



Design your ideal lifestyle.

“If you want the same output then continue doing the same thing. If you want to change your life and have more time, then you have to do something different”

The best way to find a great balance between time and money is to be a _____

Doing the wrong type of work can be draining, you need to align your skills with your passions and allow work to energise your day.

The Legacy from my Step-Father shows us that turning your passion into a profession can lead you to living your dream life. At the same time you also need to ensure that you are not exchanging one rat race for a newly created one of your own.

In completing the below;

- Find a quiet place
- Limit interruptions; turn your mobile OFF
- Write down every idea that comes to you, remember that no idea is a bad idea at this stage
- Know that you can do anything if you put your mind to it, so dream big
- And allow yourself to dream and write down what you'd love to be doing with your life

What are you passionate about? (write at least 5 things)

What are my best skills and abilities?

What do I least enjoy?

Paint a picture of the life you would love to be living. What would you have more time for, what would you do with your time. What does the dream life look like for you?

If you no longer required a monthly income, what would you really love to do with your time?

If you no longer required a monthly income, how would you invest your time into helping others improve their lives?

What one thing would give you the greatest feeling of achievement, success or satisfaction?

What is your definition of success?

Now read what you are passionate about, along with how you would like to make a difference to others and the one thing that would give you the greatest feeling of achievement, success or satisfaction. What sticks out the most?



For me, I am passionate about helping people escape the rat race and live their dream lives.

Coaching individuals' I can see how I am making a difference in their lifestyle for the better, this gives me a huge sense of achievement and satisfaction.

I recently helped a father working 80+ hours a week, stressed out, having no time for his young family, and carrying a huge amount of financial stress. I helped him create a strategy for changing his life and within 12 months he will be working part time, living in the country (his dream life) and able to spend more time with his kids.

***Turning Your Passion into a Profession
+ Making a Difference in people's lives
= Feeling of achievement, success and satisfaction.***

What type of business would you love to transition into?

How can you outsource, systemise or structure the business so it gives you passive income?
The goal here is to ensure you are not exchanging your time for money.

What tasks or processes can be outsourced?

What is the minimum amount of time I need to invest in this business?

What can you charge for your product / services?

How much income can this provide for you on a monthly basis?

How much time would you need to invest into the business to begin with, and after you've outsourced the above tasks?

In the Brant Effect I talked about Implementing the R.O.B.U.S.T System. Make a commitment now to implement this system into your life.

I am committed to changing my lifestyle because;

The next steps I am going to take to research or implement the above ideas are;

This is the lifestyle I want and I'm willing to do whatever it takes to achieve it.