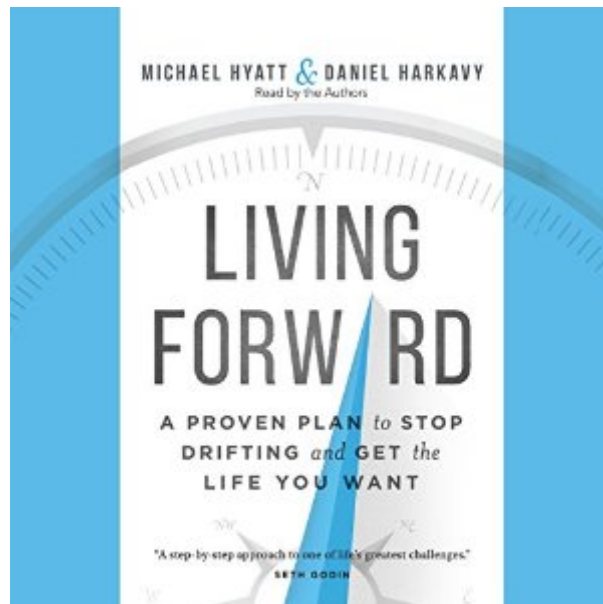


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# Living Forward: A Proven Plan To Stop Drifting And Get The Life You Want



## Synopsis

Each of us has but one life to live on this earth. What we do with it is our choice. Are we drifting through it as spectators, reacting to our circumstances when necessary and wondering just how we got to this point anyway? Or are we directing it, maximizing the joy and potential of every day, living with a purpose or mission in mind? Too many of us are doing the former - and our lives are slipping away one day at a time. But what if we treated life like the gift that it is? What if we lived each day as though it was part of a bigger picture, a plan? That's what New York Times best-selling author Michael Hyatt and executive coach Daniel Harkavy show us how to do: to design a life with the end in mind, determining in advance the outcomes we desire and the path to get there. In this step-by-step guide, they share proven principles that help listeners create simple but effective life plans so that they can get from where they are now to where they really want to be - in every area of life.

## Book Information

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## Customer Reviews

I forced myself to finish reading it. I tried to like it. I really tried! Out of a profound respect for Michael Hyatt's past work, I forced myself to finish this. I was bored and disappointed, right to the very last page. The basic message of the book is, write your goals, get your priorities straight, schedule time for what's important and be consistent in saying no to stuff that isn't important. It seemed to me that the book was an attempt to condense or replicate co-author David Harkavy's workshops on life planning. The book starts out with a call to write your own eulogy, with an emphasis on identifying how you want to be remembered. If having a good eulogy--or any eulogy--is important to you, this

might be a helpful exercise, but otherwise, it's a big clue about how little the book offers to the rest of us. Each author tells several stories about his ups and downs in life. I can recall only one of those stories, so they didn't resonate with me. At the end of the book is a huge pitch for Harkavy's workshop. I honestly believe this workshop could be effective in person, but as a DIY activity rolled into book, it didn't speak to me at all. I bought an overpriced, too-lengthy audio series by Tony Robbins a few years ago, and every day I'm still struggling to implement all that Tony suggests, but he was very inspiring and gave some nitty-gritty advice on how to stop drifting. I couldn't find either in the Hyatt/Harkavy book. I've finally learned to be skeptical of the 5-star reviews for books written by popular bloggers. The first flood of 5-star reviews always seem to come from the blogger's tribe. Their tribe can't get enough of what they have to say. (Which is why I bought this book, because I'm a Hyatt fan!) But that doesn't mean other readers will resonate with the book's message. The 5-star review used to represent the general readership, but now, it's just a reflection of the author's tribe supporting him.

Living Forward starts out by addressing THE DRIFT. The DRIFT is the tendency to arrive at destinations you don't consciously choose. The DRIFT is facing life in a reactive way and happens when you're: 1.) Unaware 2.) Distracted 3.) Overwhelmed 4.) Deceived. No one wakes up and says, "Today I want to DRIFT." However, if you're not living a life according to design, then you're living a life according to DRIFT. So how do you change direction and snap out of the DRIFT? Michael Hyatt and Daniel Harkavy reveal that the average person spends 5 hours researching and shopping for a new car. The average bride-to-be spends 40 days planning a three-hour wedding. However, the average person never spends 1 day planning his or her life. Why? The reality is most of us don't know how to plan our lives. Besides, it sounds daunting and out of reach. Thankfully, Hyatt and Harkavy close the distance by demonstrating how to do a life plan. Even better, they provide examples of real Life Plans from real clients. These individuals come from a variety of backgrounds and life stages so readers of all kinds can relate. The book is broken into 3 main parts: Understand Your Need, Create Your Plan, and Make it Happen. It literally walks you through the Life Plan process in a step-by-step fashion. The Life Plan is facing life in a proactive way. As you read this book you'll answer 3 powerful questions: 1. How do I want to be remembered? This is your legacy. 2. What matters most to me? These are your priorities. 3. How do I get from where I am to where I want to be? This is your action plan. Design your own "Regret Free" life by crafting your Life Plan. The Life Plan creates clarity. It acts as a GPS. The Life Plan creates courage. It acts as a filter. The Life Plan creates commitment. It

acts as a motivator. Page 154 says it all, "This may sound grandiose, but we are out to change the world." In *Living Forward* authors Hyatt and Harkavy do just that. They change the world one person at a time by challenging readers to create greatness one life plan at a time. *Living Forward* is a fantastic tool to design the life you want and then clarify the steps you need to take to get there.

When I first heard about this book, I did not immediately jump on it as I have been engaged in 5-year planning, annual goal setting and other great visionary guidance on living intentionally for 30+ years. I am a believer in this concept and have seen wonderful results in my life. What more could there be except to continue with what I was doing? However, when I was allowed to read an advance copy of the book, I was excited. Wow. This is a whole new level of what I had been doing - sleek and streamlined. It flows easily while dealing with profound truths in a way that draw you in. It pulls you into engagement with the one most precious gift we have; One's life. I could hardly wait to get away on retreat (which I did) and write my life plan. It enabled me to pull together the bits and pieces of previous planning, which I had thought was pretty clear, into a simple cohesive clear plan. By the time I got to the nuts and bolts of the process I was so inspired, it seemed easy (well almost, after all you are planning your life!). The tools provided saved so much time and mental energy that doing this in ONE day was achievable. ONE day to define one's life. What a gift. There is a chapter for those who have businesses that provides reason to share this on a wider level. As someone who has retired from one great career and working on another, this will come in handy at some time in the future. The process and tools provided are simple, clear and effective. I now have a life plan for the second half of my life. This book will work for any one from high school age and on.

"*Living Forward*" is a clear, concise book that provides tactical and practical advice to help you live the life you've always wanted. Each chapter is filled with action steps and takeaways, and the entire book is peppered with just enough anecdotes to drive the points home. If you are looking to develop a clear plan to help you live an intentional life focused on the things that matter to you, instead of drifting along aimlessly, this is the book for you.

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