

# THE 7 BLOCKS THAT PREVENT YOU FROM LIVING YOUR DREAM LIFE



AND HOW TO OVERCOME THEM  
TO ACHIEVE MORE  
FREEDOM,  
WEALTH AND  
FULFILLMENT.



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**The 7 Blocks That Prevent You From Living Your Dream Life...  
And How to Overcome Them to Achieve More Freedom, Wealth and  
Fulfillment.**

By Bart Milatz

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## Introduction

Hello!

First of all, thank you so much for getting this e-book. I know that it has the potential to change your life and to help you to get ahead faster on your journey to living the life of your dreams.

If you have goals and dreams for your life and you haven't achieved them yet, it is most likely that something is blocking you in the way of getting it.

Many people think it has something to do with their actions. That they don't work hard enough, they are lazy, they have issues and they have the wrong strategies... This could be partly true, but more than that there are internal blocks that stop them.

If you want to remove these blocks and live the life of your dreams, then you are the person for whom this book is written. The ideas in this book will save you years of struggle and trying to reinvent the wheel. It will help you to break through in ways that are unexpected.

Are you ready to begin? Lets go!



## My story

First of all, let me give you a bit of background so you can understand where I am coming from and what my motivation to help is. I do believe that motivation matters, especially in the field of helping people (Why else would someone become a teacher, nurse, soldier, chef, and other sectors? I believe its their internal desire to make a difference, since they can choose another profession that pays much more money and has less stress!)

I come from a low-income family in The Netherlands that had (and still has) a lot of issues. My mother was mentally ill, suicidal and was unable to care for me and my two brothers and sister since I was 5 years old. My dad took care of us while he was running a struggling construction business. As a result I had social issues at school and found it hard to make and keep friendships. Miraculously I still managed to finish my education with good grades.

From a young age I was always fascinated with the question: "*Why do people do what they do?*" I believed deep in my heart that everyone had reasons for their behaviour, whether it were good or bad reasons. This question was prompted in me when I saw my mother day after day trying to kill herself, be it with medication, cutting her arms or trying to jump in front of the train (all without success, she is still alive today).

One night she locked herself up in her room and took 5 bottles of medication. We called the ambulance and the police (to knock open the

door) and take her to the hospital to get the medication out of her stomach before it would kill her. When I saw my mother lying on the stretcher, being carried away by two ambulance workers, it was like a slow motion movie. You know the saying "A picture says a thousand words"? Well, I saw my mothers face for a few seconds that told the following story. Life doesn't matter. Life sucks. Nothing can make me happy. It is better to just die...

At that moment (I was 14 years old) I made a decision. That my life will NEVER EVER be like that. That my life is going to be amazing, filled with joy, love, happiness, balance, good health, adventures, peace and freedom. I had no freaking idea on how to do it, but I knew that staying home in that toxic environment wouldn't get me there!

So at the age of 17 I moved to the other side of the world to Sydney, Australia! I had not much money, but I had the inner drive to create an incredible life. I managed to study at university in Sydney all supporting myself by having two full-time jobs (before and after school and on the weekends) and (illegally, I didn't know it at that time ^-^) subleasing my 2-bedroom apartment to 6 girls. Since I am gay I thought this would be the best option ^-^! I completed a Bachelor Degree in Business within 3 years.

In my last year of university I stumbled across personal development and I started my personal development journey. I attended hundreds of seminars, the shortest being 2 hours and the longest being 10 days. I

travelled the world and spend hundreds of thousands of dollars on seminars, books, audio programs, study programs, retreats, coaches and consultants.

I found it easier to make friends this time, but for some reason my friendships would not last long. Furthermore my dream to live in Australia was destroyed when I was rejected my visa, because I failed their strict health requirement. While in Australia I contracted HIV. Even though I got sick there and arrived in Australia 6 years earlier without it, immigration didn't care and kicked me out.

As a result I had a very short period of time to pack my bags, quit my job and leave 6 years of memories behind and find a new country to live in. I moved to Thailand, feeling depressed, lonely, rejected and angry. I felt that nobody cared about me and I was angry with the Australian immigration department for rejecting my visa's on these unfair and discriminatory grounds. I was also angry with many of my Australian friends who weren't there for me when I needed them most.

I found it hard to make friends and settle in a new country. However one day I met a new friend on the Internet and he was very nice to me. He asked if we could meet and I was delighted to meet him. Before we met he asked if it was ok if he could bring ice. I was enthusiastic and said 'Sure, I have some beer at home!' I thought he meant ice as in ice cubes to put in your drink. People in Thailand love to drink beer with ice in it since it is so hot outside. Who likes to drink warm beer?

However when we met I didn't see any evidence of ice with him. I asked him, where is the ice? He took out a little packet with what looked like tiny ice cubes or crystals. I was really confused and had no idea what it was. He took out a pipe and put some of the crystals in it and started to smoke it! My confusion turned into a weird feeling of excitement and curiosity.

Throughout my life I loved to try new things, learn new distinctions and travel to new places. Trying to smoke this 'ice' would certainly add to my knowledge! After just two inhales I felt elated and 'high'. I never had the experience of using drugs in my life. It felt great and for a moment (actually the whole night long until late the next evening) I forgot I was depressed and angry.

However the next day my feelings of anger and depression came back and even more. And this time I wasn't afraid to express it. I got angry with the people who were still in my life. I posted rants on my Facebook page about how angry I was. But this time I had a solution, I knew how to feel better and I knew how to get it. I become slightly addicted to 'ice' and started to use it every 1-2 months. It was like a 30-60 day cycle from high to depression and then beating myself up and feeling shameful for having done "it" again. In a few years I spend all the money I earned while in Australia. Not just on drugs but also on coaches and consultants who charged thousands of dollars to help 'fix me' and quit my addiction, all without success.

Meanwhile my mother got better. She stopped being suicidal and she built up her life. She started to work again. She wrote a bestselling book describing her life story. When she was a little girl she was raped and molested by her own father, up until the age of 18 years old. This caused her suicidal depression after my sister was born (the youngest in my family) and her memories from her own youth came back. Now my mum is doing great, we talk regularly and she has even found a new boyfriend who could accept every part of her, including her past and all the scars on her body.

Finally I had enough and made the decision to stop using drugs. I promised myself if I would ever use it again I would move back home, to The Netherlands. So a few months after being sober it happened again. That night when I was high I made the decision to move back home. I cancelled the lease from my apartment, bought a one-way ticket and the next week I was back in The Netherlands, this time staying with my mom.

I knew that I made the right decision: the first day I got back I received a message from a friend of Facebook that someone had died: it was the first guy who introduced ice to me! I hadn't spoken to him in years and instead found new 'friends' to get high with. The second day back home I got another message from a friend that another 'friend' got arrested and had to spend his life in jail. It didn't stop there! The third day I got the news that another 'friend' had to pay the police a huge bribe in



order to avoid going to jail. Those were all signs to me that I made the right choice to become sober and make my life better.

However I didn't feel happy back home. Early 2015 I moved back to Thailand, being inspired to make something of my life. My financial situation has greatly improved and is even better than before. I teach English, Economics and Math's part-time since I love teaching while I also make a great income through my online businesses. I also do personal consulting and coaching to help people break through any blocks and limits they are facing in their lives without projecting my judgment on them.

I have written this book for you to help you to change and improve all areas of your life. Looking back at all the lessons I have learned in my life (often the hard way!) I have distilled the 7 main blocks that prevent people from living their dream life. I hope you will enjoy reading this and can find inspiration and strategies to help you move forward in your life to achieve more freedom, wealth and fulfillment. All of the blocks are somehow related to each other. If you are able to solve one block, it makes it easier to remove the other blocks as well. It also helps you to identify further blocks and clear them in order to live your dream life.

Good luck and enjoy the journey!

Bart Milatz



### Block 1: Not Knowing What You Want

The first block I became aware of is not knowing what I want. Without knowing precisely what it is you want, how can you ever get it? The world cannot read your mind or magically pick up your desires. You can't find what you don't know what you're looking for! The opposite is true too, which is said perfectly in a quote by Jim Rohn:

*“When you know what you want and you want it bad enough, you will find a way to get it.”*

Often we know deep in our hearts what we want, but we let blocks stop us and live quiet lives of desperation. Sometimes in the face of adversity our true goals come to the surface, like in the example of my mother.

When you know what you DON'T want it can help you to become clearer on what you DO want. Unfortunately when you live comfortably without 'your back against the wall' it becomes harder to draw your true goals to the surface and go for it.

*“Comfort kills ambition. Get uncomfortable and get used to it in pursuit of your goals and dreams.”*

Robert Kioysaki

The following thoughts and feelings are symptoms of living in your comfort zone:

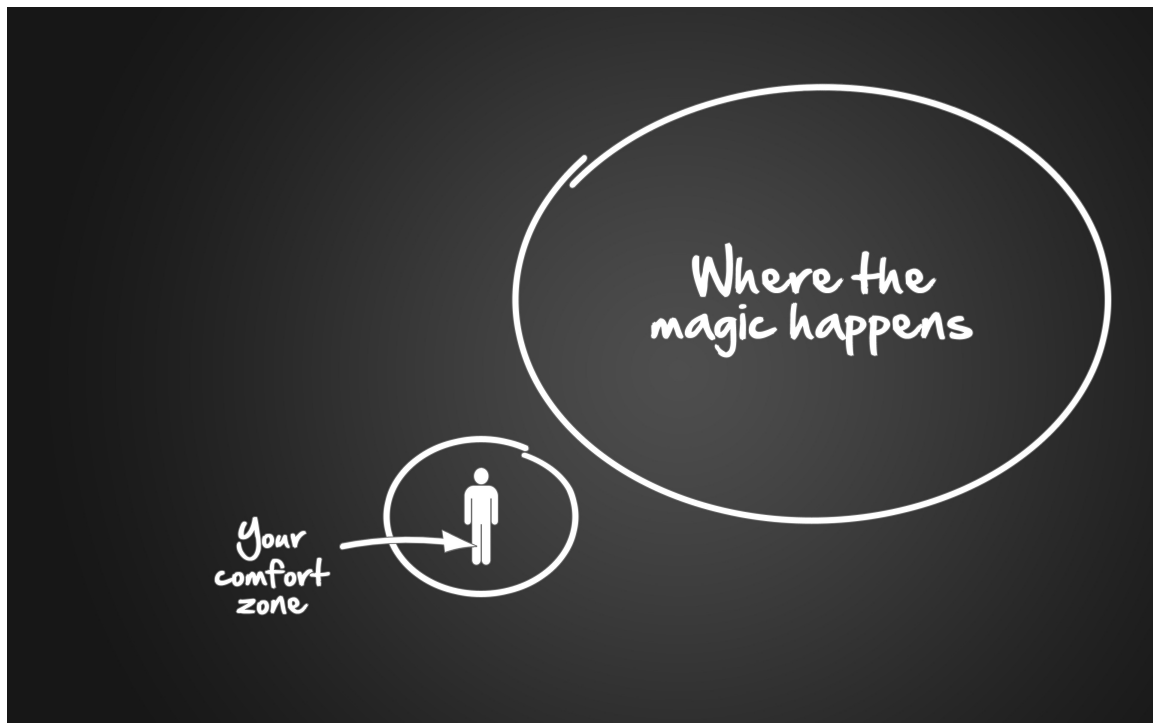
- I want to be like everyone else
- Mediocre life
- Fear (What if I fail/succeed?)
- Just getting by / Survival
- Settling for less
- Average
- Tiredness / No energy
- Needing holidays and external motivation to get through the day

The outside of your comfort zone is characterized by:

- Fulfillment
- Prosperity
- Sense of inner freedom
- Excitement
- Adventures
- Fearlessness
- Lifestyle
- Where the magic happens
- Expansion
- Growth

- Self-Discovery
- Inspiration
- Unlimited energy

Your dream life often lies outside of your comfort zone. You have to overcome certain hurdles and obstacles to get there. Knowing what your dream life looks like will help to create a plan, a path for you to outside your comfort zone to help you grow in all areas of your life and to create your dream life. Clarity is essential. People are failures at life, simply because they lack clarity about how they want their life to be.



## Exercise 1

The following questions are designed to help you to find out what your dream life looks like:

1. How would you spent your time and what would you do if you knew that you had **only 12 months** to live?
2. What would you do differently if you won **ten million dollars** tomorrow?
3. What have you always wanted to do but been **afraid to attempt**?
4. What do you **enjoy doing most**? If you could engage in any type of activity without pay, what would it be?
5. How much **money** would you like to earn in 1 year? In 2 years? In 5 years? In 10 years?

## Block 2: Past Conditioning

The second block some people have is past conditioning. Conditioning can come from a variety of sources, such as the society, the news, friends, family, communities and your own past experiences.

From a young age we absorb the things around us, ESPECIALLY from our family. In addition to the values, language and knowledge we also pick up the limiting beliefs and conditioning from the people closest to us that become imprinted into our subconscious mind.

Often this conditioning is negative in nature and can stop you years later in your attempt to improve the quality of your life. You can recognise conditioning by the imperatives that you're using:

- I must (not)....
- I should (not) ....
- I ought to (not) ....
- I have to (not) ....
- I need to (not) ...

Some conditioning is also shown by the generalizations and judgments that you use. When you judge a group of people you negate them and you also put a huge barrier between what you want and where you are right now.

- All ...
- Always ...



- All the time ...
- Never ...
- Everything ....

Let's give some examples here. If you have ever said/thought/heard the following you know it comes from conditioning:

- ALL rich people are bad
- I will NEVER make it
- I HAVE TO get a good job
- I HAVE TO get good grades
- EVERYTHING I do always fails
- ALL religious people are bad and ignorant

Past conditioning is one of the hardest blocks to overcome, since it is often very deep within us. Below I have developed a couple of exercises that will help you to start to identify your conditioned blocks and how to overcome them. It is not something you can do in a few minutes. Because often you just peel off the first onion layer, with many more blocks below that. Every time you have the awareness that something stops you, annoys you, pushes your buttons, makes you angry, makes you sad, it is time to clear those blocks and let them go, so you can move forward.

The key is not perfection, but progress!

By simply being aware of these blocks you already stand out from the crowd. Most people live their lives on the automatic pilot (or as my good friend Pauline Nguyen says, SLEEPWALKING though life!). They don't realize what their blocks are and work to overcome and clear them.



## Exercise 2

- A. Using the ideas above, what are some of the past conditioning blocks that you experience regularly?
- B. Is that really true? Why, why not? How can you lower the emotional intensity of your blocks?
- C. What empowering thought could you REPLACE the past conditioning block with?

### *Example Exercise 2*

- A. *A conditioning block that comes up for me is that ALL rich people are bad*
- B. *It is not really true, because there are many good people that are rich and do great things with their money. They provide a lot of*

*jobs; they give a lot of time and money to charities and are very generous. Money doesn't make a person good or bad, it is a person action's that make him or her good or bad.*

*C. The more money I have, the more generous I can be.*

### **Exercise 3**

What are some of the "bad" experiences that you had in your past that have created a block for you to move forward in life?

- Step 1: Identify the negative experience
- Step 2: Be crystal clear on how that experience has hurt you
- Step 3: Identify where it stops you in your life to move forward
- Step 4: Make a long list of all the good aspects of that negative experience until you can be grateful for the experience
- Step 5: Create inner peace with your past and use it as rocket fuel to move forward in life instead of baggage that stops you from living your dream life!
- Step 6: CHECK! Can you truly say and feel that you're grateful for this experience? If not, repeat the exercise, especially step 4 and 5.

#### *Example Exercise 3*

- *Step 1: Being diagnosed with breast cancer*
- *Step 2: It has costs be a lot of money for doctor bills. It has costs me many friendships. It has deteriorated my health and made me lose my hair when on chemotherapy. It caused my husband to leave me for another woman. Etc...*

- *Step 3: I'm scared to be in a new relationship. I worry a lot that it might come back. I am more reluctant to make new friends, since I am scared they will leave me. Etc...*
- *Step 4: I am making wiser choices in my life. I found out who are my true friends. I deepened the friendships with the people who stayed with me. I became more independent. I became more spiritual and discovered my purpose.*
- *Step 5+6: I am so grateful for the experience that I had, since it made me a better person. Moreover I am now being able to help to inspire other people on the same path to overcome their challenges around their illness as well. Thank you!*



### **Block 3: Not Having Strong Enough Reasons**

The third block is not having strong enough reasons for living your dream life. As humans we are designed to do things for reasons: OUR reasons. Did you know that you wouldn't move a muscle in your body without a reason? The same is true for actions in your life: without enough reasons you won't take action towards achieving your goals and dream life.

The key here is that it has to be for YOUR reasons, not somebody else's! Often we compare ourselves to some sort of fantasy life, a celebrity, an imagination, a fantasy person or whatever it is you compare yourself with. We live the life that others want us to live, instead of following our own hearts and inner desires.

Dr. Demartini said that everybody in life has a set of values. Your highest values are those things that are most important to you, while your lowest values are least important. Your life demonstrates your highest values. You will always find the time, money, energy and space for your highest values. There is no way around this!

You can either set goals that match your values or change your values to match your dream life. Having compelling enough reasons will provide you with the drive necessary to make your desired result a reality. There is a major difference between simply having a dream, and having enough reasons to push yourself through the inevitable obstacles that will stand between you and your goals.

#### **Exercise 4:**

For every goal that you have and doesn't seem to come true, write a list of at least 100 benefits of that goal coming true (You can use the list of goals you gave on page 13 of this guide). The more compelling reasons you can come up with, the more it will inspire you to take action and make it happen.

Think of every area of your life to come up with better and deeper reasons. How will achieving this goal help you to:

- Improve your health, energy and vitality?
- Improve your financial situation, savings and reduce debt?
- Improve the quality of your emotions and mental capacity?
- Improve the quality of your work, vocation and business?
- Improve your intimate relationships and family relationships?
- Improve your social relationships?
- Improve your contribution to this planet and your connection with spirit, GOD, or whatever your beliefs are?

When your WHY is big enough, the HOWS take care of themselves.

When you have big enough reasons to do something, you see the world differently. You will act on ideas and opportunities instead of just watching. You will become inspired to take action, instead of needing motivation to take action. Your drive will come from WITHIN instead of from WITHOUT.



## Block 4: Not Having A Plan And Taking Action On That Plan

There are many ways to achieve a result or outcome, but you must know why you are going after it. This way, if your first plan or attempt fails, you will have the necessary drive to follow through and keep moving toward your ultimate vision.

A common block people often have is that they don't know where to start: they don't create a plan and take consistent action on their plan. As a result they stop before they have even started!

*"Fail to plan and you plan to fail!"*

Often people don't have a plan because of the following reasons and what you can do about it:

### **They don't know where to start!**

If you don't know where to start, you can simply look around you and find someone who has already achieved what you want to achieve. Place yourself in their shoes and ask these questions:

- What beliefs do they have or could they have that I don't have yet?
- What actions do they take consistently?
- What results do they have that I want to have as well?

### **Their goal is too big and overwhelming**

As I mentioned earlier: I am all about big goals. However you have to be realistic with your time frame. If you want to make \$10 million within a

year and you start from \$0, it takes a lot of planning and this could create overwhelm and giving up as a result. First of all, set a realistic goal and secondly plan that goal into small enough bites that it becomes easy to take action and have small wins along the way.

**They give up before they didn't even start!**

I love what Brian Tracy said: how many times do people try to achieve their goals? Less than 1: because they often don't even take action after they have set their goal. When you don't even start to take action, it could either mean you have some limiting beliefs to achieving it or the goal is simply not important enough to you. So work on both until you see yourself taking consistent action towards the achievement of your goals.

## Block 5: Telling The Same Story, But Expecting a Different Result

Most people in life are historians. They look at their history and based on that they set 'realistic' goals. The truth is: if you keep telling your old story that is what you will create more of that in your life. Why is that? What you think about will determine what you talk about. What you talk about creates your feelings. Your feelings turn into action (or no action!). Your actions determine your results.

I challenge you to become a storyteller. Creation is telling the story of you want your life to be, instead of how it was (unless that's what you want!). When you talk about how you want your life to be it is likely you will feel great and inspired. You take positive action towards your dream life. The results you get will reflect the feelings you have when you talk about your new story.

### Exercise 5A

What is your old story? Write it down and be as specific as possible. Writing down your true feelings and thoughts also has a therapeutic effect, instead of keeping it inside without sharing. Just imagine that your old story is the poison that damages your body. By writing it down the story the poison comes out through your fingertips on the paper (or laptop!). Doing this part greatly benefits and helps you to process your pain. Everyone has at least 5 traumatic stories; think about the break-up, divorce, hurt, pain, loss, anger, frustration, etc.

## Exercise 5B

What is your NEW story? Here are some questions that will help you to focus on telling a new story:

- What are the feelings I most like to feel?
- How will getting what I want help me to achieve those feelings?
- What actions will I take if I know I couldn't fail?
- How has this experience helped me in some way, shape or form?
- BONUS QUESTION: What is the DOWNSIDE if this experience DIDN'T happen? Would I still be stuck in my old life? Perhaps I wouldn't have met certain people?

If you continue to tell your old story the way it was, you haven't truly done the exercises and the blocks are still there. Below I will give you a couple of examples from my own personal life, the old story and the new story.

## **Old story 1 (related to my suicidally depressed mother)**

My mother destroyed our family. Her suicide attempts and negative behaviour were unacceptable. She was selfish, ignorant and bad, I can't believe that I had a bad mother like that who scarred me for life, while other people have a great mother and a good family. Why did this happen to me?

## **New story 1**

Because of my mother I decided to improve the quality of my life. It gave me inspiration and an inner drive to live an incredible life. Because of her example of what not to do, I learned better ways to living my life. This experience set me on the road to personal development, adventure and freedom that I wouldn't have had if it weren't for her. I am so grateful to have such a strong mother, that even with her past and her scars she was still able to stop being suicidal all these years later. I am grateful to say that now we have a wonderful and deep relationship, one that couldn't have been this way without this experience. Because of her pain she also understands some of my pains much better and is there for me with great advice when I most need it.



## **Old story 2 (Related to being rejected a visa after 6 years in Australia)**

Australia is a shit country. They are racists; they are unfair, rednecks and douchebags. They only care about money. They make false promises just to get your money and after that they kick you out of the country, just like rubbish. They live 50 years in the past. No wonder because of their history as a prisoner island. I cannot believe that I ever lived there! What a waste of my life! The government of Australia is old, ugly and a bunch of KKKs. Lets hope they die soon so a new and fresh generation can take over and be fairer.

## **New story 2**

Australia has certain laws that I disagree with. At the same time I had a great time living there and I learned a lot. The country is amazing; I loved the beaches, food and the cultural diversity. It was time for me to move to another place, because I became too comfortable living there. Every day was the same. However, I couldn't make this tough choice. So my spirit, who loves me so much, attracted certain circumstances in my life so I had to leave the country and start in a better place somewhere else. I am truly grateful for my experience there and I don't mind to come back some day on a tourist visa to explore some of the parts of the country that I haven't seen yet.



## Block 6: Conflicting Values and Goals

Another block I often encountered are conflicting values and goals. I have listed below a couple of goals. Can you see how they are in conflict and could create a lot of confusion and frustration in your life?

I want to become a millionaire	≠	I want to stop working
I want to lose weight	≠	I want to eat whatever I want
I want to be single	≠	I want to be in a relationship
I want to save more money	≠	I want to spend money

Conflicting values show up in the form of taking one-step forward and then 2 steps backwards. It often shows up as self-sabotaging actions that often occur when you are close to reaching your dream life or when you start to take action towards living your dream life.

Your subconscious mind is many times more powerful than your conscious mind. So even though consciously you may think you don't have conflicting goals, your subconscious mind might not agree and sabotage you! While consciously you set the goal of becoming a millionaire, your subconscious mind might not feel worthy and wants you to relax and do nothing all day (I struggled with this for a long time!)

So what can you do about it?

1. Talk to your subconscious mind like it is another person. Ask what its positive intend is and how you can support it while still

allowing your conscious mind to set the agenda. Often your subconscious mind just wants to protect you.

2. Plan out your goals in detail as well as the obstacles that might arise. Then develop a plan to overcome those obstacles.

Your goal might be to build a six pack body or to reach your ideal weight. Possible obstacles that might arise are:

- Not much energy to exercise
- No motivation
- Overeating when hungry
- Not drinking enough water during the day
- Eating many snacks throughout the day

Once you know the possible obstacles it becomes easier to plan what to do when the obstacles arise.

For example: “Not much energy to exercise” comes up when you want to exercise.

A possible plan to overcome this is:

- Focus on my outcome
- Visualise my success and sexy body
- Do a proper warm-up to get more energy
- Drink plenty of water

- Get a good night's rest before exercising
- Exercise when I have the most energy
- Etc, etc.

By planning how to overcome your obstacles it becomes much easier to take action without first having to think what to do.

When I wanted to overcome my drugs addiction I made a plan for every trigger I had to do drugs again, such as:

- Feeling down
- Feeling I have failed
- Thinking about the past
- Hanging out with the wrong people
- Having a lot of downtime and nothing to do

Once I was aware of these obstacles, I planned what to do in every situation. As a result my conscious and subconscious mind aligned and had the same goal of becoming sober and improve the quality of my life.

### **Exercise 6.**

- What are some of your conflicting goals? (See examples above).
- Which goal is the most important one? Focus on that one.
- What are the obstacles that can arise and how can you overcome them in advance? Write down at least 10 things you can do when this happens.

The truth is, successful people who once had the same goal as you and have now achieved it, had to go through the same struggles. However, they didn't let these struggles stop them. Instead they tackled these challenges CONSISTENTLY and didn't give up after a week of TRYING...

So many people say something like...

- I will try it. If it doesn't work, at least I tried!

This is B/S. Feel the energy of TRYING. Or rather NO energy!

How about this...

- No matter freaking what, I will make this happen and do whatever it takes! And everything in the way of that, I clear, I destroy and remove for now and ever!

Which one sounds better? I leave this obvious choice up to you...

## Block 7: Spending Time With The Wrong People

*“Who you spend time with is who you become. Change your life by consciously choosing to surround yourself with people with higher standards.”*

- Tony Robbins

This great quote by Tony Robbins sums up the seventh block. Who you hang out with is who you become. Some other teachers teach that your life is the average of the 5 people you spend the most time with. Your income is often the average of the 5 people you spend the most time with.



I'm not putting a moral issue on it and I'm not saying that people are right or wrong. People simply have different ways of thinking in life

based on their own experience. The question is: do you want to hang around people who gossip, whine, complain and who are not inspired by their life? Soon enough you will start to think the same! Birds of a feather stick together...

Or do you want to be surrounded by positive and supporting people with great ideas that serve the world in amazing ways? Start to hang out with people who have a higher standard than you. When I was at primary school we had a yearly soccer tournament with teams from every school in the neighborhood. My team had some of the best players of the school. When we played against teams that were not as good as us the whole team slowed down and took it easy, because it was so easy to win. However at one game we had to run our asses off since the other team was so good. Just to stay in the game we had to increase our standards. We had to strategize better, play together and improve our game! The same is true in life. When you hang out with people who play the game at a lower level, it is easy to feel good about yourself and 'dominate' the people you hang out with. But if you hang out with people who play life at a 'higher' level, you have to improve yourself just to be able to stay friends with them!

The key here is also to hang out with people who are humble and who threaten you well. When I learned this principle I thought that I had to hang out with all rich people and that because of that my income would increase. That's simply not true! Some of the rich people I started to

hang out with looked down on me. I compared my life to theirs and I felt inferior and got depressed.

It might take some time to find inspiring and humble people and it doesn't have to be defined by money. Currently I have some amazing friends. We meet regularly and talk about inspiring topics, such as business, healthy, spirituality and self-development.

The key is not just to look at people with similar interests, but also look at their personal standards. You know you have found the right people to hang out with if it makes you a bit uncomfortable. If it's too comfy, change.

I love this quote (I don't know who to give credit for it)

*If you are the smartest people in the room, you are in the wrong room!*

Of course it's okay to be the smartest people at times, but if you are ALWAYS the smartest person in the room, choose another room!

### **Exercise 7A**

Who are the top 5 people you currently hang out with the most? Do they have the life that you want?

### **Exercise 7B**

Are there any friends that you should spend less time with or even stop contact with?

### **Exercise 7C**

Who are some people you should spend more time with? Do you already know them? Where do they hang out? How can you add so much value to them that they want to be your friend also? Make a consistent effort, once or twice a week at least to meet these people.

Don't be discouraged if they say no the first time! Often successful people are busy and hard to meet up with. This is a good sign and it shows that you have chosen the right people.



## In Closing

I hope you enjoyed this book and that you find it useful to help you to overcome some of your blocks to move forward in life. I truly wish for you that you could overcome your struggles from the past in order to clear the road and live your dream life, an amazing life on YOUR terms! Life is too short to live somebody else's dream. Everything up to now in your life has served a purpose. You are never on the wrong path, please remember that!

I regularly post inspiring stories and content on my website, [www.bartmilatz.com](http://www.bartmilatz.com) to help you to live your dream life.

As part of your free subscription I will send you a weekly inspiring email and once in a while present you opportunities in the form of products and services (of course feel free to give feedback and/or subscribe at any time)

You can contact me at my personal email, [bart.milatz@gmail.com](mailto:bart.milatz@gmail.com) if you have any questions, want to share your stories or make a comment.

Thank you for requesting this guide and I wish you lots of love, wealth and fulfillment in your life.

Bart Milatz



### **About Bart Milatz**

Bart's mission is to help people to master their life and become more fulfilled and inspired every day. Bart is dedicated to finding solutions for humanity and to help expand human awareness and potential. Bart is an international teacher and a self-development specialist who teaches people around the world to master all areas of their lives. He helps people and organisations to break through any blocks and limits to go to the next level. Bart provides interactive seminars, audio programs, books and webinars, which provide his students with practical techniques and strategies to live a more fulfilling and inspiring life.

For more information, check out our website at [www.bartmilatz.com](http://www.bartmilatz.com)