



Goals & Guitars

How to Turbo Charge Your Life One Goal At a Time

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Introduction

What do you want out of life and are you getting it right now?

If you answered yes, close this eBook and carry on with your life.

If you answered no, continue reading as I am going to show you how to Turbo charge your life into the one you want.

My name is Ruddy Fiano, or Rudiano for short. I am a singer, song writer, blogger, entrepreneur, founder of rethinkentrepreneur.com, and an active

member of goal setting websites [43 things](#) and [Popclogs](#). I excel at setting and completing goals.

No, I'm not extremely disciplined, I don't have some magic talent, and it's not in the genes – and in fact, dare I say, I've even been called (wait for it) lazy.

So, how is it that a “lazy” guy like me is able to set and complete goals including getting ripped, becoming an early riser, teaching myself to play the guitar, compose and gig with it?

3 words: **Inspiration, Motivation and Determination** (more on this later).

A great writer once said, share your story as it can help you heal and it can help others to heal. That's great advice and here's what I say, “Share your story because it can help you stay motivated and it can get others motivated.”

The power of writing your goals and sharing them online

In 2009, I joined an online goal setting website ([43 things](#)) which got me to write down my goals. This was the first step to achieving my goals. It has been said that writing your goals crystallises them into your brain. Your brain then automatically looks for ways to achieve them.

Add to that the public aspect of putting your goals online and you have that bit more incentive to actually go for them. You are now accountable. People know you set that goal.

There are thousands of people on the [43 things](#) website (every race, every country, and socio economic background) that achieve their goals despite having obstacles (sickness, death, high stress job, no job, etc.).

They all have tools of incompetence - commonly known as excuses - but they toss them out and so do I, and so can you.

I wrote this eBook to show you how to toss out excuses so that you can set and complete goals.

Hang on and get prepared for take-off.

Turbo -ing 101

First step to enter the Turbo zone: Write your goals

Leave your excuses behind. They are not allowed in the turbo zone.

Stop letting these tools of incompetence keep you from completing goals. If you have been run by these excuses thus far, you are about to change course.

You were granted an incredible machine (your brain). Stop underestimating it.

Your first step is to stop reading. Yes. Stop and think. What is it that you want to achieve in the next 3- 6 months that would bring a smile to your face and joy in your heart?

Is it an old goal that you have worked on sporadically for some time? Or something you just aren't sure you can achieve so you haven't even tried?

Write it down.

Now think. Are you so afraid of failure that you would rather never try? Are you ok to live the rest of your life with regrets, with the ghosts of 'what might have been' haunting you? Or would you rather have a good crack at it and figure out if you can make it happen?

If the voice in your head is nagging at you saying things like "Come on, you're just not smart or connected or good enough to achieve this', you need to educate that voice by using the 3 keywords of the introduction. Inspiration, motivation and determination.

Get inspired

Setting a goal usually happens after seeing someone else achieving it or achieving something similar. If you have no goals, it may be that you are just not feeding yourself with inspiring stuff.

In this day and age, the media wallows in negativity so it's a challenge to be inspired.

However there are so many examples out there of ordinary, sometimes underprivileged or even disabled people achieving extraordinary goals. Seek them out! Here are 3.

[The blind surfer](#)

From obese to super fit

Tim, not your average restaurant owner

You may need a constant flow of such stories, in which case I'd recommend a [30 day motivational course](#).

Devise a plan

When you have the impetus, you need action, fast. BUT don't get ahead of yourself. You need a plan. "Failing to plan is planning to fail", goes the saying.

Example:

One of my goals was to get ripped. I wasn't obese but I had a pot belly. Not a good look, right?

The first step was to get healthy. Getting healthier is a fairly common goal that many of you probably can relate to and here's how I did it.

- Wrote the goal down (enlisted my brain)
- Shared it on the 43things.com forum (accountability)
- Joined the gym
- Worked out regularly
- Changed my diet (reduced, sugar, increased vegetables, etc...more [here](#))
- Journalled the journey as often as possible

Notice that I didn't journal every single day. I wasn't good everyday.

But here's the thing: **achieving your goals doesn't require you to be perfect!** So don't beat yourself or write yourself off if you fall off the wagon. Just get back on!

That is what I did and here's the result, [here](#) and [here](#)

Even accomplishing small goals brings about fulfillment and advancement. It also boosts your confidence to pursue bigger goals later. Sometimes you have to start small (lite) getting healthy before you can go to the max – getting ripped.

So let's look at a few "lite" goals set by others on the forum:

The goal: Find at least one thing to make me happy every day.

How I did it: I looked for things that made me smile. When I found something that really brightened my day – like birds chirping – I wrote it on a calendar. Which served as a daily reminder to practice gratitude.

The goal: Drink less soda

How I did it: I stopped bring soda in the house. At work I found an accountability partner to watch my soda intake.

The goal: Clean a closet out

How I did it: I set a date and time and threw out all incompetency tools.

Next, you need to

Sustain your motivation

Once you get that impetus, you have to use it as soon as possible before it dies out.

But when it dies out, what keeps you going is if you have established a routine towards achieving your goal, i.e it's now second nature, you just wake up and work out, or make your to-do-list and work on it without even thinking about it, whatever your goal requires. You have set things in motion.

An object in motion stays in motion unless it is subjected to an opposing force, right? Maybe that works in physics and people who love routine.

But if you're like me, i.e not really a routine person, or you are tackling a goal that requires a lot from you, you'll need constant motivation.

This is how to get it.

Use image-ination

Take a good look again at where you are in your life right now. Is there something you would love to add to it? Or subtract to it. ? Or maybe both? Can you imagine how much better you'll feel when you achieve that? Have a think, create a detailed mental picture. Is it how you'll look? Where you will live? Your new job? Less stress? More joy?

Create a vision board, do a collage of pictures that is close to what you're after. Put it somewhere you can see often.

Or maybe all you need is reminding yourself of why you want to achieve the goal.

My personal story is that I've rarely felt I belonged in the corporate world. I mostly felt I was trading my soul (my creativity, personality, sometimes even my health) for a pittance. I wanted to do something of value, but that would allow me to be myself and afford me a work/life balance.

So I set a goal to leave the rat race...and I did in September 2011. It is still a journey. But I feel so much happier!

What about you? Where do you want to be? Knowing that it's possible, even for Mr "lazy", can you really give up at the first hurdles?

Remind yourself of that when the going gets tough.

[Turbo charge lite \(walk before you run\)](#)

Now if you are not used to setting goals, it's a good idea to start 'lite' with small ones. They allow you to get to know the process, get to know what works for you and allow you to get better.

Ok. Take your pen and paper.

Make a list of five goals that you want to achieve.

Don't overthink it, just do it. A quick list of 5 goals that I set and completed

- Become a better communicator
- Become an early riser
- Write a short eBook
- Book gigs

Then pick ONE goal and break it down into steps. For example, for becoming an early riser,

- Go to bed at 9pm every night
- Set gentle alarm for 5:30 am
- Establish a morning routine so I don't feel like I'm getting up for nothing
- Reward myself

Now, you need an accountability partner. Grab your best friend and tell him/her what you're planning to do. Or go to my [Facebook](#) page and tell me. Or even go to [Popclogs](#), sign up, it's free ([43 things](#) is unfortunately read-only and will close down January 2015).

Get the right attitude towards goals

3 words of caution before you crank things up.

- Some goals you'll find, seem to be good ideas at the time you set them, but turn out not to be really aligned with your core values.

You lose interest in them, they don't switch you on, or they prove impractical or not your priority. No sweat. Let them go permanently or temporarily.

Remember It's not a race to get the longest list of goals achieved, **it's about achieving the goals that fulfill you**, switch you on, make you grow, make you happy.

- Your brain is the most powerful change agent you have at your disposal. Take care of it. It takes 20% of your energy. Feed it well, rest it well.
- It's crucial to ditch the all or nothing mentality.

See goal setting as a process. As you get a firmer hold on your life by setting meaningful goals, you will become more aware of the obstacles in your way (internal and external). Don't mistake this for regression instead of progression.

Don't take offense! But what is happening is that you are now entering the 'incompetency knowledge' phase of your development (in other words you now know that you didn't know). Before, you were in the incompetency ignorance phase (you didn't know that you didn't know)

But you may be well passed that. If that's the case then the next 2 chapters are for you.

Turbo charge your life at your own pace (my experience of it)

In my quest to get healthier and ripped, I had a goal to [do 100 consecutive pushups](#).

How I did it: It shouldn't have taken so long. But I wasn't regular when I started this in November 2009. Only worked at this regularly in August 2012 (almost every day) so it really took me a bit more than a month.

I started by aiming to do 100 press ups in several sets.

When I reached this first goal, I increased the first set each time so I could do 100 in fewer and fewer sets until I eventually did 100 straight.

Lessons & tips: Be consistent. Then your progress will be exponential. Otherwise you will be starting from scratch each time and it will take you longer than you wished.

Another goal I had was to [become a better communicator](#). I became better by reading and studying but most importantly by having conversations with people and exchanging ideas.

I share these **two goals** to make the point that people progress and should complete goals at **their own pace**. There are people at the gym that can do more than me and people who can't touch me.

- Do you want to win or don't you want to get to the finish line?
- Goal set to the beat of your own instrument, at your own pace, but DO it!

Turbo charge full blast

This chapter is for the daring, the extremely competitive (Tim Ferriss' style), and for those who want to be challenged. Don't worry if you aren't there yet because eventually you will be.

Turbo goal challenges:

- Build a website
- Start an online business
- Hike Mt. Everest
- Become a Billionaire

I noticed that of the 135 on the goal setting community forum listed becoming a billionaire as a goal. Of those 135 people with that goal, can you guess how many filled out the steps they would take to accomplish this? One, just one person. And that person didn't give a concise answer. I am not criticizing people aspiring to be billionaires, and in fact I say more power to them if they intend to contribute positively to society. I only state this to reinforce the point that while you turbo charge full blast you most definitely need a plan. As a crude example:

- Get a job
- Put aside money regularly
- Learn how to invest
- Invest wisely
- Reach the first million mile stone
- Reach the first billion mile stone.

No doubt there will have to be quite a number of stepping stones in between those big goals and a few failures along the way.

My turbo blast goal is to complete a book during [NaNoWriMo](#). I've tried a couple of times and failed short (no worries, failures are the sweat of success). I'm proud to have completed this eBook, and I have set another goal to finally complete a book during Nano this November.

What goal will you turbo blast into and how will you do it? Write down a list of big goals that you plan to complete and tell [me](#) or someone else how you will go about achieving them. Let me share with you another goal I achieved and why anyone can do something similar, even better.

Guitar, Goals, and Rock & Roll (well, RnB more like!)

I love the sound of the acoustic guitar. My keyboard's imitation of its sound is underwhelming compared to the real thing. That bugged me.

So I set a goal to learn to play the acoustic guitar well enough to write and perform a song on a guitar.

I taught myself how to play between 2009 and 2011. To improve playing the guitar I booked myself around town. As you'll see from the links from my earlier gigs to later on, it has been a journey.

[Very first gig](#)

[Second gig](#) (4 months later)

[The studio version](#) (All vocals and instruments performed by erhm...me!)

None of that would be possible without **I**nspiration, **M**otivation and **D**etermination (practice)

Perfection is not a prerequisite

I let you in on a secret, as you have read thus far.

All the while I have accomplished these goals I've talked about here (and more) my health has been very up and down. I have suffered from arthritis and psoriasis (the severe kind that made me look like a leper, feel self

conscious and disabled). If you really want to know more about that, go [here](#) and [here](#).

At the time of writing this, my psoriasis is clearing up. Let's hope it goes for good.

But all of this is to emphasize that if you have dreams, goals, you don't need perfect timing, a stress free mindset, or even great health. I would even argue that the less comfortable your situation the more focused you'll be in making changes (if you want them bad enough) and consequently the more likely you are to succeed.

You just need a vision and consistent action.

Also, it's now a cliché but it's true. Whatever you would like to achieve, someone else has done it or something similar. With the internet, you are only a few clicks away from being inspired, educated and coached by a trailblazer in the field of your choice.

But knowledge isn't power. Forget that. **It's the application of knowledge that is key.**

You don't need to make great strides toward your goals in a short period of time and risk burn out. Just a few small steps towards them each day will prove more effective. That's why I advocate establishing and following a daily routine, so that eventually you don't get in your own way of success, so that you become a healthy, creative and productive powerhouse on automatic pilot.

All it takes is a routine.

Take your pen and paper out for a last time.

Think of turbo you

Turbo you is the best version possible of yourself. What is s/he like? How does s/he handle him/herself and others? What is her/his morning routine? Write a description

What about being Turbo you for a day or 2 Try it! I bet you'll be surprised!

Let [me](#) know how it went!

Conclusion

There you have it, a plan on how you can set goals and get what you want out of life. Remember goals are like ~~tasks~~ strings of a guitar and should be tapped one string at a time. Take baby steps if need be- crawl – walk – jog – and then before you know it, you'll be running like Bolt towards your dreams. You would have turbo-charged your life beyond recognition!

Go Get' em Tigress (or tiger)!