

**“Have big goals—but don’t tie your happiness to your goals. You must be happy before you attain them.” - Vishen Lakhiani**

In the book “The Code of the Extraordinary Mind”, author Vishen Lakhiani outlines a goal setting method to maximize personal growth and fearlessly pursue big goals.

## PART 1: Set Self-Fueled Goals



Self-fueled goals are entirely within your control, and you can achieve them at any time during the day to experience a reliable burst of happiness.

To establish a set of self-fueled goals, identify 2-3 goals that you need to feel joy in your life consistently. Then identify the base experience you seek from each of those goals. Reframe the base experience so it is entirely within your control.

Author Vishen Lakhiani identified three goals that consistently gave him joy: being loved by his wife, reading a book a week, and experiencing new adventures. Then he distilled those three goals into base experiences he could control: being surrounded by love, always learning and growing, and having amazing human experiences.

**“They are all directly within my own power. No one can take these away from me. This means no failure can stunt me. I could be homeless and alone, sleeping on the streets of New York City—but I can still be surrounded by love because my love comes from within. I can learn and grow as long as I can find an old newspaper or a thrown-away book to read. I can even have beautiful human experiences because I can see the joy in everyday life, even just walking through Central Park.” - Vishen Lakhiani**

Take a moment to think of small ways you can internally generate feelings of love, growth, and amazing experiences in your life.

To feel loved, I can: \_\_\_\_\_

To feel a sense of growth, I can: \_\_\_\_\_

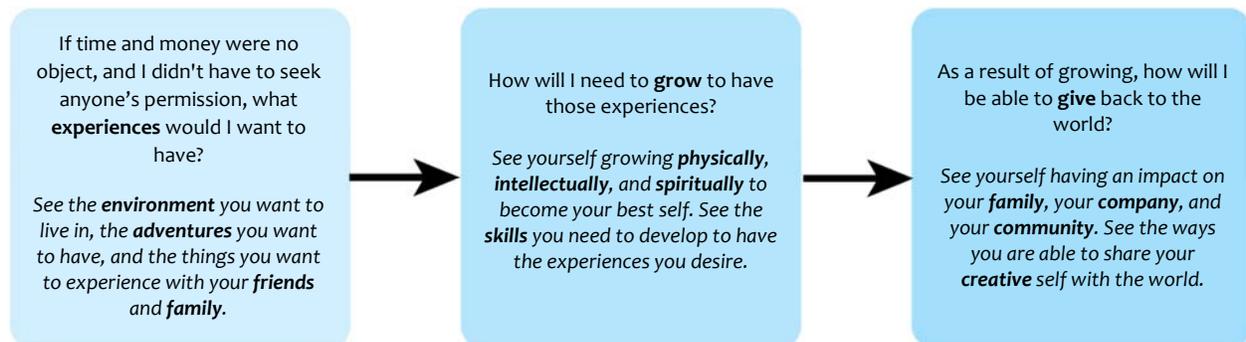
To have an amazing experience, I just need to: \_\_\_\_\_

By having a set of self-fueled goals to generate happiness reliably, you reduce your fear of failure and free yourself to set big, bold goals that will stretch your abilities and lead to extraordinary results.

## PART 2: Ask Three Important Questions



By asking these three questions, you can set your sights on goals that are exciting, maximize personal growth, and lead to extraordinary results.



**Example:** You want to speak on the TED conference stage (prestigious event with world leaders). To speak on the TED stage, you need to push yourself to have remarkable life experiences and extract valuable lessons worth sharing. After hearing your speech, people will be inspired by your message and use your lessons to achieve success in their life.

**“Safety is overrated; taking risks is much less likely to kill us than ever before, and that means that playing it safe is more likely just holding us back from the thrills of a life filled with meaning and discovery.”- Vishen Lakhiani**