you have a business, and you want to become a business owner and not an operator (to have it working despite you being there), then you must put a plan in place to move you in that direction. Start with a set date in mind and work towards delegating all of the things you don't want to do to others who would be more than happy to do it as it supports their highest values. If it is in congruence with their values, then your business will take off as you see your team doing what they love.*
3. *Know what your company or career vision is. Once you have a clear view you will have less noise in the way to achieve the success you have always dreamt of. The questions I asked above will be a great indicator to start with. Please get working on these points and start steering your life towards your vision.*

1. I will commit to doing _____ by _____ and my why
is _____

2. I will commit to doing _____ by _____ and my why
is _____

3. I will commit to doing_____by_____and my why
is_____

7th Key Area Of Life!

SPIRITUALITY

THE ESSENCE THAT MAKES EVERY OTHER THING MEANINGFUL

There are many different viewpoints based on this topic, so I will address it by how I perceive it. For me, spirituality is a deep feeling of having answers to all the questions you ask yourself. If you are able to quiet the mind long enough, you will find that you have the answers.

It takes practice to quiet the mind through meditation and mindfulness. It has been proven that after 8 weeks you can shrink your amygdala gland which is associated with decision-making, memory and emotional reactions. When a situation occurs, blood flows here before it reaches our

more rational thinking part of the brain. The more you practice this, the less you react emotionally. This will eventually positively affect your whole life.

I mention this because once you have a handle on this, you can stop reacting and listen from the larger part of yourself.

Your spirit is the very essence that sits inside your body having a human experience. When you are not living out the experience your soul wants, you feel it. You are in resistance to it each day. Dragging yourself out of bed to do a job that you most likely don't want to do, staying in a relationship you know isn't fulfilling. When you are out of tune spiritually, you are nothing more than a walking corpse. Don't believe me, try standing in London at rush hour and watch those wandering soulless faces.....!

What would happen if you let go? What would happen if you listened to that quiet voice within and moved towards what you really wanted and had the faith to know all would be okay? You will go through some challenging moments, but you will have an equal amount of support based on the Universal Law Principles I mentioned earlier .

You would finally be moving towards your truth and living life freely, impacting lives along the way, and inspiring others on how to live their truth too.

The 3 action steps to take are:

- 1. Take time for yourself every day. Sit quietly and meditate for 5-10 Minutes. Start with breathing in and out on a count of 4 and keep repeating it while focusing on your breath. Start simple and build up from there.*
- 2. Start to explore works of spiritual masters who can share their insights with you on the importance of meditation and other practices like yoga. The more you understand, the more likely you will practice the methods and become more connected with your spirit.*
- 3. Listen to the voice within, and act on it and deal with the outcome from listening to your higher self. You don't need advice from someone to make the decision. Make a decision and let your spirit shine and live fully.*

1. I will commit to doing_____by_____and my why
is_____

2. I will commit to doing_____by_____and my why
is_____

3. I will commit to doing_____by_____and my why
is_____

CONCLUSION

Congratulations on being one of the very very few who actually picks up a Personal Development book and actually finished it. A big gold star for you!!

You are on a journey, and this is only the start of major shifts that will start happening in your life. If you are like me, you will read a lot, go to seminars and start to implement what you learn to get massive results faster.

This book is a microcosm of my learnings from great mentors such as Wayne Dyer, Tony Robbins, Dr. John Demartini, Mel Robbins, Les Brown, Robert Kiyosaki, Jack Canfield, Thom Hartmann and many more.

If you would like to get in touch with me, please email our team.

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To your journey of self-discovery.

Peace and love

Alex Roseman