

HOW TO STOP MAKING EXCUSES AND ACHIEVE YOUR GOALS

# MAKE IT HAPPEN



## **Make it Happen Resource Sheet**

Have a dream that you wish was a reality? Have a goal or objective that you're struggling to stick with? Fortunately, you're not alone and there are plenty of books, guides, resources and tools that you can use to help yourself get ahead and make things happen.

Of course, it starts with our book *Make it Happen*. But once you've read that and you're raring to go and start making changes, you can check out the resources listed here to continue your reading and to help yourself get started on the right foot...

### **Books**

There are many more tomes that you can dip into if you want to start making your goals a reality. Here are some of the very best on setting goals and making them happen

#### *The Four Hour Workweek*

This book by Tim Ferriss is an absolute masterclass when it comes to setting yourself up for success. Tim shares practical tips and ideas to help you accomplish more. More importantly, he helps you to better know what it is that you really *do* want and to prevent all of life's annoying jobs from getting in the way.

#### *How to Save an Hour Every Day*

This book from Michael Heppell is one of the best books out there on time saving. This is crucial because the more time you save on mundane tasks, the more time you'll have to commit to working toward your goals.

#### *Awaken the Giant Within*

Tony Robbins is probably the best known and highest paid lifestyle guru on the planet and it was this book that really cemented his success. That should tell you something about how good it is – and it's easy to see why with the focus so much on finding your passion.

### **Tools**

#### *StickK*

<https://www.stickk.com/>

StickK is a tool that helps you to ensure you don't back away from your goals or the tasks you set yourself. How? By creating stakes for your plans and punishing you if you fail them. You choose the goal, then you set the stakes (a common one is that you'll donate your money to a charity you do

not support) and then you choose a referee. The referee's job is to decide if you have done enough to avoid the punishment from taking effect!

#### *Wunderlist*

<https://www.wunderlist.com/>

Wunderlist is one of the best note taking, list making apps there is. The big thing that makes this such a great app is the fact that it will sync across all your devices, meaning you can check your itinerary on your PC, iPad or Android phone.

What's more, is that it works with Cortana, Siri, Alexa and all the other digital assistants. That means you can say 'Add X to my shopping list' and it will be so!

#### *Fabulous Motivate Me*

<http://www.thefabulous.co/>

*Fabulous: Motivate Me* is an excellent Android App that has been designed to help you stay motivated and keep you working toward your goals. The aesthetics are *particularly* beautiful and the way it works is founded in science.