

Life! By Design: 6 Steps to an Extraordinary You

By Tom Ferry, Laura Morton

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Are you one of the 123 million people in this world who is dissatisfied in your life? Do you run day-to-day on autopilot? Have you settled for “good enough”? Are risks just too risky? Are you living in a coma and don’t even know it? If you answered yes to any of these questions, then you are living by default and not By Design! This book will help you discover a passion for life that extends beyond your career and material success—a passion that involves your identity, your self-worth, your relationships, and your health. It is time to emerge from your coma, embrace renewed vitality, and approach life By Design!

In this dynamic hands-on guide, world-class success coach and motivational leader Tom Ferry reveals the secrets to achievement at work and at home, and how to create a greater balance between the two. This book will help you conquer the four addictions that are holding you back from living up to your greatest potential: addiction to the opinions of others, addiction to drama, addiction to the past, and addiction to worry. By becoming aware of these addictions, you will be better equipped to respond to uncertain times and to the challenges that crop up in your daily life.

Tom Ferry’s unique six-step approach to living By Design will help you emerge from complacency into action and accomplishment.

Step 1: Explore the Core Seven life assessments—your career, your intimate relationships, your finances, your physical body, your spirituality, your attitude about the world, and your intellectual self—and pinpoint the areas in which you want to improve.

Step 2: Make the conscious, deliberate choice to change your life and find fulfillment, no matter the obstacles.

Step 3: Create your Life! By Design by declaring what you want for yourself, defining your goals, and devising a concrete plan to make it happen.

Step 4: Identify the actions you can take to ensure that you thrive in all areas of

your life.

Step 5: Visualize your life as you want it to be. This simple but profound exercise is a proven technique that will lock in your vision and will lead you toward achieving your goals.

Step 6: Create accountability and structure to break old habits and gain the discipline required to live life to your fullest potential.

It’s time to draw the line between the past and the present as you face your fears, and go for everything you really want. This is **Life! By Design**. And the results will astound you!

From the Hardcover edition.

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Editorial Review

Amazon.com Review
Tom Ferry on *Life! By Design*

Writing this book is the culmination of 20,000 hours of coaching clients on choosing to have a life--By Design. It is full of valuable and unforgettable lessons that I wanted to share with the world. I've been given unprecedented insight about what kills performance or what stops people from truly living a life that they really, and I mean really, love. I believe that one of my missions in life is to touch people's lives in a way so they can benefit from my experience and expertise on how to live their best life--By Design. The most effective way to fulfill my dream was to write this book, which will not only impact people in a positive way, but will also empower them to do the little things that create the necessary shift to make their lives extraordinary.

There is another reason I wrote this book--and this one is more personal. I am the father of two boys who I strive to be the most exceptional role model for. There have been many times in my life where I have faced massive adversity or found myself having to make some very difficult decisions. The first thought that comes to my mind in those situations is always, "if I weren't here to finish raising these two boys, what would I want them to know so they could go on with their lives and become extraordinary men?"

Some of the most important and poignant life lessons I have learned are among the many stories I share in *Life! By Design*--which I consider to be a blueprint for my boys to get to where they will want to go in life. It isn't the story of how I got to where I am so much as a treasure map meant to lead you toward achieving whatever it is you desire in your own life, whether it's a loving, passionate relationship, a career you excel in because you actually enjoy what you're doing for work, or having great health and vitality.

Whatever you desire, *Life! By Design* will help you get there. It isn't easy and it will challenge you in ways that may make you think twice, but I promise you one thing. If you read and then apply the basic principle's contained in the pages of my book, you will be infinitely happier and more content and you will learn to take responsibility for your life so you can go out and become the best you that you were meant to be. Are you ready for change? Are you ready to be challenged? Are you ready to live... By Design?

Review
“Tom Ferry not only inspires you, he actually shows you how to begin the journey of creation toward your personal and professional dreams.”—Deepak Chopra

“Tom Ferry’s System is truly where it’s at! Tom understands how to help you lead your life By Design!”—Tony Robbins

“Tom Ferry is one of the most respected personal and business speakers and trainers in America today. I have known Tom and worked with him for twenty years, and watched him grow into one of the top authorities on success and achievement in the industry. He conducts seminars and talks for thousands of professional salespeople and managers. This book will have an immediate and growing audience as more and more people benefit from his wisdom, experience, and insights.”—Brian Tracy, speaker, trainer, author

“If books could be mandated, I would mandate that you read this one to learn about the four addictions and how they are stopping you from living the life you deserve!”—Mark Victor Hanson, co-creator of the Chicken Soup for the Soul series

“I’ve never encountered anyone who lives their life by design as much as Tom Ferry does. When it comes to coaching, Tom Ferry is an artist. His canvas is people’s minds, and his paintbrush is his insight into human behavior.”—Gino Blefar, founder, president, and CEO, Intero Real Estate Services

From the Hardcover edition.

About the Author
Tom Ferry is a business coach and life-strategist with a particular emphasis on real estate and related industries. He is also CEO of YourCoach, a multimillion-dollar full-service sales and marketing business. He leads more than two hundred business motivation seminars per year across the United States, whereby he introduces fifty thousand new people a year to his message.

Laura Morton has co-authored numerous *New York Times* bestsellers, working with the Jonas Brothers, Duane “Dog” Chapman, and Melissa Etheridge, among many others.

Users Review

From reader reviews:

Carmen Fields:

Playing with family in a very park, coming to see the water world or hanging out with pals is thing that usually you might have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Life! By Design: 6 Steps to an Extraordinary You, you are able to enjoy both. It is good combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout men. What? Still don't have it, oh come on its named reading friends.

Leonard Santiago:

Your reading 6th sense will not betray you, why because this Life! By Design: 6 Steps to an Extraordinary You book written by well-known writer who knows well how to make book which can be understand by anyone who have read the book. Written in good manner for you, leaking every ideas and publishing skill only for eliminate your own personal hunger then you still question Life! By Design: 6 Steps to an Extraordinary You as good book not just by the cover but also through the content. This is one reserve that can break don't evaluate book by its handle, so do you still needing another sixth sense to pick this specific!? Oh come on your looking at sixth sense already said so why you have to listening to a different sixth sense.

Judith Smith:

What is your hobby? Have you heard which question when you got learners? We believe that that problem

was given by teacher to the students. Many kinds of hobby, Every individual has different hobby. And you know that little person including reading or as reading through become their hobby. You have to know that reading is very important as well as book as to be the issue. Book is important thing to provide you knowledge, except your personal teacher or lecturer. You see good news or update about something by book. Amount types of books that can you choose to adopt be your object. One of them is this Life! By Design: 6 Steps to an Extraordinary You.

Rigoberto Adams:

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