

Joe Barnes

**THE 10 DAILY REMINDERS
FOR LIVING THE LIFE YOU WANT**

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So, you're ready to start, or are already someway along, your journey to creating the life you want. As you are probably already aware, this is no ordinary journey. It could be the hardest endeavour you've ever undertaken.

You need support. More than that, you'll need reminders. That's exactly where this PDF steps in. My advice is to print it off (or at least print off the 10 reminders in bullet point form at the end of this document) and keep it somewhere you can browse on a regular basis.

In creating this PDF, I've attempted to distil the entire knowledge of *The Personal Freedom Manifesto* into 10, easy to digest, points. My thinking is that space in our minds is limited. It's hard to remember the contents of an entire book. However, with frequent reminders, it's not too difficult to remember 10 powerful points.

Ideally, you should refer to this PDF on a daily or weekly basis. Browse through it to make sure that both your mindset, and daily actions, are in line with its recommendations. It will instruct you upon what to focus your mind, how many hours a week you'll need to work, what to do if you begin to doubt your path and more.

Below, you have the next two to five years of your life mapped out. I hazard a guess that this is the length of time it will take for you to create the life you want. It could be more. It could be less. Regardless, keep referring back to these 10 reminders. Use them to steady your ship when the storms of life rage. Keep them fresh in your mind when important decisions need to be made. Stay true to the steps and you'll get to where you want to go.

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Reminder 1:

UNDERSTAND THAT THERE IS NO EASY PATH THROUGH LIFE

You may have already questioned, or at this very moment, be questioning, your decision to break free from the system and create the life you want. Sometimes, it can seem crazy. By your own volition, you are going to earn less money (at least initially), invite the possibility of ridicule and rejection and increase your chances of experiencing failure. Who would do such a thing?

Added to this, is the fact there's no guarantee of success. You're following an idea. You *think* you might succeed at whatever has captivated your attention. Or, maybe, at best, you *believe*.

Is that enough? What happens when your journey begins, or deepens, and that belief gets tested?

At this point, you may realise you no longer have the security of the system to rely on. In the reality you now operate, it's no longer a case following the rules, doing what everybody else does and hoping your life will turn out ok. Instead, you face the potential of disaster if it all goes wrong (or at least this is what society will tell you).

All of these factors might fill your mind with doubt. When getting started, or at the most difficult points in your journey, you might think about what you've given up.

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It's very easy, when looking in from the outside, to imagine you're missing out. You might see former colleagues with steady jobs, some of them getting paid a large salary, and resent the fact you're scrimping and saving. You might hear about weddings and the birth of a first child and feel like you could be giving up on your chance for love and a family. You might look at friends and family members, all living a conventional life, and imagine their minds are devoid of turmoil while yours is filled with uncertainty and angst. Everything seems easier. But is it?

At this point, you must remember why society's path was never enough. Remember all the travel, the endless working hours and the pointless meetings. Remember feeling the emptiness of working for nothing more than a monthly pay check. Remember all the bullshitting.

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Whether it was fake enthusiasm for your job, excessive socialising and drinking so you could 'fit in' or denying your true interests, ideas and passions, it was hard to maintain. Finally, remember the damage to your health and vitality this lifestyle caused. You'd had enough, right?

So, why, just because you've experienced walking your own path and found that it's not as easy as you imagined, do you think the life you used to live will be any different than before? Sure, it might provide a reprieve for 6 months but, after a while, won't all of the old frustrations resurface?

What's the lesson? There is no easy path. Whether walking your own, or following society's, both involve hardship, sacrifice and struggle, just of a very different kind.

So, what are you going to do? When both paths offer their own degree of difficulty, you must look to the potential payoff. Here, there's a marked difference. At best, society's path offers comfort and security. However, being successful at creating the life you want is the route to freedom, love and true expression.

Which will you choose? Be aware that this is a decision you might have to make at multiple stages throughout your journey. Of course, it's made at the start but there will be times within the first few years, and beyond, that turning back will seem more appealing.

On each occasion, repeat the questioning, and thought, process above. It will steady your ship and remind you that there is no easy way out, just one way through.

Reminder 2:

**LEARN TO RELY ON YOURSELF FOR GUIDANCE,
NOT AUTHORITY**

You're walking uncharted territory. Sure, there may have been people who achieved your dream, but each of them followed their own path. That's the way it is when you break free from the system. There's no roadmap. Therefore, the question of who you should listen to for guidance becomes one of paramount importance.

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Those walking a conventional path tend to follow authority. They may not want to, and might secretly resent those who tell them how to live, but they've been conditioned to fear and respect titles like Doctor, CEO, President, Priest, lawyer, parent and boss. When it comes to the crunch, their words and instructions are to be heeded. To turn against their wisdom would be foolish and could, potentially, lead to disaster.

It can be hard to break free from this conditioning even if you're a free thinker. At various stages during your journey you won't know what to do. You might fall ill at some point, either physically or mentally, and not know how to heal yourself. You might be ready to quit your job but aren't quite sure whether to take the final leap. You might be about to invest a substantial portion of your savings into a project but aren't sure whether you should go ahead.

These moments can be incredibly difficult and, at times, feel like they are beyond you. As a result, the temptation to rely on authority figures for guidance can be strong. You, as an insignificant individual, surely couldn't know better than powerful institutions or qualified professionals? Better off to listen to them than make some terrible mistake.

Sometimes, though, the terrible mistake can be following the guidance of authority figures. Rather than benevolence, major institutions and authority figures will often act from a position of self-interest and self-enrichment. To understand this, you must stop viewing them as demi-Gods and understand them for what they really are – human beings with flaws.

Then, dig deeper. Ask why a media outlet, Doctor or teacher is telling you to follow a certain course of action?

Does the media want to keep you informed so you can make the best decisions, or do they want to capture your attention and sell you a story? Does a Doctor want to help, or are they under pressure to validate their profession, and enrich themselves, by prescribing you drugs that may not be necessary and carry harmful side effects? Does your teacher want to see you advance and live a happy life or are they just following school protocol for fear of reprisals?

Ulterior motives exist. It would be foolish to deny that they don't. Likewise, *in some situations*, it might be foolish to totally ignore the advice of authority figures.

Therefore, you must weigh up each important decision and understand that, ultimately, *you* are the one best positioned to make the choice. No one else. Regardless of how many degrees someone has, how much money they've made or what position society affords them, you must learn to be the one who calls the shots.

Reminder 3:

DON'T THINK LIKE EVERYBODY ELSE

Most of us are born with similar capabilities. A functioning brain, nervous system and two arms and legs are given to almost all. Therefore, what sets us apart? Why is it that one individual can climb the peaks of achievement and separate themselves from the masses, while the other appears ordinary and fails to achieve their ambitions?

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While many point to genetic inheritance, this only explains a small piece of the puzzle. The true answer is to be found in the mind. If you want to excel, if you want to live your wildest dreams, you can't think like everybody else.

Why is this important? Most people get trapped into believing in the 'real world.' As a result, they think life can only be one way and that we are all living a shared, universal experience.

In this experience, there are written, and unwritten, rules that govern our behaviour and possibilities. Dreams rarely come true, it's not possible to be happy all of the time and only the exceptionally talented or lucky get to live extraordinary lives. This is the 'real world.' We may not like this reality, but we have to accept it. Life couldn't be any different.

The problem with this type of thinking is the limitation it imposes on your life. You simply can't excel, or live a different life, if you accept the truth of the 'real world.' Your efforts will be blocked at every turn because of one simple assumption - *ordinary people don't live remarkable lives*. You'll shut yourself down. Even if you have a great idea, or are impressively skilled, you will talk yourself out of fulfilling your potential because the mass mind-set tells you it can't be done.

Right now, you must stop thinking like everybody else. Place no limits on what you can do. Dare to see possibilities that other people wouldn't even consider. Stretch your thinking beyond your so-called race, culture, religion, nationality and time.

Do this, and you'll start to reconnect with your genius and inspiration. From there, anything is possible.

Reminder 4:

**MAKE YOUR GOAL/WHAT YOU WANT TO
BECOME, YOUR DOMINANT DAILY THOUGHT**

You spend most of your conscious, waking hours, thinking. While most people never appreciate or understand the power contained in these moments, you must approach your mental activity differently. Every single thought is an opportunity to advance.

Of course, not every single thought can be controlled. There will be vast swathes of time when you need to focus on the task at hand and moments when you need to relax. However, for every other occasion, you must begin the habit of directing your thought towards your purpose.

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This means that when washing dishes, cleaning up, walking, showering, travelling and while engaged in any other relatively mundane activity, you'll be thinking about what you want to achieve, or who you want to become.

Of course, this directive comes with the pre-requisite that you have ascertained your life's purpose. You must be clear on what it is you want to do. If you haven't found out what that is yet, don't worry. Pick something, anything. So long as it's positive, and its achievement will bring a benefit to your life, this is enough to get started.

Then, focus your mind. You can always change your objective as you grow, but you can't relax your mental discipline. Become obsessed. Society will warn you about reaching this level, but it's by harnessing the power of your mind in this way that you'll receive the insights, and experience the so-called chance encounters, that light a path to the life you want.

Reminder 5:

SET TIME ASIDE TO PROGRAMME YOUR MIND

Alongside practising a consistent daily mental focus, you must also have a specific, allocated time when you focus on your goal. You may choose to do this for 5 minutes after waking up and, then again, for 5 minutes before going to bed. Or, you may prefer to set aside one longer stretch of 20 to 30 minutes. Whatever the case, make sure you have some kind of routine.

The reasons for doing so are multiple. First, despite your best efforts, it can be hard to focus your mind during the day. There are so many distractions, both worthy and wasteful, that 12 hours might pass without you giving any mental energy to creating the life you want. This is why you need an allocated time. Everything stops for these 10, 20 or 30 minutes when you're programming your mind for success. In some respects, this time should be understood as the most important part of your day.

The second reason for sticking to this routine is the level of depth you can attain. During the day, while performing routine activities, it can be hard to drift any deeper than a beta brain wave state with your mental focus. However, when setting time aside, closing your eyes and having no other distractions, you'll be able to switch to alpha brain waves and possibly even theta.

This gives you a much greater chance of influencing your subconscious mind – the ultimate purpose of focusing your thoughts. Make a connection and it will reveal to you the ideas, and people, necessary for your dream to come true.

To ensure this happens, try to programme your mind every *day*. Whether you call this a visualisation, priming or meditation session doesn't really matter. Just set time aside, where you'll be undisturbed, and focus on what you want to achieve and who you want to become.

If every day isn't possible, then make sure too many days don't pass without partaking in this practise. Much of your success will depend on the consistency of your thoughts.

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Reminder 6:

BELIEVE IN YOURSELF, IT CHANGES EVERYTHING

Achieve a level of success on the journey to creating the life you want and you'll realise that there was never anything standing in your way. Not lack of finances, not perceived lack of talent and not even a lack of connections. None of these factors matter so long as you can believe in yourself and your ability to achieve your goal.

But how do you develop this level of belief?

It's part experience and part imagination. While it's true that you must *see yourself* as a success to become successful, you must also *feel it*. Aim to live in the state of your realised desire. Embody the emotions, body language and actions of the person you long to be and success won't be far behind.

More impactful than this, though, is achieving positive results. Take action, test yourself and start to make headway on the journey to living the life you want. Of course, you will experience setbacks but, as the time passes, positive outcomes will also occur.

When they happen, note each of them down in a journal, app or on file. The purpose of this is to collect evidence. In the forensic examination room of your subconscious mind, you're presenting an undeniable case that you are, and can continue to be, successful.

The critical part of your mind can't argue with the truth. When you experience success (and are aware of it – hence making note), and these successes become more and more frequent, your mind starts to believe that future achievements are inevitable. At this point, you start to believe.

Another tactic, that can be just as effective as experiencing, and acknowledging, success, is surrounding yourself with mentors, coaches, satisfied clients and customers and friends who all believe in you. When they vocalise this belief, it will, once again, bypass the critical part of your mind that sometimes struggles to accept your own attempts to convince it of your worth.

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Combining all of these practices can take time but it's time well invested. Once you truly believe in yourself and what you are offering, the confidence you present, and perform with, will convince customers, clients and gatekeepers alike. From this point on, nothing can stop you.

Reminder 7:

FOCUS ON YOUR SUCCESSES, DON'T DWELL ON YOUR FAILURES

On your journey to creating the life you want, it's likely that your failures will outweigh your success by a ratio of ten to one. Understandably, this can be disheartening. Especially in the early stages, when you're constantly being rejected or ignored, this dejection could cause you to consider giving up.

To prevent this from happening, you must undergo a shift in mind-set. Rather than dwelling on your more frequent failures, you must learn to focus on your less common successes.

Of course, such a shift doesn't mean that you ignore your failures. You must still learn from them and use the experience as a way of gaining feedback. However, after having absorbed the lesson, your failures can't be given any further space in your mind.

You may wonder what an acceptable length of time is when it comes processing, and then releasing, your failures. Being impacted for an hour is understandable. Perhaps, if it's been a particularly heavy blow, the rest of the day can be written off. However, when you wake the next day, that failure must be cast out of your mind.

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Instead, fill your mind with your achievements. Yes, you may have failed to secure that important deal, but what happened last week? Clients raved about your work and emailed to let you know about the positive impact you are having. This is what you need to focus on.

Routinely engaging in this practise will hit a switch in your mind. With time, the setbacks won't sting quite as much. In fact, they might be so temporary, that it's only a matter of minutes before you're back to thinking about where your next success will come from.

Ultimately, this increases the energy you bring to your quest. Reacting to failure brings you down. Focusing on success keeps you motivated. Other people may tell you that you're deluding yourself by living this way but what purpose does it serve for you to feel demoralised by defeat?

You've already made up your mind that you are going to be successful at this endeavour. You're thinking about it every day. Take the next step and *choose* to focus on the progress you're making.

Reminder 8:

WORK A MINIMUM OF 20 HOURS A WEEK ON YOUR PASSION

At present, you may have a full-time job. You may even have family commitments. However, you will still need to make time to work on your passion.

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Without committing 20 hours a week to a project that will enable you to live the life you want, it's difficult to build momentum. Contacts must be made, products created and skills developed. This all takes time. Perhaps more time than you think.

If you approach these tasks with the attitude that you'll work on them when you get the chance, little will be accomplished. You won't follow up quick enough with a potential client. You'll miss your product launch date. Or, you simply won't get good enough at a skill to be able to make money from it. This is what happens when you work 5 hours a week on your project one week, 30 the next and nothing at all on the week after that. However, if you have a well thought out schedule and regularly put in 20-hour weeks, important changes will occur.

Of course, if you have more time at your disposal, or have recently quit your job to work exclusively on your project, you can invest 40 hours a week or more. However, what happens if you don't have this luxury?

You must become a master at time management. From week to week, you must know when you'll be able to do your 20 hours. Will you have an hour before work available? Is it possible to work on your project while commuting? If working from home, is there time, while unsupervised, that you could dedicate to your working on your project

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instead of your day job? What have you got planned at the weekend? Amongst potential family commitments and having fun, where will you find 5 or 10 hours?

It's a struggle. There's no way to sugar coat this aspect of creating the life you want. Added to the mental discipline of channelling your thoughts, you must find time to work on a project when you're tired, demotivated, aggravating a boyfriend or girlfriend, husband or wife (they might say it's taking time away from the relationship) and struggling against the tide of failure after failure. However, persist you must, because something incredible occurs when you keep putting in the hours.

You improve. Don't underestimate the amazing capacity you have to learn and grow. At present, you may look at what you want to accomplish and feel like you're being asked to climb Mount Everest. However, with two or three years of consistently working 20 hours a week on your project, the landscape completely alters.

You become a different person. Now, because you know your industry inside out, you can see all the opportunities that exist. Furthermore, because your skills are finely honed and you've built up your network of contacts, you're in a position to take advantage of them. This kind of experience only comes with hours upon hours invested in your project. Put the work in, and you will see the results.

Reminder 9:

LEARN TO LIVE ON LESS

While in the process of creating the life you want, money must take on a new meaning. The system wants you to understand it as an essential to living and also the means through which you acquire status and happiness. Most people accept this understanding. They'll work a job they hate and tolerate a life of stress and boredom because, ultimately, they accept the idea that more money equates to a better life.

You, though, must have a different understanding. Undoubtedly, there might be little you can do to escape the fact you need money to pay for essentials like food, accommodation and travel. However, the idea that money provides status and happiness must be challenged.

The idea that money can bring greater happiness must be rejected.

See things differently. Any money that you earn, if it's coming from a source that doesn't inspire you (i.e. your day job), simply serves to cover your essentials and provide you with an, almost, unlimited amount of time to succeed at creating the life you want. That's it. The idea that money can bring greater happiness must be rejected.

Without taking this step, you'll always feel that you're missing out. You'll see friends travelling, buying new cars, going on expensive nights out, frequently replenishing their closets and question why you made a decision to deliberately reduce your income. Given enough exposure to these discrepancies, you might return to the life, and job, you used to know.

If you feel tempted to make this decision then engage in a deeper analysis of money's role in your life. What's the truth? Does more money equate to a greater happiness? While studies indicate that it does play a role, it's not nearly as strong as society would have you believe. Therefore, if ever you find yourself tempted to give up on your dream for the lure of a greater pay day, remember all the negatives that accompany a higher salary.

Does an expensive car, spa breaks, meals out and designer clothes seem nearly as appealing when you factor in all the boredom, inauthenticity, stress and working late that it took to pay for them? Then, remember that plenty of past times and fun can still be experienced on a budget. You can work out at home. Delicious meals can still be enjoyed if you're prepared to be the one cooking them. Travel can be afforded if you plan carefully and look for the best deals. There's no price tag on good times with friends and romance with a partner.

For these reasons, you must learn to live on less. Yes, your bank balance might diminish but it's possible for your quality of life to improve. Furthermore, this might only be a temporary measure.

In a few years' time, you might be out earning and out enjoying former colleagues and friends. In the meantime, the sacrifice you make today is unlikely to plunge you into poverty. You're dealing with the psychological impact of living on less, rather than the physical impact of not being able to eat or find somewhere to sleep.

Reminder 10:

MAKE TIME FOR OTHER PEOPLE

Much of the advice in these 10 steps is individualistic. The quest to create the life you want, by its nature, focuses largely on you. However, you'd be mistaken to think that the sole focus of your life should now turn inwards.

What will the realisation of your dream, or the ability to create the life you want, mean if you are the only one who gets to enjoy it? Any success you experience, while still rewarding, will, ultimately, feel incomplete. For this reason, despite the possibility that you might be working two jobs, you must make time for other people. Whether this is visiting family, maintaining a romantic relationship, keeping non-financial business commitments or generally making time for others, this side of your life can't be allowed to slide.

Never get so caught up in your work that you refuse an important request.

Never get so caught up in your work that you refuse an important request. Remember, whatever you are doing *can* wait till tomorrow. Schedule time out during your week and weekend so you can spend it with other people. The break, and human contact, will improve your wellbeing and, perhaps, have a positive impact on your work (although should never be done for this reason).

As important as making time for other people is, though, don't leave yourself open to manipulation. Some people are a negative influence. You may think that you're doing the right thing by making time for others but, if their negative outlook is dragging you down, or they denigrate what you're trying to accomplish, you're better off limiting your contact with them.

Furthermore, don't let other people call you selfish. If you know that your priorities haven't become skewed, and you're genuinely making time for other people, don't let someone guilt trip you for being focused and clear about what you want for your life. Remember, the word 'selfish' is one of the most loaded in the English language. People will use it, not because you are genuinely displaying this characteristic, but because they want you to do something (or are jealous of the fact you have a clear life purpose and want to derail you to make themselves feel better about their own lack of direction). They know that by branding you with this label, one that

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is frowned upon by society, it's more than likely you'll acquiesce to their wishes.

For these reasons, you must be vigilant in your relationships with other people. Not only must you be aware of the temptation to let them slide, you must recognise when people are trying to manipulate your better nature. However, no matter how demanding this vigilance might be, you must maintain your commitment to preserving your humanity.

It profits a man nothing to gain the world and lose his soul. Your dream is not bigger or more important than somebody else's life. Maintain this perspective and you'll be loved not only for what you create, but who you are.

(go to the next page for the 10 reminders in bullet point form)

THE 10 DAILY REMINDERS FOR LIVING THE LIFE YOU WANT

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- 1 Understand that there is no easy path through life**
- 2 Learn to rely on yourself for guidance, not authority**
- 3 Don't think like everybody else**
- 4 Make your goal/what you want to become, your dominant daily thought**
- 5 Set time aside to programme your mind**
- 6 Believe in yourself, it changes everything**
- 7 Focus on your successes, don't dwell on your failures**
- 8 Work a minimum of 20 hours a week on your passion**
- 9 Learn to live on less**
- 10 Make time for other people**