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# KEEP ANY PROMISE

a blueprint for designing  your future

Karim H. Ismail



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A blueprint for  
designing your future

Karim H. Ismail

iUniverse, Inc.  
New York Bloomington Shanghai

**Keep ANY Promise**  
**A blueprint for designing your future**

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To:

My best friend, soul mate, spouse, and lover, Narmin,  
wonderful mother to our two children, Aliya and Amaan;

My beloved aunt Nargis, whose encouragement, support, faith,  
and belief in me have sustained me since my childhood;

My uncle Alli, whose support and overwhelming generosity gave me  
a much-needed start in my then newly-adopted country, Canada.



*“Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness, that frightens us most.*

*We ask ourselves, ‘Who am I to be brilliant, gorgeous,  
talented, and famous?’ Actually, who are you not to be?*

*You are a child of God. Your playing small does not serve  
the world. There is nothing enlightened about shrinking  
so that people won’t feel insecure around you. We are all  
meant to shine, as children do. We were born to make  
manifest the glory of God that is within us. It’s not just  
in some of us; it’s in everyone.*

*And as we let our own light shine, we unconsciously  
give other people permission to do the same.  
As we are liberated from our own fear,  
our presence automatically liberates others.”*

By Marianne Williamson in  
*A Return To Love: Reflections on the Principles of A Course in Miracles*  
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# Introduction

*It is never too late to be what you might have become.*

—George Eliot

In 2002, only six years ago, I could not walk to the end of my driveway. I took huge and increasingly ineffective doses of morphine, which pumped through my body attempting to control my debilitating back pain. It began about twenty-five years prior. I was an active squash and badminton player. I played hard and I gave it my all. My back problems worsened, yet I kept pushing, playing hard.

I continued being active and enduring agonizing pain. Eventually, I ended up with severely damaged spinal discs. Flat on my back for months and being forced to stop any physical activity, I gained forty pounds. My family business was bleeding following the Internet crash of 2001. Business from our technology clients was drying up, and we were no longer able to commercialize new investments in technology. I was in pain and overweight, and my family's financial security was looking increasingly bleak.

While years of dedication and extreme hard work in my career and volunteer responsibilities brought me rapid promotions, titles, and much professional success at a young age, this success came at a price. My relationship with my childhood sweetheart, Narmin, was strained, and my children, Aliya and Amaan, were growing ever-distant from me. The deep spiritual connection I had developed as a child (a gift from my wonderful parents) had all but completely eroded. I was spiritually empty. I berated myself for my situation.

All my dreams and promises to myself lay in tatters. I felt increasingly unable to support my family and to afford the best possible university education for my children—a long-cherished desire. My dream of making a meaningful impact on the world was crumbling around me. I began thinking about the large supply of narcotics I had on hand to control my back pain. I thought frequently about how easy it would be to end my life—if only I had the courage to do so.

So ... what are *your* unkept promises? Do you believe that you are making a substantial difference in the world, or have you long given up even trying? Do you spend most of your time doing the things you absolutely love to do, or are you stuck living life according to someone else's agenda? Do you pay regular, consistent attention to the people who matter most to you, or are you constantly neglecting your loved ones? Above all ... are you keeping the promises that you have made to yourself throughout your life?

Recently, I asked myself these very questions. Despite having achieved much in the eyes of others, I felt confused. I was also very unhappy, completely unfulfilled, and extremely depressed.

One day, as I went for a short walk on a bitterly cold February morning, a thought struck me. Why was I so successful in my professional life but failing in my personal life? What was the magic formula I was using brilliantly in one realm but neglecting in the other? On my return, I got out my notebook and sat down to list the intuitive principles that had made me professionally successful. I counted the successes I had enjoyed over a twenty-year period, envisioning and overseeing the design and construction of healthcare and cultural buildings worth \$750 million. I noted that many of these projects were architectural masterpieces by the world's best designers. Even in my despair, I realized that I already had a blueprint for success, one I had used every day for twenty years. Quite simply, I could develop a compelling vision, set clear goals, implement highly organized systems, and hold regular reviews. I had a knack for creating something from nothing.

I wondered: could I modify and apply these principles to my personal life so that I could begin to crawl my way out of these feelings of utter

helplessness? Could I ever get back on track to fulfilling the big promises I had made to myself?

Gradually, I set about undertaking a major personal transformation. I started reading self-help and spirituality-oriented books. I attended self-development workshops, many of which provided life-altering thinking. Tony Robbins' *Unleash the Power Within* seminar was an emotional turning point for change. From my learnings and the professional skills I had developed, I was able to transform my blueprint for professional success into one for *personal* success. The journey was long, it was difficult, and it was painful, for it forced me to completely rethink who I was, what my priorities were, and my life purpose. The end result was a complete life transformation.

Today, I am an accomplished mountain hiker, having hiked Kilimanjaro and trekked in the Andes. I am almost pain-free and near my ideal weight. I have rediscovered my lost spirituality and I pray, meditate, and enjoy nature every day. I feel increasingly connected to a universal source. I have the closest, deepest family relationships I have ever enjoyed. Our family business serves a meaningful social purpose through our work with North America's finest independent schools. And we are close to long-term financial stability. Our children have graduated from some of America's finest universities and are launching promising careers. I hold strategic volunteer roles that I once again enjoy tremendously. I can again dream of making a huge world impact. In short, I am high on life, and I wish every day would never end!

During the last five years, as I shared my personal transformation with others, it quickly became apparent to me that I could use this blueprint to help others keep their promises. They would not have to live a life of broken promises, as I once seemed destined to do. So I set a huge goal for myself: I promised myself that within twenty years, I would help five million people transform their own lives using the skills I had sharpened while managing complex projects, the personal lessons I had learned, and the wisdom from experts that the universe placed in my path. I had no idea how I would keep this promise! But I knew this goal would be a huge part of helping me fulfill my new life purpose: to get ever closer to my

Creator by sharing my wonderful blessings to make an extraordinary difference in the world.

A few months later, as I pondered over my life purpose and this ambitious goal, I thought, “Why not write a book to help five million people keep their promises to themselves and to the world?” I knew I could show anyone how easy it was to set goals and realize their dreams and aspirations. I also realized I could combine the book with worksheets I had developed and was using daily, to ensure long-term success. So I decided to go for it! The book would be a guide, and the worksheets would help sustain progress over time. And I could hold workshops and online seminars to help people work through their life plans in a supportive environment.

I began writing. I developed and facilitated small workshops. It was thrilling to see others’ lives being changed before my eyes, simply through a new blueprint, a new way of thinking! As I wrote, I thought about some remarkable people I have been privileged to encounter on my amazing life journey. These are seemingly “ordinary” people who go about achieving extraordinary outcomes with little or no fanfare, but who keep their magnificent promises. I approached them about sharing their inspirational stories, and I am honored that they agreed to do so. I hope that their stories inspire you to keep your promises. When I shared with them the principles in this book, many of them were certain that they would have progressed much further had they been using these principles to design and manage *their* lives.

There are three reasons why this book is unique. It is the first system to help you consciously design your future using the sound principles involved in constructing complex, unique buildings. It also offers a comprehensive set of tools and perspectives with which to view and plan your life, from a unique Daily Journal that will have you seeing your days very differently, to creating an inspiring Life Vision. And it allows you to access resources to not only help you sustain but even accelerate changes over the long term.

Read the book, download the *free* workbook online at [www.KeepAnyPromise.com/workbook](http://www.KeepAnyPromise.com/workbook), complete the worksheets, and learn how to define your life purpose. Using a unique and easy twelve-step process, you

will set clear life goals, learn to achieve *any* goal you set, and most importantly, develop a sustainable life management system. Using this process, you will realize that you don't ever need to break a New Year's or other resolution ever again. If you read this book and complete the worksheets you will keep even your biggest promises to yourself, because this book *will* transform your life.

You will also learn about the seven magical questions you want to ask yourself each day, the twenty-year goals you will want to set for yourself, and other intriguing ways to make planning your life fun, inspiring, and purposeful. Plus you will learn how to embrace every fear you have and turn it into your ally. Above all, you will be able to implement your learnings immediately. And as a bonus, you will learn a simple way to boost your energy so you can exceed your goals.

Whether you are in your early twenties or late eighties, I have complete confidence that you, too, can keep any promise. It does not matter what your starting point is or what challenges you face at present. If you follow the simple principles outlined in this book, you *will* design a life that is breathtaking in its possibilities.

I trust that as you increasingly keep your promises, you will go through your own life transformation with this new blueprint. By letting your light illuminate the world, you will help make it a better, brighter place. There's no better time to get started than now, so join me on a journey to a world free of broken promises.

Warm wishes,

Karim H. Ismail,

Toronto, Canada

July 11, 2008



## How Can You Get the Most from This Book?

Below, I suggest three options. Select one of the three and get started *today* with the material and exercises that you encounter. It does not matter which option you choose. Before you read any further, I invite you to complete the **life quiz** at [www.KeepAnyPromise.com/lifequiz](http://www.KeepAnyPromise.com/lifequiz). The results may surprise you.

**Option 1:** If you have difficulty keeping your promises, then I invite you to start at the beginning of this book and read through the chapters, and complete the worksheets in Part 1. In Part 2, start bringing the promises and goals that you have defined into your daily life through the techniques I suggest. Once you see that achieving goals is quite easy, then you may wish to tackle the bigger life purpose questions in Part 3. Work through the book steadily and you *will* transform your life as you keep *all* your promises.

**Option 2:** If you already keep most promises and have a reasonable amount of success with achieving your goals, you will benefit from the techniques and tools in Part 2 to accelerate your progress. When you see yourself making huge leaps, you are ready to move on to Part 3. You will find as you complete the worksheets in Part 3 that you will likely re-evaluate your goals. As you do so, return to Part 1 to master the twelve steps to keeping *any* promise.

**Option 3:** If you keep all your promises and generally feel very good about your life, then start with Part 3 of the book. You will benefit tremendously from the advanced resources and tools there. As you develop what I hope will be a transformative vision for your life, come back to the start of the book and recast your goals to ensure that they resonate with your much more clearly defined purpose and life goals.

As you read the book, use the *free* workbook that you can download at [www.KeepAnyPromise.com/workbook](http://www.KeepAnyPromise.com/workbook) to record the answers to the many exercises in this book.

If you want to accelerate your learning and transformation, you can find details online at [www.KeepAnyPromise.com](http://www.KeepAnyPromise.com) about workshops and online seminars. **Be sure to use the special discount code at the end of the book to enjoy dramatically reduced pricing for yourself, your family, and friends.**

Please share your successes and challenges and any tools, tips, and tricks you have found helpful at [www.KeepAnyPromise.com](http://www.KeepAnyPromise.com). I will incorporate as much as possible within the Web site and in future editions of this book.

## Chapter 10:

# What Are Your Ninety-Day Milestones?

*Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo de Vinci, Thomas Jefferson, and Albert Einstein.*

—H. Jackson Brown

Sometimes reaching a goal feels miraculous, like a quantum leap. But if you look closely, you'll notice that the goal was attained by moving from one step to the next. To make steady progress, it is critical to define steps and timeframes along the way. Timeframes allow you to assess your goal, determine your progress, and take corrective action. Well-defined steps with clear timeframes are often referred to as milestones.

Speaking of milestones reminds me of my friend Lisa Rowles. I first met her after a particularly intense day at *Life Mastery*, a one-week workshop run by the Tony Robbins Company in Palm Springs, California in October 2005. Over many talks and walks, my wife and I got to know her well, and we could see that Lisa was extremely stressed. Though she was younger than us by a few years, she looked older.

### **Lisa's Story and Her Promise**

“When I met Karim and Narmin at *Life Mastery* in Palm Springs in October 2005, I was at a crossroads in my life. I don't think I realized this as consciously as it seems now, but I had just come out of an addictive and abusive relationship, was treading water professionally, and feeling like I should be happy with my lot but was somehow missing a big piece of the puzzle.

“On the face of it, I was a successful, self-supporting single girl with my own home and a good social life. Beneath the exterior, I wondered what life had in store for me. Was this it? I was holding out for a better relationship, but starting to wonder if this was realistic. Could I truly expect to meet a worthy partner who kept me on my toes and yet supported me, without expectations, with his own dreams that would mingle with mine?

“Professionally, I felt the need to prove to myself that I could step off the corporate ladder and follow a different path, yet I was terrified of the potential financial instability that could ensue. In this inner turmoil, enjoying autumn Californian sun, I was instantly struck by Karim and Narmin's honesty and generosity, and by Karim's calm and peaceful energy.

“At that time, I could not have foreseen the changes that were about to occur in my life. This in itself is strange, as I'd already made some significant changes up to this point (changing career paths, living in different countries, divorce, to name a few). This inability to recognize my own potential had shown up regularly in my life and was one of the many reasons I chose to pursue coaching as a profession.

“*Life Mastery* enabled me to take stock of my life, personally, financially, spiritually, physically, and mentally. I met many wonderful people, all of whom came together to learn and grow, and I learned that being vulnerable and honest with myself about my own misgivings, fears, and concerns and voicing them to others helped move me forward.

“Returning from Palm Springs, whilst equipped to manage far better on a number of levels, I didn't have the same level of support mechanism back

home. I spent time mapping my vision and my goals, and started taking care of myself more effectively mentally, physically, and spiritually. I spent time ‘being’ instead of constantly ‘doing.’ I started listening to the voice within—noticing my instincts and being brave enough to follow them. I also set ninety-day milestones for what I wanted to achieve, even though sometimes I had no idea how I would go about achieving these milestones; other times, the milestones were hazy.

“In the months that followed, I meditated daily on my connection with the wider world, noticing every opportunity, every coincidence. Going inside myself, I went back to early childhood dreams and reconnected with what had seemed impossible.

“One of these dreams was formed as a five-year-old, as I held what was clearly a sad and drugged-up lion cub at a circus. Despite the dreadful circumstances, my innocent child’s brain told me this is what I want to do when I grow up—I would feed lion cubs and free them into the wild (this was in the era of Joy and George Adamson and Elsa the lioness of *Born Free* fame—highly evocative for a young cat-lover). Amazingly, in my attempt at growing up, I’d lost touch with that childhood dream, and now suddenly it stood in front of me. Within twenty-four hours of having the thought, I googled ‘walking with lions’ and immediately found Antelope Park, in Zimbabwe. Despite having a very busy full-time job, I knew that come what may, I needed to make this trip and take the month out to be a volunteer at Antelope Park.

“Somehow, despite the seeming impossibility, I made a case for going, listed the pros and cons, prepared answers for all the ‘no go’ areas, and, most importantly, got into the best, most positive, powerful, and focused state of mind possible to have the conversation with my managing director. Bingo! Within weeks it was booked, and I was going.

“Actually, making the booking and knowing I intended to do this, even if it meant losing my job, and that somehow it would work out, was new for me. I felt as if I was connecting with something much more powerful in my being, something that had been dormant for some time. As soon as

I made this commitment, everything in my life started to change. It was as though some unknown force (whether this is universal or within my own consciousness, who knows) took this as a sign that I truly intended to step up and was ready to make changes in my life.

“Within a month of booking the trip, I went on a four-day business conference on a cruise ship, as a career coach. It’s fair to say that my energy was totally different at this point. I felt completely connected to the world, aware of my calling, knowing I was walking the right path at this stage of my life.

“The evening of day one of this trip, I was seated at dinner with a man representing a potential new client from the finance sector (a totally random seating: Roger and I might never have met if someone had changed the seating plan). We got on so well, I agreed to run a coaching session with him the following day, and we continued to talk daily at the conference.

“Roger supported me in preparing for my trip to Zimbabwe. And the experience there was totally awesome. I worked alongside volunteers and lion-handlers from six in the morning until six at night, feeding cubs, walking them, making fences, snare-sweeping. Being around fourteen cubs, varying in age from six weeks to twenty-two months (and 100kg!) was the most amazing experience.

“Instinctively, I know that somewhere down the line, big cats will feature more prominently in my life. I’m just not sure how and when yet, so I’m allowing my instinct to provide the pathway to enable me to realize how this will unfold, and to be ready when it does.

“Roger and I have now been together for eighteen months. One of the things that stood out in Roger’s mind was the fact that I had taken the plunge to follow my ‘calling’ and my instincts in going to Zimbabwe to walk with lions. He was and is in total support of my intention to continue to be a volunteer with big cats on an annual or every-eighteen-month basis.

“The coincidences and opportunities have just snowballed from here. Being with Roger gave me the confidence to step out and become a freelance business coach and consultant, which I have successfully done for

twelve months. I've gone from being single and corporately employed to partnered, with two dogs, a new home, and a freelance consultancy.

“The latest *piece de resistance* occurred in June 2007. When I met Roger, he had a dream to climb Mont Blanc (at 4810m, the largest mountain peak in Europe) for charity, with the support and involvement of his employers, St James's Place. For me, Mont Blanc represented some of my greatest dislikes and fears: extreme cold, exposure, fatigue, and prolonged endurance. For all of these reasons, I decided that this would be the ultimate challenge: stepping up to live a dream is one thing, stepping up to challenge huge fears is another!

“As a result of our meeting on that ship, Roger put his case forward, using all the tools and techniques at his disposal, and six months later, we returned from Mont Blanc. Fifteen of us made it to the final 300 meters. Twelve of us, including me, made the summit; the others were air-lifted due to injury.

“Our guides were some of the best and most experienced in the business. Without them, we would have failed. Mont Blanc is the hardest thing I've ever done. None of us were truly prepared for the weather conditions (unexpected blizzards and high winds), the lack of sleep (just four hours in thirty-six), the vertical climbs on rock and snow for 800 meters, and the severe effect altitude has on the ability to breathe above 4,000 meters (15,000 feet).

“How did we do it? The same way we all achieve anything. Have a dream, vividly visualize yourself completing that dream (make pictures of it that you display somewhere you see regularly, such as posters on walls, screensavers, etc.), voice it openly and realistically, plan your daily activity, and believe you can do it. Determination, focus, and expert assistance are the final jewels in your goal-setting crown.

“I won't climb Mont Blanc again (my boots went on eBay as soon as I returned), but I will put other challenges in place, to remind me of my ability to overcome my own boundaries, step out of my comfort zone, and to be open to new and exciting possibilities.

“Roger now has his big dream in place—Everest in 2009. And I’m in the process of deciding what my next trip will be, having spent part of May 2008 caring for cheetahs at a wildlife sanctuary in Namibia. It’s likely to be Africa and involve more big cats.

“I know that my purpose is to serve others and, in so doing, to learn about myself and my capacity to learn and grow. We all have that knowing inside, it’s just a question of accessing the signals, putting a plan in place, and keeping focused on the milestones along the way.”

## **Lessons**

Lisa’s story dramatically illustrates how very realistic it is to completely turn around one’s life. She shows us how planning carefully, visualizing the results, taking action, and setting milestones along the way is vital to achieving our dreams. Who could have imagined such a transformation in so short a time?

## **➡ Now, It’s Your Turn**

Repeat below or in the workbook you downloaded the *huge* goal you listed in Chapter 1 in the left column. Confirm how you will measure achievement of your goal in the middle column. Now, define your milestones, i.e., where could you be in the next ninety days? Be as specific as you can about your milestones in order to easily measure them. Later, you will have the opportunity to create milestones for future ninety-day periods and all your goals.

## Chapter 19:

# Seven Magical Questions to Bring Fulfillment to Each Day

*There are many fine things you mean to do some day, under what you think will be more favorable circumstances. But the only time that is yours is the present. Each day comes bearing gifts. Untie the knots.*

—Grenville Kleisher

**O**ur lives are the sum of our days, just like a building is the sum of its bricks or stone. If each day is a wonderful, powerful, beautiful day, we will have created a wonderful life.

In the same way that the planning you are undertaking is essential to charting your life's journey, living each day to the fullest, living in the now, is vital to a great life.

Many people keep a daily journal to record their day. I found that when I began doing so in a purposeful manner, it completely changed my outlook on life. Now, at the **end** of each day, I ask myself the questions listed below, and I end the day by envisioning a fantastic tomorrow, which then manifests itself almost unfailingly. I have thought carefully about why this is so. I believe it derives from three factors.

First, when we sleep, our subconscious mind, which I feel is even more powerful than the conscious mind, kicks into gear. So each morning, solutions to challenges, big and small, usually present themselves, because the mind has been working on these when we sleep.

Second, in thinking ahead, we invariably do the preparation necessary to achieve a great outcome. After all, we know that, in most cases, going into a situation well prepared is likely to yield far better outcomes. If you think about the next day being terrific, your mind will automatically focus on those things that you can do to improve the outcome.

Third, in envisioning a fantastic tomorrow, we learn to stop worrying about things, because we know they will happen as intended. If they don't, then there is some learning to be gained, and likely an even bigger opportunity will come rolling along (it *always* does).

So I encourage you to follow the proposed system for three weeks. I *know* you will see great results as you answer these simple questions every day. To make it easier for you to do so, you can download the free workbook at [www.KeepAnyPromise.com/workbook](http://www.KeepAnyPromise.com/workbook).

**1. Today, what made me happy?**

Think of all the things that made you happy, and list them. They could be the beautiful sunrise, a child's smile, a connection you make with someone, the difference you made in someone's life, etc. You might be surprised to find that rarely does happiness come from gaining more possessions, or winning more: rather, happiness comes from just *being!*

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## 2. Today, what am I grateful for?

Instead of complaining about things (and who doesn't from time to time?), try being grateful for everything you have. Remember that the majority of people in the world likely have far, far less to be grateful for than you do. Gratitude is also an acceptance of divine grace, and the more you are thankful for your divine grace, the more of it you will attract.

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## 3. Today, what were my most precious lessons?

Life is full of lessons, some small, some big. Every day, we learn something from the “good” things that happen to us to and the “bad” things that happen to us. Write down your lessons, for you and your spirit are your best teachers. Then review these lessons once a week. You will be amazed by how much you learned and how you can use these lessons to stay true to your life's purpose.

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**4. Today, what were my good deeds?**

This is usually the most difficult question for me to answer. Not that I don't live a life helping people, contributing to various causes, etc. But my definition of a good deed is something that I went out of my way to do for someone else, with no expectation of gain.

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**5. Today, what was important to me?**

My experience has been that reaching milestones, targets, acquiring new customers, etc., is important to me. Previously, I had viewed these areas as defining my happiness, and when I did not succeed at something, I was invariably miserable. Never mind that I could learn something from the exercise. Never mind that it was a near-impossible target for most people to achieve. Never mind that I could have been second or third, or achieved partial success. It was all or nothing for me, and this made me a very miserable person to be with whenever I suffered what I considered a "loss." So keep perspective on life, and pay careful attention to distinguish that which is merely important from that which is truly vital for your feelings of happiness: it is all too easy to confuse the two. Below, define what was important to you.

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**6. Today, what did I do to move me closer towards my goals?**

As you reflect on each day, think about the goals that you have outlined for yourself, and ask yourself honestly how what you did today helped you stay on track with one or more goals. Your target is to eventually live a life of purpose, focused entirely on reaching, one step at a time, the awe-inspiring, long-term goals you have outlined for yourself.

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**7. Tomorrow, what will I achieve to make my life even more outstanding?**

Every day, I visualize what my next day will be like and what outcomes I will achieve, and I simply prescribe an amazing day for my next day. A funny thing happens: that is exactly how the vast majority of days turn out. As I mentioned previously, I have found it to be particularly helpful to focus my day on the two or three most important outcomes I wish to achieve. I then allocate as much time as possible to these two or three outcomes in my calendar.

When things go differently, I now have the wisdom to not rail against the world, but to accept that grace and know that there is always a reason why things are the way they are. I know that there is likely a lesson from which I can learn (and which often teaches me to take increasing responsibility for my outcomes in life).

So go ahead and prescribe a fantastic day, every day, and watch it unfold, day by day.

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## Chapter 25:

# If You Had Fifty Wishes for Your Lifetime, What Would They Be?

*Do not go where the path may lead, go instead where there is  
no path and leave a trail.*

—Ralph Waldo Emerson

**L**et's now try an exercise that I am sure will be lots of fun for you, as it has been for me and others. Let's define fifty wishes for your life. I promise you that the exercise below will make you think outside the box. Here are some questions for you to consider.

1. Who would you love to meet?
2. Where would you like to travel?
3. What would you like to stop doing?
4. What fun or crazy things would you like to do?
5. What changes in the world would you like to be a part of?
6. How would you like to relate to your friends and family?

Use the chart on page 146 or the one you downloaded from [www.KeepAnyPromise.com/workbook](http://www.KeepAnyPromise.com/workbook).

1. In Column A, list everything that you would love to do in your lifetime if you could. Don't worry about limiting factors such as time, money, and so on—just dream. And don't worry about order, timing, or priorities. Just let the ideas flow.
2. In Column B, list the year in which you would like to accomplish these wishes.
3. In Column C and for the next three years, list the month for each item.
4. In Column D, list the current status of each item. Review this every ninety days. This will help you track your successes.

You will be surprised at what you come up with. One item on my wish list was to write a bestseller. I was thinking of fiction, something along the lines of John Grisham's novels. This triggered a thought: why not share my goal-setting and life experiences to create another, much more meaningful type of bestseller? And so was born the inspirational guide that you are reading.

Finally, don't worry if you can't think of fifty items that have meaning to you. This is a work in progress that you can update over time. Have fun listing these wishes and then actually seeing them come true in your life.

I have listed some personal examples below to spur your thinking.

	Column A	Column B	Column C	Column D
#	50 things I would like to do in my life	Year	Month	Status
1	Take a BMW driving course	2008	November	
2	Hike to Base Camp Everest	2009	October	Trip being planned
3	Complete Grouse Grind in Vancouver in two hours	2008	Fall	
4	Cut a CD of recitations	2008	February	In progress
5	Visit my birthplace: Pemba, near Zanzibar, Tanzania	2006	March	Completed
6	Ride in a helicopter	2006	October	Completed
7	Sit perfectly still for half an hour in meditation	2006	December	Completed
8	See Aliya graduate from Wellesley	2006	May	Completed
9	See Amaan graduate from Georgetown	2008	May	Completed
10	Be a grandparent			
11	Own a dog			
12	Learn to salsa dance			
13	Fund 1,000 bedkits per year in 5 years (from 130 in 2006)	2011	June	In progress
14	Learn to swim properly			
15	See the Dalai Lama in person	2007	October	Completed
16	Learn Spanish at a conversational level			
17	Hike the Andes and see the Lost City of the Incas, Machu Picchu in Peru	2007	August	Completed

This is a sample of the many wonderful items on my list. A funny thing happened as I wrote this list: opportunities started popping up for me to undertake the items on the list, even ones I had not thought possible. Wayne Dyer’s *Power of Intention* was at work (see Resources).

**➤ Now, It's Your Turn**

	Column A	Column B	Column C	Column D
#	50 things I would like to do in my life	Year	Month	Status
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				

	Column A	Column B	Column C	Column D
#	50 things I would like to do in my life	Year	Month	Status
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				
41				
42				
43				
44				

	Column A	Column B	Column C	Column D
#	50 things I would like to do in my life	Year	Month	Status
45				
46				
47				
48				
49				
50				

This worksheet is contained within the free, downloadable workbook at [www.KeepAnyPromise.com/workbook](http://www.KeepAnyPromise.com/workbook).

If you started or completed this list, well done! How did it feel listing these wishes?

If you are feeling adventurous, you might wish to put together a fifty-slide PowerPoint presentation: one slide with relevant pictures and/or text for each wish. See if you can make these fifty images into a screen saver for your desktop or laptop, so you constantly see these wishes. Visualization is really powerful in helping you achieve your goals. As these wishes come true, you can replace the image that you use to visualize with one that depicts your actual accomplishment!

Having had what I hope is a lot of fun (with lots of crazy ideas that you might never have imagined until now), in the next chapter let's look at how you can go about attracting what you want.