

Topic Guide

1. Find the large bold label that best categorizes your issue.
2. Look through the list to find the idea that feels right to address now.

Even if the topic you find sounds like work, when you get to the page, we'll break solutions down into doable, interesting steps that will be more adventure than effort. If you feel blocked, you can scan this whole list to help you find what's in your way. And you can also use the list as another way of choosing random topics or you may want to work through the numbered list and then use the topics list to identify areas for review.

Clip or turn the corners of this section for rapid access to this useful list.

Self-Exploration

- 18** YOU have the answers
- 24** Make your own movie
- 36** What's sparking your desire for change?
- 42** Take your life off autopilot
- 44** What do you already know?
- 48** Uncover your passion's building blocks
- 50** Making a personally meaningful difference
- 52** When do you shine?
- 54** Jettison "should" and do what feels right
- 62** Flip what you DON'T want on its head
- 64** Shift your perspective from the outside in
- 72** What's in your toolbox?
- 76** Beware the unquestioned assumption
- 88** Is that a weakness, or a misaligned strength?
- 104** Question reality!
- 114** Are you self-aware or self-critical?
- 181** Forget comparison...what's great about you?
- 193** Stop, notice, reflect, do, repeat

Getting Unstuck

- 38** Take stock of the good, the bad, and the ugly
- 108** Fill in the _____ to discover new solutions
- 110** Create a Wondertoolbox
- 112** Pay attention so you can sculpt your life
- 116** Say no to rearview navigation
- 142** Let go of the line to make room for the song
- 156** Take modest steps to an amazing life
- 158** Free your potential by allowing bad ideas
- 193** Keep your feet moving

Overcoming Obstacles

- 38** Take stock of the good, the bad, and the ugly
- 54** Jettison “should” and do what feels right
- 60** Choose possibility over fear
- 64** Shift your perspective from the outside in
- 66** You are your own best expert
- 68** Get unrealistic
- 74** Set sail for the impossible
- 76** Beware the unquestioned assumption
- 80** Cultivate courage
- 82** Develop daily discipline
- 86** Clear the clutter and plug the energy leak
- 88** Is that a weakness, or a misaligned strength?
- 90** Slow down and notice the world
- 98** Help yourself have the answer
- 104** Question reality
- 106** Assume the best-case scenario
- 108** Fill in the _____ to discover new solutions
- 110** Create a Wondertoolbox
- 114** Are you self-aware or self-critical?
- 116** Say no to rearview navigation
- 118** Focus on paths of possibility
- 120** What if it's good?

- 122** Build belief in yourself
- 124** Beware the if-onlies
- 126** Choose a brand-new end
- 128** Take the ten-minute challenge and sloooowwww down
- 130** Look at life beyond the blinders
- 132** Why *not* me? (no really...why not?)
- 134** Training your brain to change
- 138** Avoid the perfectionist definition of “good enough”
- 142** Let go of the line to make room for the song
- 144** The unknown seldom brings the worst
- 148** Create a change support system
- 150** It’s time to find time for passion
- 152** How important is it? (Hint: Probably not very)
- 156** Take modest steps towards an amazing life
- 158** Free your potential by allowing bad ideas
- 164** Put on your beginner’s hat (and leave it on)
- 169** Climb the ladder and the rungs will appear
- 171** Develop a five-to-one habit
- 173** What’s on your juice menu?
- 175** Action is the antidote to fear
- 177** The genius of mistakes
- 181** Forget comparison...what’s great about *you*?
- 185** Beware the Time Worms
- 189** You can’t fail in an experiment
- 199** Create a NOT-to-do list (and learn to say, “No.”)
- 201** Make a motivational pick-n-choose
- 203** Action creates opportunity
- 209** You can’t eat what you can’t fit in your mouth
- 213** Keep your feet moving
- 215** Question: Is this where the joy is?

Internal Assets

- 58** Capture your idea-gems
- 72** What’s in your toolbox? How can you use it?

- 80** Cultivate courage
- 96** Invest in yourself to achieve your dreams
- 98** Help yourself have the right answer
- 122** Build belief in yourself
- 177** The genius of mistakes
- 211** Affirm. Act. Achieve.

Support

- 46** Success is a team sport
- 102** Surround yourself with dream support
- 136** What do geese know that you don't?
- 146** More brains are better than one
- 183** Pave the way with a mentor
- 187** Reach out for mutual dream support
- 197** Networking, schmetworking. Build relationships!

Creativity/Intuition

- 20** Give your intuition a voice
- 56** Harness your intuitive to help you fly
- 78** Make your life an innovation quest
- 94** Moodle, baby! Moodle!
- 108** Fill in the _____ to discover new solutions
- 128** Take the ten-minute challenge and sloooowwww down
- 134** Training your brain to change
- 158** Free your potential by allowing bad ideas
- 160** Map your dreams
- 167** Visualization = Purposeful daydreaming

Possibility

- 14** Define tomorrow by its potential
- 22** Stay fresh with curiosity
- 28** Life begins today
- 30** What if there was more than one right answer?
- 32** Are you a Possibilitarian?

- 60** Choose possibility over fear
- 74** Set sail for the impossible
- 106** Assume the best-case scenario
- 118** Focus on paths of possibility
- 112** Pay attention so you can sculpt your life
- 120** What if it's good?
- 126** Choose a brand-new end
- 130** Look at life beyond the blinders
- 132** Why *not* me? (no really...why not?)
- 154** Dream big with outrageous goals
- 171** Develop a five-to-one habit
- 191** Plant the seeds of reality

Awareness

- 16** Open your eyes!
- 22** Stay fresh with curiosity
- 42** Take your life off autopilot
- 82** Develop daily discipline
- 112** Pay attention so you can sculpt your life
- 193** Stop, notice, reflect, do, repeat
- 215** Question: Is this where the joy is?

Change

- 38** Take stock of the good, the bad, and the ugly
- 116** Say no to rearview navigation
- 134** Train your brain to change
- 148** Create a change support system
- 164** Put on your beginner's hat (and leave it on!)
- 205** Jump out of the rut with a regular dose of change
- 213** Keep your feet moving

Goal Setting

- 26** Aim for multidimensional success
- 28** Life begins today

- 126** Choose a brand-new end
- 140** Energize your career with adventure goals
- 154** Dream big with outrageous goals
- 160** Map your dreams
- 179** Focus on the steps and let the journey happen
- 207** Get traction with a 30-day action intensive

Taking Action

- 72** What's in your toolbox? How can you use it?
- 74** Set sail for the impossible
- 92** Unlimit yourself
- 124** Beware the if-onlies
- 156** Take modest steps to an amazing life
- 162** Take consistent, persistent action
- 164** Put on your beginner's hat (and leave it on!)
- 169** Climb the ladder and the rungs will appear
- 175** Action is the antidote to fear
- 179** Focus on the steps and let the journey happen
- 185** Beware the Time Worms
- 193** Stop, notice, reflect, do, repeat
- 203** Action creates opportunity
- 207** Get traction with a 30-day action intensive
- 209** You can't eat what you can't fit in your mouth
- 211** Affirm. Act. Achieve

Staying Energized

- 34** Take a minivacation in your mind
- 40** Refresh yourself: Take time to fill the well
- 70** Create an Inspiration Grab Bag
- 84** Have some fun!
- 86** Clear the clutter and plug the energy leak
- 90** Slow down and notice the world
- 94** Moodle, baby! Moodle!
- 100** Make a list of happy snacks

- 138** Avoid the perfectionist definition of “good enough”
- 140** Energize your career with adventure goals
- 173** What’s on your juice menu
- 195** For motivation, ask, “What’s in it for me?”
- 201** Make a motivational pick-n-choose
- 205** Jump the rut with a regular dose of change
- 215** Question: Is this where the joy is?