



change
**YOUR
LIFE**

A simple (and short)
book to help you do
just that.

by
justin wright

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If you paid for it, please let me know and I will hunt the person down who sold it to you.

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A Quick Introduction

First off, I truly thank you for checking out my free book. It means a lot to me that you took the time to sign up for my newsletter and check it out.

If you are not quite sure who I am, here is a quick introduction. My name is Justin Wright and I am a blogger, writer, and digital nomad.

I was fortunate enough to leave my cubicle job behind and pursue my passions of travel, writing, and experimenting with what life has to offer.

If you spend a little time on my blog, you will quickly see that my life was not always like this. Matter of fact, I started my blog as a way of ranting about my day job and how much I hated it.

To this day, a majority of my traffic still comes

from people searching for all different types of keywords relating to hating their jobs. Want an example? Try Googling “I Hate Office Jobs” and see where I come up. My guess is you will find a post I wrote about hitting my tipping point with office jobs. It was at that moment in time that I realized there had to be more to life than simply going to work and paying the bills.

The reason I put together this free book is because I truly want to help you get the most out of your life. I want to help get you started in the right direction so you can follow in my footsteps and start living a life doing what you were meant to do.

Too many people force themselves into situations (and jobs) they dislike because they feel it is the only way. Guess what? There are TONS of ways to approach life!

Life should be a fun experience, regardless of how you spend your time. If you like reading books, then I recommend spending as much

time as possible reading. Do whatever it is that makes you happy and you will truly live life to its fullest.

In this short guide, I will walk you through the basic steps I took to finally escape my day job once and for all. I tried to keep the book short and easy to read so it only takes you a few minutes to get through it. That way you can spend the rest of your time creating your own plan to pursue your passion(s).

Keep in mind that this book is not the one-stop-shop to fixing all of life's problems. It is simply a general outline you can follow to start figuring out what action you need to take and what you can do to get the most out of life.

So please, spend a little time reading through the book and give each step an honest attempt. I promise you, you will not regret it. At the very least, you will have a little more knowledge about yourself and what you want to do in life.

I truly wish you the best,

Justin Wright

What Do You Want To Do?

The first step towards living life the way it was meant to be is actually fairly simple. All you need to do is ask yourself the following question:

If You Could Do Anything, What Would You Do?

This may not sound like an important question, but it really is. This question can give you some great insight into what you actually want to do with your life. It also makes it a lot easier to create a plan of attack.

I must admit, I have been asking myself this question on an almost daily basis since I was

little. I think everyone contemplates his or her life from time to time; it's part of being human.

Anyways, it wasn't until I asked myself this question while sitting at my office job that I really got an answer out of myself. My answer was simple:

"I would hop in my car and take a road trip somewhere I've never been before."

Why? Because I love to travel and it's the one thing I enjoy most in life. Nothing beats seeing new places and experiencing the world from your own eyes. Plus it pairs really well with the fact that I love photography and taking pictures of interesting places.

After spending even more time on the question, I also realized that I really enjoy writing and helping others.

Your Task

Set aside some time today to ask yourself the question, what would you do if you could do anything?

Think about this question in detail (and I don't mean think about it for a few minutes on your drive to work).

Instead, spend an actual hour or two somewhere quiet and really think about. If you have to leave the house to concentrate, DO IT!

Find a local library or coffee shop where you can hideout and focus on nothing but this specific task. I seriously want you to approach this task as if your life depended on it.

Once you start answering the question, I also want you to write down every single answer or idea that comes to your head. Take notes in a notebook, on your computer, or on a napkin if

you have to. Just let your answers flow out in front of you.

The more detailed you can get; the closer you are to fulfilling your dreams. If you struggle to come up with something specific, try creating a "perfect day."

In other words, create a schedule of your dream life and what your day would consist of. And I mean get specific with your day. The more you can visualize it the more real it becomes.

Here are a few questions you could start with:

- What time would you wake up?
- What would you wear?
- What would you eat for breakfast?
- What would you do with your time?

The important thing here is to really dig deep into yourself and discover what it is you want to be doing with your life.

Once you come up with an answer to what you would do (or your perfect day), you're all done with the first step in getting where you want to be in life.

Time to figure what obstacles are in your way...

What Obstacles Are In Your Way?

In the first section of the book, I asked you to come up with an answer to this simple question:

If You Could Do Anything, What Would You Do?

Now it's time to take a look at the obstacles in your way and figure out what is stopping you from living your life the way you want it to be.

The main obstacle I was facing was my office job. It did not allow me to travel or spend time helping others. Instead, it sucked more than 40 hours a week out of my life and left me with nothing more than a consistent paycheck.

Sure, the paychecks were decent but what did they buy me? A car, a few small vacations, and a bunch of clutter I didn't really need.

Plus I had to put in a request for vacation time. Man did I hate filling out those forms and waiting to hear back about whether or not I could actually go enjoy life for a week.

If you're already doing what you want to do everyday of your life, you sure don't need my course. You're already living the dream!

For those of you with obstacles in your way, it's time to break them down and analyze them.

Your Task

The easiest way to do that is to spend some more time alone with a pen and paper (Sometimes the most important thing we can do is take time to ourselves).

This time however, instead of trying to answer a question, you are going to jot down everything that comes to mind that's stopping you from doing whatever it is that you want to do.

It doesn't matter if the obstacles are big or small, just write them all down.

Lets say you want to sail around the world but you have a job that requires you to spend at least 40 hours a week in your office.

Your main obstacles are **time** and **location**.

If you have to be AT WORK, then you can't be on a sailboat. Unless...you figured out how to be in two places at the same time (If that's the case, please email and fill me in on the secret).

Whether it is money, your job, or lack of knowledge holding you back, the important thing is to make yourself aware of the obstacles.

That way you can actually SEE what it is you need to figure out in order to live life on your own terms.

Otherwise you might live the rest of your life without even realizing what was stopping you from achieving everything you ever wanted.

Then it's time to create a plan of attack...

Create A Plan Of Attack

Now that you have a good idea of what you want to do and what's stopping you from doing it, it's time to create a plan of attack. This plan will help you overcome any obstacles that are currently in your way.

I'll start by sharing my story and how I went about creating my own plan:

Once I realized that I loved to travel (and move around a lot), I knew that my main obstacle was my job.

I also knew that money was an obstacle since my job was my only source of income.

I knew that I needed to find a career that could be done remotely. This would allow me to be anywhere in the world while still making money to live off of.

It was time to create a plan to change careers...

So the first thing I did was took a look at what I was good at. Since writing and blogging were two things I was already passionate about, I knew there had to be a way to build a business around it and make money doing just that.

So I started blogging as often as possible and spent more than two hours a day (outside of my day job) promoting my blog and services related to blogging. I also spent as much time as possible learning every aspect of blogging so I had some knowledge to offer others.

Eventually I managed to land a few clients and started generating some income. Once I hit the point where I could support myself, I quit my job and started focusing all of my time on building my online business ([ZoopMedia](#)).

Here is a quick look at what my initial plan looked like on paper:

1. Start A Blog
2. Gather Knowledge About Blogging
3. Build Up Credibility
4. Offer Blogging Services
5. Hunt Down Clients
6. Transition To Full-Time Career
7. Continue To Build Business

As you can see, it was a very vague plan. However, as I went through the steps I made changes and adapted the plan accordingly.

Also, the steps in bold were all completed while I was still employed at my full-time job. I decided

to do it this way because it reduced the risks and made it a lot easier on myself.

I would recommend trying this approach as well, though some people might have better luck with the all-in approach (quit your job and go for it).

And that's it. That was my only plan I had on paper when I first started. But guess what? It ended up working!

Your Task

Set aside some time and start creating a step-by-step guide on how to overcome your obstacles. Write down every step you can think of that will help you get around your obstacles. Remember, the smaller the steps, the easier they will be to complete.

If money is an obstacle, spend time thinking of ways to make some extra money. It could start as something very simple such as selling products at the flea market.

The important thing here is to give yourself an actual game plan towards achieving your goal. That way you can start taking steps in the right direction.

Last but not least, do not worry about coming up with the perfect plan from the very beginning. I made this mistake for a couple YEARS before I realized that there is no such thing as a “perfect plan.”

The only thing you need is a general plan and the motivation to **TAKE ACTION**.

Follow Your Plan (Until You Succeed)

Now that you have a plan in place, it's time to bust some ass and follow it through. Start doing everything you possibly can to complete the steps and move yourself in the right direction.

Obviously it takes a lot of work, patience, and motivation to work but trust me, it can be done (I'm living proof of that).

It took me more than 7 months before I was finally able to quit my full-time job. But once I did, I felt like I had accomplished the biggest task of all time. It felt far more enjoyable than graduating college, getting my first job, or buying my first car.

It's amazing to see yourself struggle through something and finally succeed.

Honestly, the hardest part of the entire journey is just getting started. Once you start, you will find it becomes much easier as you move forward.

The most important thing is to be persistent. Keep trying, even WHEN it gets tough. I tried hundreds of things that didn't work, but I kept trying anyway.

I had days where I would wake up and ask myself what the heck I was doing with my life. I felt like I was going in the wrong direction but I ignored those feelings and kept at it.

Looking back on it now, I would of hated myself had I quit before I made it. I'd probably still be sitting at that same job as I write this.

Your Task

Start today, not tomorrow!

Start following your plan as if you were going to die tomorrow. Hang your plan up somewhere that you will see it often and focus on it throughout your day.

Here are a few things to keep in mind:

The Road Ahead Is Bumpy, But It Gets You Where You Want To Be.

The next few days, weeks, months, even years will be difficult. But with persistence comes success.

Constantly remind yourself that if you stick to your plan, you WILL get where you want to be.

The Longer You Wait, The Longer It Will Take

One of the main problems I had was procrastination. I would constantly put off starting my plan and used every excuse in the book.

However, once I actually started my plan I was amazed at how well it worked.

So no matter where you are at in your life, the key is to get started towards your dream life today, not tomorrow.

Even if you take baby steps the whole way, you'll still get there eventually.

Stop Feeling Rushed!

I'm not sure if it's just me, but I constantly feel rushed. I always feel like I should have everything I want right now.

But the truth is, it doesn't happen that way. Life is a long journey and things take time to fall into place.

So stop being so hard on yourself and just focus on taking steps in the right direction.

A Few Last Words

Congratulations on making it through my free book. I really hope it gave you some great advice on how to go about pursuing your passions.

While I know this book was very simple (and short), I do feel that it serves as a good starting point.

By taking the time to figure out what you want to do in life, you made your journey a lot easier. Especially now that you have a good idea of what obstacles are in your way. By bringing them out in the open, you've taken a big step in pursuing the life you deserve.

Now it is up to you to follow your plan of attack and stick with it regardless of what happens. If you don't give up, you cannot fail.

Last but not least, I have one last piece of advice for you:

Track Your Progress

Why? Because you'll thank yourself in the end.

Whether it's in a journal, on a tape recorder, or published on your blog, I highly recommend documenting your journey.

Not only is it great to look back and see the progress you made, but it can also be used to teach others how to follow in your footsteps.

I constantly go back and look at the blog post I wrote the day I quit my job. It serves as a reminder of what I've accomplished and it keeps me motivated ([you can check out the post here](#)).

I wish you the best of luck on your journey. If you ever run into a roadblock or need some advice, feel free to leave a comment on my blog or

[contact me.](#)

Thanks again for taking the time to check out my book, it means the world to me.

I wish you the best of luck,

Justin Wright

PS. Feel free to find me around the web:

My Home: <http://jjwright85.com>

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