

Life Hack Worksheet: Have Your Cake and Eat it Too!

Part 1: Intended Outcomes

Stating intended outcomes as powerful visualizations with emotion and impact gives you the opportunity to declare what you seek. What will you (and others) see as a result of your action? How might it feel?

Example (using a blog):

- Readers are intrigued—what a cool idea; I can see them surprised and curious.
- As they explore, readers experience a sense of ease—I hear "Wow, this is different"; there's a feeling of wonder and possibility. I see and feel them relaxing.
- I feel pride and gratitude around the feedback of emails, notes on the blog. In addition to liking the ideas, a few readers tell me that applying this method enabled them to clarify what was really important and be more playful pursuing it, while actually achieving great results.

Make sure that your statements are visceral and emotional. The more energy and feeling we put into our requests to the universe, the more likely it is to respond positively.

My Intended Outcomes:

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

Guidelines for intended outcomes

- ❑ Use between 3 and up to a dozen statements. The goal is not so much a number here, but that you ask for what you really, *really* want.
- ❑ Each statement is a phrase or sentence, not a paragraph.
- ❑ Each is expressed positively.
 - Substitute a negative, such as “I wouldn’t worry so much.” with “What is the condition I’d enjoy if I didn’t worry?”
 - Maybe it’s “ease.” If so, use that. For example, “If I didn’t worry, I would experience more ease in my life.”
- ❑ Create statements that describe the place you’ll be when you have the results you want and focus on the quality that you’re looking for. Focus on a feeling that could be satisfied in multiple ways...e.g., these are **not** “SMART” goals.
- ❑ Most statements are stretches, but feasible, and at least somewhat exist now. If not, include phrases like:
 - “I’m on a path to...”
 - “I’m learning to...”
 - “It’s reasonable to think that I can...” etc. to modify something you want to be able to say but is currently out of reach.
- ❑ The statements you develop should feel both “Wow, I really want that!” and “I can see that’s a possibility for me, too.”

Part 2: My Definition of Good Enough

A “Definition of Good Enough” is a doable result that represents a “win”—not all the way to your ideal result, but something that moves your intentions along and contributes to success in a “good enough” way. Just enough to win THIS STEP and keep the play going. It is NOT a stretch objective...rather, a threshold that you ought to be able to meet the vast majority of the time—80+% performance.

Your definition of good enough should have two elements:

- An external element (what you intend to see happen in the “real world”)
- An internal element (what you bring to realize this intention—frame of mind, actions, etc.)

Why two elements? We want to see a real-world result—that’s the external one. But at best, we’re only responsible for how we’re being and what we do—that’s the internal one. Both together bring balance.

Example (using a blog):

- External 80%-likely result: This blog at least equals, in opens, click-throughs, and unsubscribes the second-best result of my last ten blogs.
- Internal 80%-likely result: I feel good about having advanced and articulated this idea—and it helped me move my book along. If someone identifies a flaw or oversight, I embrace that as part of the learning process.

My external definition of good enough:

My internal definition of good enough:

Guidelines for Definition of Good Enough

- ❑ You're not listing dreams and aspirations. You did that in the Intended Outcomes step
- ❑ The results are very *very* likely—e.g., better than 80% probability (four out of five).
- ❑ If you knew the likelihood was 20% (one out of five) that you wouldn't get this level of result, you probably wouldn't undertake whatever you are considering. So we're talking about a very low threshold of performance!