

# BUILDING THE LIFE YOU WANT

THE PRACTICAL GUIDE  
TO ACHIEVE ANYTHING

**Cornel Manu**

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# INTRODUCTION

This book was born from my desire to have a simple yet practical guide that can be applied to any goal and make it a reality. A masterfully crafted blueprint that can be used as a base for making any dream real. And I am not talking about wishful thinking or visualizing and hoping that the things will somehow come into existence, because I don't believe in thinking without action. I am talking about doing the necessary steps to accomplish any goal in a smart and efficient way.

I feel like this kind of book was missing from the personal development niche. It's easy to talk in abstract terms and hope that the audience will catch up the clues. But how about some clear and simple instructions, in black and white, that any person can apply them regardless of their previous experience? That is the purpose of this book.

This book was written with simplicity and efficiency as their main ingredients. I removed all the fog of numerous success principles and ideas and wrote for you the simplest and most practical guide that you can start applying it since the first chapter. This book doesn't promise you results without action, but it definitively helps you know exactly what actions you need to take to achieve everything you want faster than you could think possible.

Your life is yours, and like anything else that belongs to you, it can be built the way you want. As long as you can imagine your dreams, you can make them a reality. The power is in your hands. You have all the cards, you just need to play them well. This guide will teach you how.

That doesn't mean you can't change this plan and adapt it later to better suit your life and needs. You can certainly do that if you want. Yet this will be the base start of your master plan. When you are starting to bake cakes it's better to start off using someone else's recipe and master it before making your own. It's like you take all my experience that I gathered from these years of writing and working as a life coach and you build from there forward.

Act in spite of fear and give yourself a chance to live your dreams, it might be the best decision you have ever made. Don't forget that if you fail, it means you are trying, and if it's hard it means you are on the right path.

I don't think it's an accident that you are reading this book. Your internal high achiever calls out on you to build a life that you and your loved ones will adore. You answered that call and you are ready to roll up your sleeves and make it happen. For that, I applaud you. To your success!

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## CHAPTER 1 – CLEAN YOUR LIFE

Before you start something new, you first have to clean what is already there. When I talk about goal accomplishment, I like to compare it with setting up a garden. Because we are creators in our lives, therefore anything that is worthwhile it must be created. We build the life we want, not find it. Exactly how we build a beautiful garden.

If you have a piece of land and you decide one day that you want to make a beautiful rose garden, but you never worked before on that soil, will you find it clean and ready to plant a new crop? Definitely not. It's going to be full of weeds and bugs, and it must be cleaned before you can start planting something beautiful in there. Because weeds and bugs don't need to be taken care of to prosper. They grow and spread automatically. In fact, we have to FIGHT these invaders, so they won't devour our crops.

It's the same thing in life, in all areas possible. Some good people tend to say childishly: "I haven't done wrong to no one. I never hurt anybody. Why these bad things happen to me?" The bad things in life won't ask you questions. The disasters won't investigate if you are a good person or not. All it needs is enough neglect so it can grow properly. You don't have to intend to get overweight, to be broke or to be single. These things happen automatically if neglect is involved in those areas. Just because you are nice guy or girl it doesn't mean that weeds and bugs will just give you a pass. No no. They are going to invade your lands as soon as you neglect it a little bit.

The evil never sleep.

Now, I don't say this to scare you or something. But I want us to be real with each other, and understand that if we don't have good habits in all areas of our lives, that means something bad is already installed there.

If you are not working towards your dreams or something that excites you, I can already tell you are wasting time on something. If you don't watch your health and what you eat, I can already know that you have health issues waiting around the corner. If you don't watch your bankroll and if you don't try to grow your income, I can already say that either you are bankrupt or on the way to become. If you don't build a beautiful relationship with your soulmate each and every day, or try to find the right person for you then I can already know you are heading over being single.

Not because I guess or because I say this is what you deserve, no. It's simply because I understand now the consequences of neglect. Just because you don't get a heart attack as soon as you drink that soda, it doesn't mean it's not going to happen if you keep it that way. If we open our eyes and accept the responsibilities of the life that is not pleasing us right now, we can start making changes. In every area that we don't progress in, it means we are getting behind. I can assure you that as soon as we neglect just a little bit the "gardens" of our lives, the bugs and weeds are right there to take them.

But how exactly does this metaphor translate to our lives? What exactly means to clean your life? It means that we must identify and eliminate bad habits that we have in every area of our lives, regardless of the goal that you want to achieve. We must identify where do we neglect and we must swiftly start to clean all the unconscious but destructive behavior.

You might say that the area of your goal that you want to achieve is towards excellence. For example, if you have a professional goal like making more money doing what you love, you most probably already take care of this part of your life. It won't surprise me. But here is what we sometimes fail to see and it becomes fatal: it's all linked together! If you are neglecting your health and your relationships, in this case, I can promise you that the disaster spreads even over your finances.

Especially the quality of our relationships strongly influence everything else in our lives, because we are emotional creatures. You can't also prosper without a good healthy body.

The bottom line is that we have multiple areas in our lives that are important and they are all linked together. If you neglect even one of these important areas for you, it's going to affect the rest of them.

That's why cleaning your life sounds so scary, and I understand it is. That's why a lot of people don't do it. It's easier to say "Oh, watching TV all night instead of something that helps me progress isn't that bad. It's just a small thing." Or "She / he will forgive because I gave a cold shoulder. It's just a small gesture." And you would be right to think so, regarding the fact it's a small thing. Still, you would be wrong to think that it doesn't matter. Because it does. It all matters.

Especially the small stuff matters, because it's so easy to get drift towards disaster without even realizing. We are what we repeatedly do like Aristotle said, but the idea is that it's more powerful than we can imagine. Yes, the small things take time to build up, to compound together. Even so, once they build it the effect is huge.

This is not only valid for bad things. It's also the key to success. Small disciplines practiced every day yields tremendous results. When you



see someone succeeding, is not a huge event that just happens to become a reality now. You just see the effect of small, apparently insignificant disciplines repeated day in and day out, that were constantly practiced sometimes even for years before the effect will show up.

Now that we clarified the fact that small stuff matters and neglect leads to disaster, let's get real specific about the things you need to watch and clean in your life:

- The thoughts and emotions you practice.
- The quality of your relationships.
- The habits that you have.

## Thoughts and Emotions

Since you were inspired to buy this ebook, I will assume you already know the importance of our thoughts. We are and become what we think about most of the time. Exactly like we programme a computer. Like that saying, garbage in, garbage out. It also works on the good side: Good in, good out. Whatever we input into our minds on a daily basis it becomes our reality because we believe it' reality.

Therefore you must clean every negative thought that you use to have. It's a false premise that our current society is trying to enrich, that we somehow don't control our thoughts. I was watching a video of a very popular influencer on Facebook the other day (which name I don't want to mention because I don't consider him a good example anymore) and

he said something like “you don’t think, you just sit and thoughts come to you”. And it is true, if you neglect to control your mind.

The brain is made to think, it’s an automated process. We also have a survival instinct, which is made to keep us alive, therefore is trained to see the bad around us and get alert about it, so we can escape the hungry saber-tooth tiger that is trying to eat us. Even if this is not the case anymore, the survival instinct is still there and it still triggers when something dangerous or negative is presented, real or not. The brain is built to become alert when a potential threatening situation is presented to us. Combine these two automated processes, the thinking and survival instinct, and you can now see why it’s so easy to be negative.

That’s how news and those scandal TV shows keep you hooked up. Your brain fires up adrenaline and other flight-or-fight chemicals that makes you very aware of what is happening.

Therefore, the idea is that some people prefer to neglect the ability to control their mind, and that’s how they succumb to the negative effect of having random bad thoughts. “This is who I am” they scream, while is just the neglected part of who they are. Just because my garden is full of weeds because I didn’t take care of it, it doesn’t mean that my garden is meant to be full of weeds. It simply means that I am responsible for the effects because I didn’t practice the disciplines.

The conclusion is that you can control your mind. If you don’t use it, it uses you. But once you train the ability to control your own thinking and develop it over time, you will be able to achieve great peace and mental clarity.

I simply started to forbid myself thinking bad things. Everyday stand guard at the door of your mind, my mentor Jim Rohn used to say. Don't allow any negative thoughts to take roots into your mind because they will grow huge. Rip them off while they are little. This is the important first step, where you clean your mind. When you take into account which thoughts you allow yourself to have and which must be removed and which must be kept, you then can take swift action into growing the thoughts that you want and ripping of the toxic ones. On this note I recommend you to read *As a Man Thinketh*, by James Allen.

We can also control our emotions. They are influenced by the thoughts we have and what we focus on. For example, if I focus on what I don't have and what is the unpleasant thing in a situation, I am going to feel bad. If I focus on the times I messed it up, I am going to feel like a loser. If I focus on what I do have and what is the advantage in any situation I am going to feel grateful and happy. If I focus on the time I won at life, I am going to feel like a winner. Where focus goes energy flows. Therefore, what you look upon is going to be amplified.

Another strong influence on our thinking and our emotions are the speeches we give to ourselves. The way we talk to ourselves, especially when it's said out loud, has a great influence on our mood and mind. If you practice in the mirror saying "I am confident! I am confident!" over and over, you will start to feel that way. But most people have automated negative language that puts them down. Therefore start practicing these simple yet powerful techniques of self-talking to put yourself into a positive perspective.

Remove all the negative thinking, all the emotional setbacks that you have by changing your focus and doing self-talks, and you will have a clean "garden" on which you can start planting the good stuff.

## The Quality of Our Relationships

The people you surround yourself with makes you whom you become. Our associated connections greatly influence everything we do, think and say. Even if we don't believe it to be true, this kind of influence is written in our DNA. We evolved as a human race because we are able to mimic those around us. If one in the group would learn how to use a tool, for example, all we needed to do was watch that person in action and we would be able to duplicate the activity. We learn just by watching those around us.

**"The people you surround yourself with influence your behaviors, so choose friends who have healthy habits." - Dan Buettner**

There are two types of actions that you need to do related to your relationships. One is removing the toxic relationships and the other one is improving the healthy ones.

I will have to say from experience that removing toxic relationships from your life is one of the hardest things you will ever do. But that is so necessary. If a person is abusive, disrespectful, or simply has bad habits that do not help you become a better human being, you have to remove them from your presence. Some you have to completely remove while others you will just have to stop going out with them on regular basis. Sometimes you have to stay in touch but be out of reach. This is especially for a family member from which you don't want to

completely detach yourself but also you don't want to keep them around way too much because of their bad influence.

All of this is for you to decide and for you to weight in. The other side of relationships is improving the healthy ones. Sometimes we spend way too much at the work or we focus on other things and we tend to neglect the people that love us and support us, and therefore we let the relationship sink. Make sure that you improve each and every single relationship that is important for you, especially the intimate relationship. If you are not happy in your love life, you are not happy. Period.

I will say that this is a very humbling and hard step to do. You have to weight in every relationship you have and decide either if it's time for you to remove it completely out of your life, reduce the time you spend in that relationship or increase the time and the quality of it.

Nevertheless, is a very important step for your mental and emotional health, because the quality of our relationships greatly influence the quality of our lives.

## The Habits You Have

**“Successful people are simply those with successful habits.” - Brian Tracy**

Champions are built in the daily small activities they practice every day. Habits determine who we are. They compound and create our reality. Every single day is our life in miniature. When you compress every day

and you compress the little things you do regularly, you will get the huge results that will come from those activities.

Almost everybody knows that bad habits are not good for us, thus the name. Still, we tend to neglect the huge effect they have on our lives. I mean not just the bad habits, but every habit has a huge effect on our lives. In fact, I can “predict” someone’s future just by giving me their habits. Their influence is so subtle but when the effect comes upon us it’s simply stunning.

A bad habit it’s like a growing disaster, but with small steps. You won’t get the divorce papers as soon as you neglect your spouse. You won’t drop on the floor in the cruciating pain of a heart attack after the first bite of a candy. You won’t get fired after the first half-effort task that you complete. If those things would happen so fast you would never do them again. However, because the effect of these actions is so subtle you might not even notice the disaster coming your way.

You must be so wise and future orientated that you look upon every single habit that you have and ask yourself: Where is this habit going to lead me after 5 years? 10 years? 20 years from now? You must be so smart that you won’t let the small things break your life, waiting for the disaster to fall on your head and then wondering “what happened?”

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