

SIMPLIFY YOUR LIFE – Rich German’s Infinite Energy course

Look Within for Answers

- What gives me total joy?
- What joys do I carry with me from my childhood?
- Adolescence?
- Early romance?
- Who has made the great impression on my life and how?

Find Your Inner Voice

Spend quiet time in prayer, meditation or in nature and ask:

- What is my dominant mood?
- Am I really happy and fulfilled?
- What am I feeling?
- What makes me feel fully alive?

Becoming Familiar with your Uniqueness

Write a short paragraph describing your personality

- Include strengths and weaknesses
- What means more to me than anything else in my life?
- What do I like? What do I dislike?
- What kind of people do I like to spend time with?

Take Responsibility for Creating Happiness

- What patterns or themes keep repeating themselves in my life? (relationship breakdowns, poor health, financial worries, job issues, sexual concerns, etc)
- What do I need in my life to be fully happy?
- What is my optimal dream come true lifestyle? (Describe in detail)
- What will it take to achieve this dream?
- What is my optimal work or career situation?
- What will it take to see this through?
- What would be optimal in my primary love relationships? (Describe in detail)
- What can I do to ensure this happens?

Balancing Your Needs and Priorities

List out in order your highest priorities in life:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

Others:

Do any areas weigh so heavily on me that I neglect my highest priorities?

What can I do to change this?

Commit to Being a Self-Sufficient, Self-Reliant, Whole Person

- How committed am I to being happy and fulfilled?
- How committed am I to the disciplines of sound nutrition, meditation and fitness?
- How strong is my commitment to my loved ones and family?
- Do I stand up for what I believe in no matter what?

Letting Go of Dead Weight and the Overload of Unnecessary Obligations

List out all the deadweight, unnecessary responsibilities, unneeded obligations and self-abusive thoughts or behaviors that overload you:

Home

Work

Relationships

Thoughts

Behaviors

Lastly, write out in 100 words or less what it will take to simplify your life. Be prepared to cleanse and make plans to simplify.

In summary: Get to know yourself, get to know your needs and focus on your priorities. Include the habits of exercise, emotional fitness, positive thinking, nutrition and meditation. These daily habits of wellness create rhythm and order in your life. Congratulations on beginning the process of simplifying your life!