

THE 9 WAYS TO GET MORE OUT OF YOUR LIFE & DISSOLVE THE THINGS THAT GET IN YOUR WAY!

1-Page Checklist

Thank you for downloading this checklist! When you dissolve these 9 things you can finally create a life on your terms and get way more out of life than you currently are. Go through this checklist and see how many things keep you stuck and what you can do about it to get way more out of your life.

1. YOU'RE OUTSIDE HAPPY, INSIDE CRAPPY

Solution: Stop covering up your long-term pain with toxic positivity and a fake smile. It's time for you to start to dissolve the root causes of your pain and trauma, so you can be truly happy: from the inside out.



2. YOU FEEL THAT EVERY DAY IS THE SAME BORING DAY

Solution: If every day is the same, it's time for you to get out of your comfort zone. Do something new! Take some courageous action; it doesn't matter how small: Take a different route to work, do a different type of exercise, try a different dish. The more you do this, the more you will get out of life.

3. YOU KEEP PROCRASTINATING AND DELAYING

Solution: Be willing to start small. If you have really big goals and start working on them it can feel really overwhelming, which often results in procrastination and delay. Choose a small action you can take every day to get more out of your life.



4. YOU SELF-SABOTAGE

Solution: When you sabotage it's often a symptom that at some level you don't feel worthy of success, or other things are more important to you. Investigate when it first started and its positive intent. Then remove the guilt and shame from your past so you stop your self-sabotage.

5. YOU CAN'T STAY FOCUSED

Solution: If you do things that are not truly meaningful and inspiring to you, you will find ways to distract yourself. Make sure you bring meaning and inspiration to everything you do. In the long run it's important to create a life that's truly yours rather than living according to other people's expectations of you.



6. YOU'RE UNCLEAR OF YOUR NEXT STEP

Solution: Focus on your dreams and ask yourself: What is the next step I can take today to make inspired progress? That's your next step for today! You don't need permission or approval from anyone: taking that step by itself will give you the feedback you need for your next step. Repeat this daily.

7. YOU ENGAGE IN ADDICTIVE AND SELF-DESTRUCTIVE BEHAVIOR

Solution: This is often a symptom of something deeper: It can be to cover up a pain or unfulfilling life with short-term pleasure. Investigate and dissolve the root causes to transform and heal this part of your life, so you can finally break free and be your true self.



8. YOU HAVE LOW CONFIDENCE

Solution: Confidence comes from competence, which comes from experience. Put yourself in situations that give you more experience and allows you to grow with the right amount of support to fall back on to allow you to get back up. Own the confidence you already have.

9. YOU DON'T SEEM TO BE ACHIEVING MUCH

Solution: Don't be so hard on yourself! You have achieved so much so far in your life. It's great that you have such high standards and that you're humble, but you need to acknowledge yourself for what you have accomplished so far. Owning your successes and rewarding yourself inspires your soul to get even more out of your life.

Let's Connect!

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